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## Welcome

### Welcome to the Lahn-Dill District

#### Greeting

Dear new citizen,

Welcome to the Lahn-Dill district! I am delighted that you have arrived here and now call our region your new home.

Our district offers you many different activities and offers for education and leisure. I am sure that there is something for each and every one of you.

To make your start here as easy as possible, we have provided you with lots of useful information in the Integreat app. Here you can find everything at a glance: Which authorities can help me? Where can my children be looked after? Which clubs can I join? The app answers all these questions and more. Our aim is to give you guidance and make it easier for you to start your new life with us

I would like to emphasise one thing in particular: you are not alone! There are dedicated people in our administrations, social organisations and many volunteer initiatives who are here to help and advise you. Do not hesitate to contact us, we will be happy to help you.

We hope you enjoy discovering the Lahn-Dill district!

Kind regards



Carsten Braun,  
District Administrator



Stephan Aurand,  
Full-time District Councillor

### **Interesting facts about the Lahn-Dill district**

The Lahn-Dill district is one of the rural regions of Hesse. The district takes its name from the two rivers Lahn and Dill. The area of the Lahn-Dill district has an east-west extension of approx. 38 km. From the northernmost to the southernmost point it is about 55 km. The district has an area of 1,064 square kilometres.

In 2021, 253,364 people lived here in 8 towns and 15 municipalities. The Lahn-Dill district is a regional authority in the legal form of a district in the administrative district of Gießen in Hesse. The administrative centre is located in the district town of Wetzlar. It includes branches in Dillenburg, Herborn and Haiger. The smallest district municipality is Siegbach with just under 2,600 inhabitants, the largest municipality is the special state town of Wetzlar with around 54,000 inhabitants. The Lahn-Dill district is an ideal location for combining living and working. It is one of the most densely wooded, but also one of the most industrialised districts in Hesse. The Lahn-Dill district has a high demand for skilled labour.

### **District Map**

📍 [Here](#) you will find an overview map for the Lahn-Dill district.

### **About Integreat**

Integreat is a guide intended to help you with everyday life in Germany. Here you will find important addresses, contact details, and tips and tricks to help you find your way around.

This guide has several chapters. Each section deals with a different subject. Among other things, you will find information on doctors, schools, German language courses, and other institutions. There is also a chapter with ideas on what you can do in your spare time. The information and leisure activities change. Your community will update them regularly. So it's a good idea to keep checking your mobile app. This will keep you up to date with the latest activities and events. You can trust that the information in Integreat is reliable.

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

We hope this app makes your life in Germany a little bit easier.

If you have any questions or suggestions, please contact our Diversity Centre!

[@wir@lahn-dill-kreis.de](mailto:@wir@lahn-dill-kreis.de)

[☎ 064414071487](tel:064414071487)



<https://www.lahn-dill-kreis.de/buergerservice/soziales/vielfaltszentrum/>

### Integreat in sign language (video)



[Sign language \(video\)](#)

## Important offices

### Job centre

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

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

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

## 👥 Steps after a positive decision

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

### 1. personal interview

- You must go to the job centre during opening hours
- You will be registered as a customer there
- Your background will be recorded
- A counselling appointment will be arranged with the benefits department. An appointment will be made with the job centre
- You will be registered as a jobseeker

### 2. benefits department

**Important:** There is no counselling without an appointment.

- You can apply for benefits. You need an appointment for this. Your case worker will then help you.

### 3. job centre

- **Important:** There is no counselling without an appointment.
- Have you already attended an integration course? Bring your certificate with you. If not, bring the commitment to the course with you.
- Do you have documents relating to school attendance or training? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.
- Tell us about any special skills you have (crafts, language skills, etc.).
- Before the appointment, think about which area of work you are interested in

### Municipal Job Centre Lahn-Dill

📍 [Eduard-Kaiser-Straße 38, 35576 Wetzlar](#)

📍 [Wilhelmstraße 18-22, 35683 Dillenburg](#)

☎ [0644121070](tel:0644121070)

🕒 Monday, Tuesday, Thursday, Friday 08:00 h to 12:00 h, Monday and Tuesday 14:00 h to 16:00 h, Thursday 14:00 h to 17:00 h

✉ [info@jobcenter-lahn-dill.de](mailto:info@jobcenter-lahn-dill.de)

🌐 Find out more on the [website of the Lahn-Dill Municipal Job Centre](#).

 [Here you will find your contact person](#)

 [Responsibilities and teams](#)

### **Renting a private flat - for people who receive benefits from the job centre**

Renting your own flat must be agreed with the job centre because of the assumption of costs. You need the Job Centre's approval to move. The Jobcentre must agree to you renting - otherwise no rent will be paid. Do not sign the rental agreement until you have the Job Centre's approval!

You must look for the flat yourself! The social workers and the Job Centre cannot look for private accommodation.

You can seek help from voluntary helpers, contact the housing assistance office of the city of Wetzlar or the Lahn-Dill district, contact the housing associations or search on the Internet.

In a flat, the landlord's quiet hours and house rules must be observed. Read your tenancy agreement!


You must always pay your electricity bill yourself.


You must pay bills, otherwise the invoice amount will continue to rise. You must always adhere to fixed payment deadlines.


 You can also find information **about housing** on the [jobcentre website](#).

### **Employment Agency**

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




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

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

 [Open consultation hours in Wetzlar](#) - counselling for migrants and refugees: Which profession suits me? Which job is right for me? What opportunities for further training do I have? Come and see us! Mondays, 08.00 to 12.00, Sophienstraße 19, Room 137.

 [Open consultation hours in Dillenburg](#): Fridays, 08.00 to 12.00, Moritzstraße 17, Room 11.

### **Contact employment agency:**

 Sophienstraße 19, 35576 Wetzlar  
 Moritzstraße 17, 35683 Dillenburg  
 [06431209100](tel:06431209100)



@[Limburg-Wetzlar@arbeitsagentur.de](mailto:Limburg-Wetzlar@arbeitsagentur.de)

 [Website](#)

## Social Welfare Office (Sozialamt)

The purpose of the Sozialamt (Social Welfare Office) is to **provide social support**. This includes the following services:

- Guaranteed minimum pension for the elderly or those with reduced earning capacity
- Help with care
- Help with living costs
- Integration assistance for disabled people
- Help in overcoming particular social difficulties
- Health support
- Help in other life situations

The Social Welfare Office can **give advice and support** if you have any questions about these issues.

At the Social Welfare Office, you will be asked about your financial situation. So you will have to show if you have any valuables such as jewellery or money. You will sign some documents and statements. Please bring all your papers with you. Everyone who is registered on the residence permit (Aufenthaltsgestattung) must come to the appointment.

You will also receive a cheque for your living costs here. You can exchange the cheque for cash (euros) at a bank. Please note that this money must last until your next appointment at the Social Welfare Office (for about 1 month). You will not get any more money until your next appointment at the Social Welfare Office.

## The Social Welfare Office is also your point of contact for the following topics:

- Vouchers for Baby Starter Kits and for your child's school supplies
- Money for train tickets to interview appointments
- Medical certificates, approval for operations and other medical procedures
- Educational and participation package (BuT)
- Activities and employment programme
- Applications for relocation, waiving of the residence requirement

 You can find your Social Welfare Office [here](#).

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

## For refugees: Refugee offices in the Lahn-Dill district

Visit us in our refugee offices in Wetzlar and Dillenburg. We will be happy to help you. You may also collect sick notes or present renewed identity cards. A social worker will also be on

site to take care of your concerns.

📍 Wetzlar Refugee Office, [Karl-Kellner-Ring 19-21](#)

🕒 Mondays, Tuesdays, Fridays: 9 a.m. - 12 p.m., Thursdays 1.30 p.m. - 4.30 p.m., closed Wednesdays

☎ [064414071470](tel:064414071470)

📍 Dillenburg Refugee Office, [Berliner Straße 42](#)

🕒 Mondays, Tuesdays, Fridays: 9 a.m. - 12 p.m., Thursdays 1.30 p.m. - 4.30 p.m., closed Wednesdays

☎ [027714078202](tel:027714078202)

🌐 <https://www.lahn-dill-kreis.de/einwanderung-auswa...>

## Immigration office

Would you like to live in Germany as a foreigner? Then you need a [residence permit](#). This can be a visa. Or a residence permit. As an EU citizen, you do not need a residence permit. You can also obtain a settlement permit or a permanent residence permit. Contact the foreigners authority. You can apply for a residence permit there. The Federal Office for Migration and Refugees (BAMF) will then examine your application.

## What else you can do at the immigration office:

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

## 👤Steps after a positive decision from the BAMF

### Apply for an electronic residence permit (eAT)

#### Submitting the application

- You can submit the application online. To do this, use the "Online application". You can also fill out the "Application for a residence permit" form. You send this by post to the immigration office. You can download the form online. Or you can get it at the information desk of the district administration. Please bring an interpreter with you when applying.
- The Foreigners' Registration Office will process the form. You will then receive an appointment by post. You will also receive a list of all the documents you need to bring with you.
- Important: Have a fictitious certificate issued as a temporary replacement document. You will need this for the [job centre](#).

#### Collection

- You will be notified by post. You can then collect your eAT.

## Immigration authorities in the Lahn-Dill district

Would you like to go to the Foreigners' Registration Office? Then you need an appointment. Please give them a call. You can then make an appointment.

💡 Please note that all applicants must come to the Foreigners' Registration Office in person.

📍 [Karl-Kellner-Ring 51, 35576 Wetzlar](#)

☎ [064414072310](tel:064414072310)

✉ [@abh@lahn-dill-kreis.de](mailto:@abh@lahn-dill-kreis.de)

🕒 Monday to Friday: 8:00 am to 12:00 pm. Monday, Tuesday and Wednesday from 13:00 to 15:30. Thursday from 13:30 to 17:30.

The telephone hotline is manned. Tasks of the hotline:

- Questions about immigration law in general
- Questions about opening hours and appointments
- Questions about documents for applications
- Appointment allocation

🌐 [Here](#) you can obtain the online applications from the Foreigners' Registration Office. They are available in German, English, Russian, Turkish, Ukrainian and Serbian.

💡 Please note: Do you live in the city of Wetzlar or in the districts of Wetzlar? Then the Foreigners' [Office of the City](#) of Wetzlar is responsible for you.

## General information from the Foreigners' Registration Office

### Residence permit

Are you not a citizen of a member state of the European Union or of Norway, Iceland or Liechtenstein? Then you need a residence permit for your stay in Germany in accordance with the Residence Act (AufenthG). You must apply for this at the Foreigners' Registration Office. You can find the "Residence permit" application form [here](#).

### Employment relationship

Would you like to work in Germany? Your residence permit needs a corresponding entry for this.

Are you not yet authorised to carry out the intended activity? Then please send us the "Declaration of employment relationship" form by post or e-mail. We will check via the Federal Employment Agency whether you can be authorised to work. If this is the case, we will amend your residence permit accordingly.

### Declaration of commitment for guests from abroad

Would you like to take in a guest from abroad for a temporary period? This is possible for up to 90 days. You must submit a declaration to the Foreigners' Registration Office. This declaration is called a declaration of commitment. You must prove that you can cover the costs of living and health insurance during the visit. You can find all the information and the form [here](#).

### Reissuing the permanent residence permit

Have you received a new national passport? Have your surname or other personal details changed? Then you need to update your permanent residence permit. Another word for the

residence permit is settlement permit.

To do this, send us a copy of your new passport by e-mail or post. You can make an appointment for the reissue of your residence permit online or via the hotline. You can reach the hotline on Monday, Tuesday, Thursday and Friday from 08:00 to 12:00 and on Thursday additionally from 13:30 to 17:30.

### **Relocation/change of address**

Has only your address changed due to a move? Then we will affix a sticker with the new address to your residence permit. The residence permit is still valid. Please book an appointment online or via the hotline.

### **Accelerated procedure for skilled workers**

The accelerated procedure for skilled workers enables faster entry to Germany. An application is possible for qualified skilled workers. The procedure is based on Section 81a of the Residence Act (AufenthG). It came into force on 1 March 2020 as a result of the Skilled Immigration Act. The immigration authority mediates between the employer and the agencies involved. These can be, for example, the Recognition Office, the Federal Employment Agency and diplomatic missions abroad.

 [More information on the procedure](#)

 [064414072320](tel:064414072320)

 [@AG-Service-ABH@lahn-dill-kreis.de](mailto:AG-Service-ABH@lahn-dill-kreis.de)

### **Youth welfare office**

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

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

Responsibilities of the Youth Welfare Office:


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

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

Unaccompanied minor refugees are also subject to youth welfare law. This means: The case goes to the youth welfare office.

### **Youth Welfare Office of the Lahn-Dill District / Youth and Families**

Secretariat Wetzlar:

 [Karl-Kellner-Ring 51, 35576 Wetzlar](#)

☎ 0 6441407 1501  
@jugendhilfe@lahn-dill-kreis.de

Dillenburg office:

📍 [Europaplatz 1, 35683 Dillenburg](#)  
☎ [027714076000](#)  
@jugendhilfe@lahn-dill-kreis.de

🌐 <https://www.lahn-dill-kreis.de/buergerservice/jug...>

## Residents' Registration Office

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

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

## Who has to register and when?

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

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

## What do I need to bring with me to register?

You must register in person at the Residents' Registration Office or Citizens' Registration Office. You can find the address of your residents' registration office or citizens' registration office at the bottom of this page.


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

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

## Address of the residents' registration office

In the Lahn-Dill district, the residents' registration office is located in your respective municipality (city or town).

On [our map](#) you can see where the administration of your town or municipality is located.

 You can find all authorities and offices [here](#).

## Standesamt (Registry Office)

The Standesamt (Registry Office) has several responsibilities. Have you had a baby? Then you must register the birth with the Standesamt. The Standesamt will officially certify the birth. Would you like to get married? Then the Standesamt will register your marriage.

## An overview of its responsibilities

- Certifying births and deaths
- Registering marriages and civil partnerships
- Acknowledging withdrawals from churches
- Legally changing names
- Issuing documents (birth certificates, death certificates, marriage certificates)

## Contact registry office

Please ask the local authority in your [place of residence](#)!


## Public Health Department (Gesundheitsamt)

The **Public Health Department** forms part of Germany's healthcare system. One of its jobs, for example, is to protect the public from infectious diseases. And to promote good hygiene in organisations. These can be hospitals and care providers. Or restaurants and cafés. Would you like to work in a restaurant? Then you will need to be trained in how to prevent infections. But the Public Health Department has other responsibilities too. It gives advice on AIDS. And it focuses on medical services. It visits schools to provide information about how to prevent diseases. And it informs the general public about health risks.

### Health Department in the Lahn-Dill District:

 [Health Department, Schlossstraße 20, 35745 Herborn](#)

 [Website](#)

 [064414071616](#)

 [@gesundheitsamt@lahn-dill-kreis.de](mailto:gesundheitsamt@lahn-dill-kreis.de)

## Participating in society

### Social Card - Bezahlkarte

The SocialCard is a new card that refugees in Hesse receive when they receive social benefits. The SocialCard is a Visa debit card. It does not differ from other Visa debit cards in terms of functionality or design. The SocialCard is available as a plastic card or as a digital card for use in a smartphone.

It works in a similar way to a bank card: money is loaded onto the card every month. No German bank account at a bank or savings bank is required. You can use the SocialCard to make

purchases in many shops in Germany, for example food, clothing or everyday items. You can also shop online on the Internet. You can pay with the card at the till if the shop accepts card payments (Visa). You can also withdraw up to 50 euros a month in cash, for example from ATMs or in some supermarkets. This is handy if you ever need to pay for something with cash.

With the SocialCard, you cannot transfer money abroad or withdraw large sums of money. This should help to ensure that the money is actually used for your living expenses in Germany. You don't need your own bank account for the card and it looks just like a normal bank card.

The SocialCard is more secure than cash: If the card is lost or stolen, the balance can be cancelled and transferred to a new card. The SocialCard is designed to make life easier for refugees: they no longer have to wait for cash withdrawals and can pay directly with the card.

If you have any questions or need help, you can contact the Refugee Office.

💡 Frequently asked questions: [https://www.socialcard.de/fileadmin/user\\_upload/c...](https://www.socialcard.de/fileadmin/user_upload/c...)

## **Referral counselling / social counselling**

Support with all questions in everyday life

For whom?

People with a refugee or migrant background (regardless of age and residence permit)

We offer:

Counselling, assistance and orientation - free of charge and confidential.

We provide support on the following topics, for example

- Residence and benefit law issues
- Health / leisure activities
- Day care centre / school
- Special life situations
- Language / education / work

If required, we can also refer you to suitable specialist centres.

📍 Wetzlar City Library - Werther Room, 1st floor, Bahnhofstraße 6 - 35576 Wetzlar

🕒 Thursdays from 11 a.m. to 1 p.m.

## **Living**

### **Renting / tenancy agreements**

You have found an apartment. Congratulations! You are renting this home from someone. This person is your landlord. You have signed an agreement with him or her. The agreement says that you are allowed to live in the home. It is called a tenancy agreement (Mietvertrag). The tenancy agreement covers your rights and responsibilities. You have rights and responsibilities. And your landlord has rights and obligations. For example, you must pay him or her money every month. This is your rent. Your landlord must let the flat to you. Your landlord is also responsible for taking care of repairs to the flat.

The tenancy agreement is an important document. It states the rental price for the home. It also says whether you are allowed to smoke or wash your clothes in the home. Everything is agreed in writing in the agreement. Is there anything in the agreement you don't understand? Feel free to ask. Ideally, you should do this before you sign the agreement.

The total you pay consists of the net base rent (Kaltmiete) and the additional costs (Nebenkosten). You pay the additional costs every month. These cover ongoing costs. These include cleaning the stairs and paying for the gardeners. You also use it to pay for [waste collection](#). These additional costs are shared by all the building's residents. People with a bigger home pay more.

You are the only person who has a key to your home. Look after the key carefully. Have you lost your key? Then a locksmith will need to come to you. Locksmiths can be expensive. Sometimes the landlord or landlady will need to access your flat. Sometimes other people will also need to access your home. They must tell you that they will be visiting. Often, they will do this by post or over the phone. This may be particularly necessary if a tradesman needs to enter your home. They are there in order to repair something. Or the public utility company or your energy supplier need to read the meter to see how much water or electricity you have used.

## Do you want to terminate your agreement?

Germany protects tenants and landlords. You can't just terminate your agreement overnight. You must write to your landlord or landlady and give them at least three months notice. Terminations must always be made in writing. You should get confirmation that your agreement has been terminated. Do you need help? Then talk to your [support network](#). And the tenants' association (Mieterverein) can help. But you will have to pay money.

## House Rules

In towns and cities, multiple people often live together in one building. Rules are required in order for them to live together without any problems. These rules are set out in the **House Rules**. Quiet times are particularly important in Germany. Check in your House Rules the time after which you need to be quiet. Often, this is the whole of Sunday. On other days, it's often after 22:00. Make sure you aren't too loud. Are your neighbours too noisy? Then talk to them. Ask them to turn the music or the TV volume down.

## Housing benefit


### Housing benefit

You earn little money. Then you can get a subsidised flat. You will need a **certificate of eligibility for subsidised housing (WBS)**. You may also be entitled to **housing benefit**. If you receive money from the state for yourself and your family, you do not usually need to apply for housing benefit.

You must apply for a WBS where you are looking for accommodation.

Refugees with a notice of recognition from the Federal Office for Migration and Refugees (BAMF) can obtain a WBS even if they have not yet been issued a residence permit.



 You can obtain a WBS from the housing authority of the [city or municipal administration](#).


## Waste separation and deposits (Pfand)

**Waste separation** means that different types of waste are collected and recycled separately. In Germany, waste separation starts with the consumers themselves. That means every household must sort its own waste and dispose of it in different bins and containers. A large amount of Germany's waste is recycled and composted, which conserves resources and protects the environment. As a general rule, avoiding waste is always the easiest way to do something about the growing mountains of waste.

If you put something in the wrong bin, staff or sorting facilities at the recycling centres will have to re-sort it. If we all separate waste properly, we can avoid this additional effort, reduce costs and do something for the environment.

## What goes in which bin?

The waste bins in Germany have different colours. The colours tell you which waste goes in which bin. In big cities, the waste bins are often right by people's houses. In the countryside, you might need to travel to a recycling centre to find all the bins. Or you can wait for the next collection day for certain types of waste. While you're waiting, you can store the waste in your garage or basement, for example. The "Waste calendar" (Abfallkalender) will tell you when which type of waste is collected – it will be posted to you each year, or you can pick it up from the town or city hall.

 Specific waste must go in specific bins!

### Waste separation in the Lahn-Dill district:

 <https://www.awld.de/de/Infothek/Flyer/AWLD-Nonver...>

 <https://www.muelltrennung-wirkt.de/de/infomateria...>

## Do I have to separate my waste?

Yes, waste separation is compulsory in Germany. Everyone must separate their waste correctly and put it in the right bins. If you do not comply with the rules on waste separation, your landlord can give you a warning. If you don't change your behaviour, you may even lose your home. Your landlord will also charge you for the costs incurred due to incorrect waste separation. If you have your own home, incorrect waste separation will increase your bill for waste disposal. Incorrect waste separation is also considered an offence. If you are caught, you will have to pay a fine. If you repeatedly don't separate waste, or separate it incorrectly, this fine may be several hundred or thousand euros.

## What do I need to know about "Pfand"?

In Germany, there is something called "Pfandpflicht" for certain drinks packaging. When you buy plastic bottles, glass bottles or drinks cans in a supermarket, you pay a few extra cents. If you take them back to a collection point for empty bottles and cans in a supermarket (usually a machine), you can get this money back. This is called "Pfand". There are two different types of these specific bottles:

**Disposable bottles** (which are recycled) have a square symbol with a can and a bottle, and an arrow wrapped around them. This is the Deutsche Pfand-System GmbH company logo. You will get 25 cents back for each bottle or can with this symbol.

**Reusable bottles** (which are washed and refilled) will either have no symbol at all, a “blue angel” or the word “Mehrweg(-Flasche)”, “Leihflasche” or “Pfandflasche”. You will get 15 cents back for each reusable bottle. You will get 8 cents back for each beer bottle.

💡 This “Pfand” system does not apply to drinks cartons.

💡 If you don’t have the time to take your bottles back, or you don’t want to, then you can also put them next to a bin on the pavement in a clearly visible place. There are many people in Germany who collect these bottles to earn a bit of money for themselves.

## Energy and environment

You need gas and electricity for your home. You use these to operate various appliances. You probably cook with electricity or gas. Your washing machine also needs electricity. And your mobile phone anyway. Some appliances consume more than others. That's why you should always pay attention to energy consumption when buying a new appliance. Many appliances draw power in standby mode even though they are actually switched off. The best antidote is a switchable power strip. With just one click, several appliances can be disconnected from the power supply.

In many houses, the heating works with gas. You often pay your supplier monthly in advance. Then the bill is recalculated once a year. Sometimes you have to pay extra. Sometimes you get money back. If electricity and gas are expensive, it's worth saving money every month. Then you will have enough money if you have to pay extra.

💡 **If you use energy sparingly, you will save money. It's also good for the environment.**

You mainly need water in the bathroom. But also in the kitchen, for cooking and washing up. Saving water pays off in several ways. You will pay less for water, waste water and the energy used to heat the water.

💡 **Tips for saving water: Install an energy-saving shower head. Take a shower instead of a bath. Repair dripping taps. Install a flush stop button in the toilet.**

🌐 You can find more tips and useful information at the [consumer advice centre](#).


## Broadcast licence fees

Independent news reporting is very important. Germany has independent radio, television and online services. These are provided by ARD, ZDF and Deutschlandradio. They report in a way that is free from economic and political influences. For this, all people pay money together. This is called a license fee.

According to the law: **A license fee must be paid by every household in Germany.** However, only one person in each home has to pay the broadcast licence fee. It costs €18.36 per month. The money must be paid to the Fee Services department of ARD, ZDF and Deutschlandradio. See the following [information sheet](#) for more information. It is available in [simple language](#) here. Or visit the [broadcast licence fee website](#). This website is available in

multiple languages.

Some people can be exempted from this payment. For example, if you receive benefits under the Asylum Seekers Benefits Act or other social benefits. An application must be submitted for exemption from the broadcast licence fee.

 You can find the form to apply for an exemption [here](#).

## Financial matters and contracts

### Basic information about contracts

**Especially important:** Is there something that you don't understand? Are you unable to read the document? Then do not sign anything. Often, a contract that you have signed will require you to pay money. It is sometimes very difficult to undo this. Always check and compare several offers. Take your time to decide. Don't let anyone put pressure on you to sign anything.

### Insurances

#### Social insurances

There are five statutory insurances in Germany. You must have these insurances. This social insurance system protects you against unemployment, illness, the need for care, accidents at work and old age. You are automatically covered by pension, accident, long-term care and unemployment insurance. You do not have a choice there. For health insurance, you can choose from a wide range of health insurance companies. You can find out more [here](#).


#### Supplementary insurance

There are many other types of insurance in Germany. It is not possible to say in general terms whether an insurance policy makes sense for you. Most of them protect you against financial risks. The [consumer advice centre](#) provides information about these additional insurances. You will also find information on questions relating to insurance. The most important is liability insurance. You should have this in any case.

#### Liability insurance

Have you caused damage to someone without meaning to? This could be a road traffic accident. Or your child has broken a window pane with a ball. Then you must pay compensation in Germany according to the law. This applies to personal injury, property damage and financial losses in the private sector.

In Germany, you can take out private liability insurance. The insurance pays for these damages for you and your family/children. You can decide for yourself whether you want to take out this insurance. However, we strongly recommend it.

 Are you looking for a good offer for personal liability insurance? Ask your [help centre](#). The [consumer advice centre](#) also provides information on this topic.

💡 Explanatory film on insurance: [Hesse Consumer Advice Centre](#) (German, also with subtitles in Ukrainian)

💡 Free advice is available from the [consumer advice centre in Wetzlar](#).

## Mobile Phone

There is a very large mobile phone market in Germany. There are lots of providers, and lots of different contracts and costs. In Germany, there are generally two different types of mobile phone ("Handy") contract: **Prepaid contracts** and **fixed-term contracts**.

- The prepaid contract does not have a fixed term. You add money (credit) to your phone and can use it to browse the internet or make phone calls.
- The fixed-term contract has a minimum contract period. It is usually 12 to 24 months. This contract is automatically renewed if you do not cancel. If you do not want the contract to be automatically renewed, you must cancel in writing. Pay attention to the notice period.

💡 Don't sign any contracts that you don't understand.

Do you want to sign a contract? Then check the terms and conditions carefully first. Consider whether a prepaid contract might be a better option for you.

With both fixed-term and prepaid contracts, you can choose from three options:

1. A flat rate gives you limitless phone calls, text messages and a certain amount of data when using the internet.
2. An inclusive package gives you a fixed amount of phone calls you can make and text messages you can send, as well as a fixed amount of data when using the internet, for a fixed price. When you have used up your allowance, you can get more calls, messages or data. You will usually have to pay for this. 💡 **Please note:** Many providers automatically add more data when you use up your data allowance. This additional data can cost a lot of money. So we strongly recommend that you switch off automatic addition of data. You can do this via your provider's online portal or using their hotline. Get written confirmation that automatic addition of data has been switched off.
3. You can also choose to pay for each call you make, each text message you send, and each time you use the internet. This is usually more expensive than a flat rate or an inclusive package, but it means you only pay for what you actually use. And there are no hidden costs.

💡 Your [support group](#) will help you choose and enter into a good contract.

## Current Account (Girokonto)

Would you like to pay money via a bank? Then you need a current account (Girokonto). You can access the money in your current account at any time. Would you like to withdraw money from your account? Or would you like to make a cashless payment? Then you must have enough money in your account. Otherwise, you will have to pay interest to the bank.

A current account allows you to:

- transfer money


- receive cashless payments (payments from government agencies/authorities and social benefits are often only paid to current accounts)
- set up standing orders
- Use direct debit services
- Cash a cheque, make cashless payments with an EC/Maestro card
- withdraw money at the bank counter or an ATM
- print your bank statements

## Opening an account

Decide which bank you want to open an account with. Make an appointment to open the account. Please bring one of your identity documents with you. These include your proof of arrival (Ankunftsnachweis), residence permit (Aufenthaltsbewilligung) or your ID card (Ausweis). If no current address is recorded on the identity document, please provide a registration certificate or similar document.

- You have opened your account. An EC card with a four-digit PIN code will now be sent to you by post. Sign the back of the EC card and memorise your PIN code. You will need the PIN code for cashless payments. You will also need the PIN code to withdraw money from ATMs. **Be sure to store the card and PIN code separately!**
- ATMs are cash machines where you can withdraw money from your account. Withdrawals are then free of charge. If you enter the wrong PIN code three times, the bank will keep your card and block it. If this happens, you must contact your bank.
- Have you lost your EC card? Has your EC card been stolen? Then you should get your EC card blocked immediately. Tell them your sort code and your account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

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

💡 If you don't speak German or English, please bring an interpreter with you.

💡 If you need help with using your EC card, ask your [support group](#).

## Taxes and tax returns

Taxes are important. They help the state work properly. Taxes ensure the state has money for public spending. They mean roads can be built. This money is used to pay teachers' and police officers' salaries. Taxes fund many important things.

You pay tax everywhere. When you go shopping, go out for a meal, and put fuel in your car. This is called **VAT (Umsatzsteuer)**. And you pay tax when you work. This is called **income tax (Einkommenssteuer)**. Do you have a job? Then your employer has already deducted the taxes. Are you self-employed? Then you need to calculate and pay your income tax yourself.

## Tax ID number

The tax ID is a 11-digit number and is used for income tax purposes. The number applies throughout your life. The number allows the authorities to identify you at all times. Your employer needs this number. Do you not have this number in any of your documents? Then you can get it in person from the registration office (Meldebehörde). Or you can fill out a form and send it to the Federal Tax Office ([Bundesamt für Steuern](#)).

💡 Do you need help with your tax return? Then you should contact the local tax authority. If you have any further questions, the [tax office](#) can also help you.

## Internet and free hotspots

### Mobile internet

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

💡 You don't need the internet to use Integreat.

### Wi-Fi at home

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

### Free public Wi-Fi hotspots in the Lahn-Dill district

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

📍 [Here](#) you can find a map that shows you all the public hotspots.

💡 As an asylum seeker in Germany, you have no legal right to internet access (Wi-Fi) in your accommodation. So there is normally no Wi-Fi in the accommodation facilities. If there is a telephone connection in the accommodation, you have the option to sign up for a Wi-Fi contract yourself. Ask your [support network](#) to help you choose a good contract. Talk to the other people living in the accommodation about the cost. Consider whether a contract that you can terminate at any time is better than one that lasts for a long time (for example, 2 years). Before agreeing a contract, ask your accommodation facility support staff whether Wi-Fi is technically possible and how you can give the technician access the building.

## Mobility

## Public transport and bicycle

You can reach many places around your home by public transport. You can also cycle. Exercise is healthy. Cycling is inexpensive. Cycling is also environmentally friendly.

### Public transport

Local transport includes bus, tram, underground, S-Bahn and regional trains (RB, RE). The grey IC and ICE trains belong to long-distance transport. Local transport tickets are not valid on these trains. You must buy a ticket before boarding the train. Tickets are only sold on buses.

📍 RMV Mobility Centre, [Karl-Kellner-Ring 49, 35576 Wetzlar](#). You can buy tickets here. Or at the ticket machines at the station/stop, in certain shops, at the railway station, from the bus driver or online (rmv app).

All of these places also provide information on fare zones and fares. This is sometimes difficult to understand for those unfamiliar with the area.

Many tickets have to be validated. There are ticket validation machines at the station/stop or on the bus or train.

Most single tickets from the machine are already validated and must not be validated again. If in doubt, passengers should ask the driver or other passengers whether the ticket needs to be validated.

📱 With the [RMVgo app](#), you can find out everything about connections and fares in the Lahn-Dill district.

### Long-distance transport

📱 Tickets for long-distance rail journeys are best obtained online on the [Deutsche Bahn](#) website and at the station, either at the ticket counter or from a ticket machine. You can also find timetables and connections using the "DB Navigator" [smartphone app](#).

Tickets for the faster Intercity (IC) and Intercity Express (ICE) trains are more expensive than tickets for regional trains (RB, RE). Local train tickets are not valid on these trains.

📱 Long-distance coaches are often cheaper than trains. Tickets for long-distance coaches are available on the Internet and in some travel agencies. You can find timetables and connections at <http://www.fernbusse.de/> or with the app "[Busliniensuche - Fernbus App](#)".

### Ticket inspection

Anyone caught travelling on a bus or train without a valid ticket can be fined an "increased transport charge" or a "supplementary fare collection". The penalty for this is at least 60 euros. If you are unable to identify yourself at the ticket inspection, the police must establish your personal details.

### Bicycle

In the long run, buying a bicycle is much cheaper than using public transport - at least the bicycle is a useful addition, especially for shorter journeys.

Important traffic rules (selection):

- Always ride on the right-hand side of the carriageway
- Do not ride next to each other, but behind each other
- If available, you must use cycle paths
- Only children up to the age of 11 may use footpaths

Pay attention to the following equipment:

- Front and rear lights
- Reflectors (front, rear, spokes, pedals)
- Bell
- 2 independent brakes

## **Driving licences and driving cars**

A driving licence can be very useful. Especially if you live in a village or a small, remote town. There is often little or no public transport in these places. So a driving licence is helpful. And you will usually have to buy a car. Would you like to get a German driving licence? Or do you have a driving licence from your home country and now want to transfer it? Transferring your licence means that it will also be valid in Germany. This page provides the information you need.

### **Is my driving licence valid in Germany?**

Would you like to drive in Germany? Then you will need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in Germany. You can only use your driving licence from your home country for your first six months in Germany. The six months begin when you first register with the police in Germany. You must always have your driving licence with you when you drive. You must also have a German translation of your driving licence with you.

Do you want to continue driving after six months? Then you must get your licence transferred.

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

💡 During the asylum process, the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) will keep all your documents. You will usually only get these documents back once your asylum process is complete. If the BAMF has your driving licence, you are not allowed to drive a car.

### **How do I renew my driving licence?**

Report to your [local driver licensing authority or driving licence office](#). It may take some time for them to respond to you. Sometimes this office receives lots of applications at once. Contact the competent authority before your six-month driving licence expires. You will have to visit the driving licence office in person. And you must present various documents:

- ID card or passport
- Confirmation of registration (from the police)



- Biometric passport photo
- Confirmation that you have passed an eye test (from an optician)
- Proof that you have taken a first aid course. You can find a course at the Arbeiter-Samariter-Bund (Workers' Samaritan Federation – ASB), at the Johanniter organisation, or at other organisations.
- The original of your foreign driving licence (an international driving licence is not sufficient). You will usually have to bring a certified German translation of this licence too.
- A declaration that your foreign driving licence is still valid.

The driving licence office will decide whether your driving licence can be transferred without taking a test. Otherwise, you will first have to take the theory test and practical test. This depends on the country where you obtained your driving licence.

💡 Before taking the test, it's a good idea to attend a driving school. There are lots of traffic regulations and road signs in Germany. However, unlike those people learning to drive for the first time, you don't need to have driving lessons.

### **How can I get a German driving licence?**

To get your first driving licence, do the following:

- Contact a driving school. In large towns and cities there are driving schools with instructors who speak Arabic, Farsi and other languages. You can find driving schools in your area on [drivolino.de](https://drivolino.de) or [fahrschulen.de](https://fahrschulen.de) find one.
- Take a first aid course. You can find a course at the Arbeiter-Samariter-Bund (Workers' Samaritan Federation – ASB) or at the Johanniter organisation.
- Visit an optician to get an eye test. Eye tests cost about 7 euros. Some opticians also offer free eye tests.
- Get a biometric passport photo.

### **Can my driving licence be revoked?**

If you do not follow important traffic regulations, you may lose your driving licence. There is a difference between a driving ban (Fahrverbot) and having your licence withdrawn (Entzug des Führerscheins).

- If you get a driving ban, you must give your driving licence to the fine payment office (Bußgeldstelle) for several months. You are not allowed to drive during this time. Once this time has elapsed, you can get your driving licence back.
- If your licence is withdrawn, that means it is no longer valid. So you are no longer allowed to drive, and you are also not allowed to get a new driving licence for a certain period of time (this time is called the Sperrfrist).

Have you caused a traffic hazard? Have you driven a car while drunk? Have you collected 8 penalty points? These are reasons to withdraw your driving licence.

You can get penalty points for violating several rules, for example, by driving too fast. Penalty points are also colloquially known as "Punkte in Flensburg".

💡 Have you just passed your driving test? Then you are in a probationary period for two years. Have you violated traffic regulations during this probationary period? Then you must attend a course. You may also be required to get psychological counselling. And your probationary period will be extended for another two years. If you do not attend the course or the counselling, your driving licence will be taken away from you. Examples of a traffic offence include running a red light, driving at night without your lights on, or driving drunk. Parking illegally is not a traffic violation. In this case, you will only have to pay the fine.

## Germany ticket



# D-TICKET

With the Deutschland-Ticket, you can use many means of transport in Germany for €49 per month from May 2023. The ticket is only available as a subscription. It can be cancelled monthly.

The Deutschlandticket can be purchased online, via app or in a local shop.

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

🌐 [RMV transport association](#)

🌐 [NVV transport association](#)

💡 The Deutschlandticket is not valid on IC, ICE and EC trains.

💡 The Deutschlandticket is cheaper for recipients of social benefits and asylum seekers. It is then called "Deutschlandticket with Hessenpass mobil"

Flyer [RMV Hessenpass-mobil.pdf](#)

## Leisure and exchanges


### Support networks

In many areas and districts, there are groups that volunteer to help you free of charge. The volunteers can help you find your bearings in your new home environment. They can help you participate in leisure and sport activities. They can help you learn your first German language skills. If you have questions about daily life, you can ask the volunteers. They can assist in many ways, such as helping you to understand a letter written in German, letting you know where there are cheap shopping options and sports facilities, or telling you how the bus system works. The volunteers can also help you with questions about a bank account. Many of these support networks can also help you learn German.

### In the southern Lahn-Dill district:



[Refugee Aid Central Hesse](#)

 [Kirchgasse 8, 35576 Wetzlar](#) (Protestant cathedral parish hall)


 [064418055898](#) (Mailbox)

 [@info@fluechtlingshilfe-mittelhessen.de](mailto:info@fluechtlingshilfe-mittelhessen.de)

### In the northern Lahn-Dill district:



[Refugee Aid LDK North](#)

 Ask the **local authority or town council** in your new place of residence whether there are currently any support groups in the area.

### Aßlar (City)

 [Mühlgrabenstraße 1, 35614 Aßlar](#)

 [064418030](#)

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



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

### Bischoffen (municipality)


 [Schulstraße 23, 35649 Bischoffen](#) (Niederweidbach district)


 [06444923111](#)

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


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

### Braunfels (City)


 [Hüttenweg 3, 35619 Braunfels](#)

 [064423030](#)

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

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

### Breitscheid (municipality)

 [Rathausstraße 14, 35767 Breitscheid](#)

 [0277791330](#)



[info@gemeinde-breitscheid.de](mailto:info@gemeinde-breitscheid.de)

<https://www.gemeinde-breitscheid.de/startseite>

#### **Dietzhöhlztal (municipality)**

[Hauptstraße 92, 35716 Dietzhöhlztal](#)

[02774807](tel:02774807)

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



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

#### **Dillenburg (City)**

[Rathausstraße 7, 35683 Dillenburg](#)

[027718960](tel:027718960)

[@stadt@dillenburg.de](mailto:stadt@dillenburg.de)



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

Contact person at your local authority: Youth and Social Affairs Department, Frank Markus Dietermann

[@fm.dietermann@dillenburg.de](mailto:fm.dietermann@dillenburg.de)

[02771896211](tel:02771896211)

#### **Driedorf (municipality)**

[Wilhelmstraße 16, 35759 Driedorf](#)

[0277595420](tel:0277595420)

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

<https://www.driedorf.de>

#### **Ehringhausen (municipality)**

[Rathausstraße 1, 35630 Ehringshausen](#)

[064436090](tel:064436090)

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

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

#### **Eschenburg (municipality)**

[Nassauer Straße 11, 35713 Eschenburg](#)

[027749150](tel:027749150)

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

<https://www.gemeinde-eschenburg.de/>





#### **Greifenstein (municipality)**

 [Herborner Str. 38, 35753 Greifenstein-Beilstein](#)  
 [0277991240](tel:0277991240)  
 [mail@greifenstein.de](mailto:mail@greifenstein.de)  
 <https://www.greifenstein.de/>




#### **Haiger (City)**

 [Market Place 7, 35708 Haiger](#)  
 [027738110](tel:027738110)  
 [info@haiger.de](mailto:info@haiger.de)  
 <https://www.haiger.de/>

#### **Herborn (City)**

 [Hauptstraße 39, 35745 Herborn](#)  
 [027727080](tel:027727080)  
 [info@herborn.de](mailto:info@herborn.de)  
 <https://www.herborn.de/#gsc.tab=0>





#### **Hohenahr (municipality)**

 [Town Hall Square 6, 35644 Hohenahr](#)  
 [0644692300](tel:0644692300)  
 [info@hohenahr.de](mailto:info@hohenahr.de)



<https://www.hohenahr.de>





#### **Hüttenberg (municipality)**

 [Frankfurter Str. 49-51, 35625 Hüttenberg](#)  
 [0644170060](tel:0644170060)  
 [info@huettenberg.de](mailto:info@huettenberg.de)  
 <https://huettenberg.de/>




#### **Lahnau (municipality)**

 [Town Hall Square 1, 35633 Lahnau](#)  
 [06441/96440](tel:0644196440)  
 [gemeinde@lahnau.de](mailto:gemeinde@lahnau.de)  
 <https://www.lahnau.de/>

#### **Leun (City)**

 [Bahnhofstraße 25, 35638 Leun](#)  
 [0647391440](tel:0647391440)  
 [stadt@leun.de](mailto:stadt@leun.de)  
 <https://www.leun.de/>





#### **Mittenaar (municipality)**

 [Leipziger Straße 1, 35756 Mittenaar](#)  
 [0277296500](tel:0277296500)  
 [@sekretariat@mittenaar.de](mailto:@sekretariat@mittenaar.de)







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





#### **Schöffengrund (municipality)**

 [Neukirchener Straße 5, 35641 Schöffengrund](#)  
 [0644592440](tel:0644592440)  
 [@info@schoeffengrund.de](mailto:@info@schoeffengrund.de)  
 <https://www.schoeffengrund.de/>





#### **Siegbach (municipality)**

 [Austraße 23, 35768 Siegbach](#)  
 [0277891330](tel:0277891330)  
 [@info@siegbach.de](mailto:@info@siegbach.de)  
 <https://www.siegbach.de/>

#### **Sinn (municipality)**

 [Jordanstraße 2, 35764 Sinn](#)  
 [0277250070](tel:0277250070)  
 [@info@gemeindesinn.de](mailto:@info@gemeindesinn.de)  
 <https://www.gemeindesinn.de/>





#### **Solms (City)**

 [Oberndorfer Straße 20, 35606 Solms](#)  
 [064429100](tel:064429100)  
 [@stadtverwaltung@solms.de](mailto:@stadtverwaltung@solms.de)  
 <https://solms.de/>

#### **Waldsolms (municipality)**

 [Lindenplatz 2, 35647 Waldsolms](#)  
 [0608598100](tel:0608598100)  
 [@gemeinde@waldsolms.de](mailto:@gemeinde@waldsolms.de)  
 <https://www.waldsolms.de/>

#### **Wetzlar (City)**

 [Ernst-Leitz-Strasse 30, 35578 Wetzlar](#)  
 [06441990](tel:06441990) or [06441115](tel:06441115)  
 [@stadtverwaltung@wetzlar.de](mailto:@stadtverwaltung@wetzlar.de)  
 <https://www.wetzlar.de/>

Offices and departments:

- Immigration office

- Youth welfare office
- Coordination Office for Youth and Social Affairs - Diversity Centre
- City office
- Adult Education Centre

Foreigners' Advisory Council for the City of Wetzlar

☎ [06441991026](tel:06441991026)

Social Welfare Office for the City of Wetzlar (debt counselling, housing assistance office, Wetzlar Card)

☎ [06441995011](tel:06441995011)

@[sozialamt@wetzlar.de](mailto:sozialamt@wetzlar.de)

Sport and refugees (sports coaches)

☎ [06441995201](tel:06441995201)

@[sportamt@wetzlar.de](mailto:sportamt@wetzlar.de)

## Welfare organisations

Welfare organisations are an important part of our welfare state. They help where people need support. They complement the services provided by the state and the economy.

They offer

- Help for families and single parents
- Support for older people
- Services for people with disabilities or mental illnesses
- Care and support for the sick
- Help for refugees and immigrants
- Support for people in need
- Training for care and social professions
- Care services for children and young people

There are these welfare organisations in the Lahn-Dill district:



- German Red Cross
- AWO
- The Paritätische Hessen
- Diakonie Lahn-Dill
- Diakonisches Werk an der Dill
- Caritas Association


They are committed to helping people in difficult situations. They offer numerous support programmes.



## Libraries


A library is a place where you can borrow books, CDs, learning materials and learning aids to use at home. To do this, you will need a library card. You can get this from your local library.

Libraries are also quiet places where you can go to read or study.  
Find out about your local library:

 [Wetzlar](#) City Library  
 [Bahnhofstraße 6, 35576 Wetzlar](#)



 [Dillenburg](#) Public Library  
 [Untertor 7, 35683 Dillenburg](#)



 [Herborn](#) Public Library  
 [Mühlgasse 7-15, 35745 Herborn](#)

 Evangelical Library [Leun](#)



[Pfarrgasse 11, 35638 Leun](#)



 [Braunfels](#) Public Library  
 [Fürst-Ferdinand-Strasse 4a, 35619 Braunfels](#)



 [Aßlar](#) Public Library  
 [Hauptstraße 8, 35614 Aßlar](#)



 Community Library [Dietzhöhlztal-Ewersbach](#)



[Hauptstraße 85a, 35716 Ewersbach](#)

 [Haiger](#) Public Library  
 [Obertor 18, 35708 Haiger](#)



 Evangelical Library [Erda-Großaltenstädten](#)  
 [Grabenstraße 4, 35644 Hohenahr-Erda](#)

 [Lahnau](#) School and Community Library  
 [Sudetenstraße 9, 35633 Lahnau](#)

### Offers for senior citizens


In 2020, around 18.3 million people over the age of 65 lived in Germany. And this number is growing every year. They now make up more than 22% of the total population. Older people often need care or help in the home. The older people are, the more likely they are to need help. Some also live alone. This sometimes means that their social contacts become fewer. Social contacts are important for mental health.


### Here you can find offers for senior citizens in the Lahn-Dill district:

 Senior citizens' guide: [Growing older in the Lahn-Dill district](#)  
 [Karl-Kellner-Ring 51, 35576 Wetzlar](#) (district administration)




 [City of Wetzlar senior citizens' office](#)


 [Ernst-Leitz-Straße 30, 35578 Wetzlar](#) (town hall)

 Information from the district administration: <https://www.lahn-dill-kreis.de/buergerservice/soziales/alter-pflege/>

 Caritas [counselling centre](#)

 [Hintergasse 2, 35683 Dillenburg](#)

 Diakonie Lahn-Dill: [Information centre for care and old age](#)

 [Langgasse 3, 35576 Wetzlar](#)

## Religious Practice

There are many different religions in Germany. Lots of people follow a particular religion. They are organised in their own communities. For example, churches, mosques or synagogues.

Contact with the community is important. In the community, you can hold religious services together. Joining a community makes it easier to talk to people with the same beliefs as you. There are various groups and meetings that give you the chance to do this. Visit the communities' websites to find out more information. You can also call them on the phone, or introduce yourself in person.

### Christian congregations in the Lahn-Dill district

 In this overview you will find [Protestant parishes from the church district on the Lahn and Dill](#).

 [Protestant parishes to the north of the Lahn-Dill district](#) (former Dillkreis) can be found via the Protestant Deanery on the Dill.

 [Catholic parish of Herborn and Dillenburg](#).

 [Catholic Parish of Wetzlar](#).

### Muslim communities in the Lahn-Dill district:

 [Islamic congregations](#) in Wetzlar, Herborn, Dillenburg, Ehringshausen and Haiger.

 [Ahmadiyya Muslim Jamaat](#).

 [Alevi community](#) Wetzlar:

### Jewish communities

 The nearest Jewish community is in [Gießen](#).

## Sports offers

Having fun when exercising is one thing. But sport offers you another benefit, too: Sport is an easy way to settle into a new environment and make contact with new people. The rules of sport

do not know any cultural or national boundaries. They are usually understood even if people don't speak a common language. Sport is a good, informal way to get to know the locals and make new friends.

📍 You can find a list of sports clubs in the Lahn-Dill district [here](#).

📍 There are nine indoor and 12 outdoor swimming pools in the Lahn-Dill district. Here you will find a list of [indoor swimming pools](#) in the Lahn-Dill district and neighbouring districts.

📍 Here you will find a list of selected bathing [lakes and adventure pools](#).

## Language

### Basic language skills

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

### Level of language ability and certificates

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

#### A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others.

You can ask personal questions.

You can answer questions.

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

#### A2: Elementary

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: Intermediate

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: Upper intermediate

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: Advanced

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: Proficient

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

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

## Language Courses

### Initial Orientation Courses

The ab-initio German language courses are for beginners. Here you will learn elementary German. You will find out about life in Germany. The aim of the course is to make it easier for you to live in Germany. You will learn to handle everyday issues. A course consists of 300 units of 45 minutes each. The course covers various subjects. You will learn about 'Health/Medical care', 'Work', 'Kindergarten/School', 'Housing', 'Local Orientation / Transport / Mobility'. Spoken communication is the main focus: Participants will learn how to find their way around in everyday life as quickly as possible. The course also teaches German values.

Ab-initio courses are primarily designed for asylum seekers with an unclear prospect of permanent residence. If there are still spaces available on the courses, then recognised asylum seekers with good prospects of staying may also participate. If you are still in school, these initial orientation courses are not for you. If you get a place in an [integration course](#), then you can switch to that course. The people in the courses have very different backgrounds. Illiterate people can attend the courses as well as academics. Initial orientation courses are free of charge.

💡 German is spoken in the course - interpreters will not present during the course.

💡 Contact a migration counselling centre or your [asylum social counselling](#) service. They will help you to find a suitable course.

### Integration courses

In this course you will learn German. You will learn more than just the basics. At the end of the course you will be able to speak German at level B1. You will also learn about the culture, politics and social customs in Germany. If you are still a minor, you can take part in a special course for young people. The integration courses are free of charge for refugees and people who receive social benefits. The integration course concludes with the examinations "Deutschtest für Zuwanderer" (DTZ) and "Leben in Deutschland" (LiD).

The [job centre](#), the [social welfare office](#) or the [immigration office](#) can oblige you to take part in an integration course. You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the Federal Office for Migration and

Refugees (BAMF).

 [Application form](#)

### **Vocational language courses (DeuFöV)**

In this course you will improve your German language skills. The courses are designed to improve your vocabulary. You will learn job-related words. Are you already working? Are you still doing an apprenticeship? Do you want to start working soon? Then attend this course. Ideally, you should have already attended an integration course.

Depending on the course, you will be able to speak German at a level of A2, B1, C1 or C2 at the end. Each of these courses concludes with a certificate examination. In addition to the basic courses, there are various specialised courses with different focuses.

 <https://www.bamf.de/DE/Themen/Integration/Zugewan...>

To take part in a job-related German course, you need an authorisation or obligation. You can obtain this either from the job centre or employment agency or by applying to the Federal Office for Migration and Refugees (BAMF).

### **Voluntary language services**

In addition to the official German language courses available, there are opportunities to practise your German in some cities and municipalities.


These groups are run by volunteers. These are mostly people whose mother tongue is German. Sometimes they are retired teachers. Anyone can attend these groups, regardless of their residence status.


Enquire about these offers in the city or municipality where you live.


### **Online language courses and online study**


#### **Online language courses**


You can learn German on your smartphone or computer (also free of charge). Take advantage of the great offers to learn German quickly and make good use of the waiting time for a language course. These offers can also be useful during a language course. You can find more information about the language levels (A1-C2) [here](#).


 [Practise German for free](#) with the Goethe-Institut: lots of free media that you can use to practise German: from apps with learning materials, videos, podcasts and games to social media and community offers.


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


 [Lunes App](#): The app helps you at school. And in training. And at work. The app has lots of information about words from different professions. There is a picture for every word. So you learn the German words. And there is a read-aloud function. Various exercises make learning fun. You can learn and memorise the vocabulary.


 [Serlo ABC](#): A free alphabetisation app for self-study or as a supplement to a language course. The app is approved as a textbook for integration courses.

 [Mein Deutschbuch](#): Extensive range of resources for learning German. The website is aimed at learners and teachers, A1-B2.

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

 ["Die Stadt der Wörter"](#): App and website for playful vocabulary learning without prior knowledge in German, English, French and other languages.

 [VHS learning portal](#): Free German courses. You can also learn to read, write and do maths. There is also help for preparing for school-leaving exams in German, maths and English.

 [Language placement test](#): onSET-online language placement test for refugees and for language categorisation for full-time and voluntary workers.

## Online study

Many refugees and asylum seekers want to go to university. But it is difficult for them. Because they have to pay a lot of money for university. And they often need good certificates and papers. Kiron Higher Education offers a good solution: Tuition fees are not important for refugees and asylum seekers. And they don't need good certificates and papers. The university offers places for everyone. The first 2 years go to university online. You can watch the courses in English. You can also add subtitles in any language. In the third year you go to the university on site. You can learn German while studying. You also get other help and counselling.

 [Website Kiron](#)

## Learn German without a course

### Language cafés


There are also many volunteers in so-called language cafés (or Sprachtreffs) who can help you learn German. In the language cafés you can meet up with other people and speak German with them. This allows you to practise your German and learn new words. And maybe even make new friends along the way. In the language cafés, it doesn't matter whether you have previous knowledge or not. Everyone sits together in small groups and simply chats.

As the programmes are constantly changing, please ask about language cafés in your [town or community](#).

There are currently language cafés here:

 [Dillenburg](#) (language café for women)

 [Aßlar](#) (meeting café)

 [Wetzlar - Niedergirmes, family centre](#) (language café for women, Fridays 09.00 - 11.00 h)

 Wetzlar - Niedergirmes, [Neighbourhood Centre](#) (Cafe International, Fridays 14.00 - 15.30 h)

📍 vhs-Lerntreff in the Dalheim Children's and Family Centre: Mondays 09.30 - 13.15 h in Cafe Dalheim, Berliner Ring 39, Wetzlar, additionally every 2 weeks: Migration counselling

📍 vhs learning meeting at the adult education centre in Wetzlar: Fridays, 1.45 - 5.30 pm, room 1.20 at the vhs Wetzlar (Bahnhofstraße 3 in Wetzlar), additionally every 2 weeks: Migration counselling


## Tandem

You can also look for a tandem partner. This is a person who speaks German very well and wants to learn your language. You meet with each other and take turns learning and speaking German and your language. This way you learn German and the other person learns your language.

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

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## Libraries

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

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

## Interpreter

### Finding an interpreter

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

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

💡 In Germany, official documents, such as certificates and marriage or birth certificates, may only be translated by certified translators. These translations can be very expensive. Please

check beforehand whether you really need a certified translation and compare the translation prices.

🌐 Ask at [Caritas Wetzlar](#).

## Become an interpreter

Do you speak very good English or German? Then you can support your compatriots who do not speak English or German. For example, you can accompany them to government offices or other appointments.

🌐 If you are interested, please contact [Caritas Wetzlar](#).

## Education, Work und University Studies

### Information on training, work and study

**Would you like to work in Germany?** Then you need to know: How can I work in Germany? And where can I get help? You can find everything you need to know about work and jobs here: [Access to the labour market](#)

**Have you already obtained a qualification abroad?** For example, a school-leaving qualification or a professional qualification? Then you need to have the qualification recognised here in Germany. You can find out how to do this on the page: [Recognising foreign qualifications](#).

There are over 400 different professions in Germany. Do you want to learn a profession? Then you can find information on [training](#) here. For example: How can I do an apprenticeship? What professions are there?

**Children and young people have to go to school.** They must be at least 6 years old for this. Children and young people go to [general school](#). There they learn for their future life. For example, so that they can learn a profession. Or: so that they can graduate from a university.

**Do you want to catch up on your school-leaving qualifications in Germany** (for adults)? [Here](#) you have the opportunity to catch up on a school-leaving qualification or obtain a higher school-leaving qualification. You can catch up on your Abitur [here](#).

**Do you want to study?** Then you can find information about [studying](#) here. And you can see which people you can contact.

[The education atlas](#) is an overview of all education programmes for new immigrants in the Lahn-Dill district.

### Looking for work

#### Access to the Job Market

## Regulations on access to the job market

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

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

👥 Asylum seekers with proof of arrival or residence permit:

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

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

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

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

👥 Asylum seekers with proof of arrival or residence permit outside AnKER or EAE:

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

👥 Tolerated persons:

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

Tolerated persons in AnKER:


- Do you not come from a safe country of origin? Did you make your asylum application after 31 August 2015? Does your exceptional leave to remain (Duldung) last for 6 months? Then the Immigration Office will decide if you are allowed to work.



- Persons with an exceptional leave to remain (Duldung) because of unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check is not applicable. However, the Federal Employment Agency (Bundesagentur für Arbeit) will check the working conditions.

Tolerated persons outside AnkER:

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

 Refugees with residence permits (Aufenthaltserlaubnis):

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

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


## Advice centres for refugees

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


### Department for Education and Work, Local Authority:

You can get general information on internships, employment, training and work here.

 [Refugee Office Wetzlar, Karl-Kellner-Ring 19-21, 35576 Wetzlar](#)


 Office hours Mondays, 10.00 to 12.00

 [Dillenburg Refugee Office, Berliner Straße 42, Dillenburg](#)

 Office hours Thursdays, 13.30 to 16.30

### Employment Agency:




 [Sophienstraße 19, 35576 Wetzlar](#)

 [Moritzstraße 17, 35683 Dillenburg](#)

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

### Lahn-Dill Local Job Centre:

If you have any questions, please contact the Refugee and Migration Unit.

 [Eduard-Kaiser-Strasse 38, 35576 Wetzlar](#)  
 [0644121075120](tel:0644121075120)  
 [@FS\\_Fluechtlinge@jobcenter-lahn-dill.de/](mailto:@FS_Fluechtlinge@jobcenter-lahn-dill.de/)

## Employment contract

Anyone who starts a job gets an employment contract. It governs the most important conditions of your work. It explains when you work, how much holiday you get, and how much you are paid. Both sides – workers and employers – must abide by these agreements. When you sign the contract, it becomes legally binding. So you should only sign it once you fully understand its content.

## Types of contracts:

### Permanent job contract (Unbefristeter Arbeitsvertrag)

Usually, there is a probationary period of three or six months. During this period, employment can be terminated within two weeks. The employer may terminate the employment agreement. As an employee, you may also resign. At the end of the probationary period, permanent employment begins. This gives you longer protection against dismissal. Working hours are usually up to 40 hours a week.

### Fixed-term employment contract (Befristeter Arbeitsvertrag)

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

### Minijob

The maximum monthly salary is € 520 and is not taxed.

## Labour law:

There are numerous laws that regulate and ensure the rights of employees in Germany. These include:

- Regulation of working time
- Minimum wage
- Leave claim
- Protection against dismissal
- Representation of interests in the workplace (Works council)
- Trade union labour regulations
- and a few more

## Taxes and social security payments:

Every employee in Germany pays part of his or her salary in taxes. These fund federal, state and local government spending. Employers, in turn, are obliged to pay social security contributions for their employees. These social security contributions fund the German social system. This system guarantees that you receive money from the state if you are unemployed.

## Tax ID number:

Your tax ID is an 11-digit number and is used for income tax purposes. The number applies throughout your life. The number allows the authorities to identify you at all times. Your employer needs this number. Do you not have this number in any of your documents? Then you can get it in person from the registration office (Meldebehörde). Or you can fill out a form and send it to the Federal Tax Office ([Bundesamt für Steuern](#)).

### **Social security number:**

For a job, you need a social security number. This can be obtained from your health insurer (for example AOK, DAK).

### **Illegal work:**

You have paid work. But this work is not registered with the Tax Office (Finanzamt) or a health insurance provider. So you do not pay any taxes or social security contributions. This is **illegal**. It can be punished with fines and prison! Do you receive social benefits or unemployment benefit? Despite this, are you working? And have you not told the Social Welfare Office (Sozialamt), the Employment Agency (Arbeitsagentur) or the Job Centre about it? This is **illegal** too. It means you are wrongly receiving state benefits, even though you are in paid employment.

### **Job applications and interviews**

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

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

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

### **An application usually consists of three parts:**

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

**Curriculum vitae (CV):** The CV lists all your experience. It is structured in the form of a large table. Write when you started and stopped working at each company. Include where you undertook training or a course of studies. Specify where you went to school and what type of

qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do.

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

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

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

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

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

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

🌐 [Europass](#) is a multilingual (more than 20 languages) online platform that helps migrants make their skills and expertise obvious to others. It provides you with the opportunity to create a language passport or a CV using a free online tool. You can also find important tips on writing good applications on Europass.

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

🌐 You can find more information and templates for cover letters and CVs here: [Bewerbung2go](#), [BewerbungsWissen](#), [Karrierebibel](#)

## Language practice

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

## Looking for Work - Advice and Help

The following Lahn-Dill district organisations will support you in all aspects of your job search:

🌐 **[Employment Agency](#)**

📍 [Sophienstraße 19, 35576 Wetzlar](#)

📍 [Moritzstraße 17, 35683 Dillenburg](#)

### **Local Job Centre Lahn-Dill**

 [Eduard-Kaiser-Straße 38, 35576 Wetzlar](#)

 [Wilhelmstraße 18-22, 35683 Dillenburg](#)

### **District Administration, Office for Education and Labour**


 [Refugee Office Wetzlar, Karl-Kellner-Ring 19-21, 35576 Wetzlar](#)

 [Dillenburg Refugee Office, Berliner Straße 42, 35683 Dillenburg](#)

## Immigration of Skilled Workers

### Information

There is a law in Germany. The aim of this law is to make it easier for skilled workers to come to Germany. These skilled workers have vocational training. They are not academics. There are already laws governing immigration of these people to Germany.

 This and more information can also be found on the page [Make it in Germany](#)

 Here you can also perform a [quick test](#) to see your possibilities!


### International nursing staff

#### International nursing staff for Hesse


Have you completed training in the field of nursing and healthcare abroad? Would you like to work in your profession in Hesse?

We will be happy to advise you! On recognition, language courses, knowledge tests, preparatory courses or adaptation programmes. The PQZ Hessen will support you from recognition to successful integration with your new employer. We will discuss your individual requirements and clarify your questions. Our counselling is free of charge.

 [PQZ Hessen, Zu den Sandbeeten 5, 35043 Marburg](#)

 [06421985484](#)

 [PQZ-Hessen@integral-online.de](mailto:PQZ-Hessen@integral-online.de)

 Monday - Thursday, 08:00 - 16:00, Friday, 08:00 - 12:00

### Welcome Centre Hesse

#### WELCOMECENTER HESSEN - Start your career in Hessen!

**Information and support for: international workers, specialists and managers, trainees and students.**

Are you new to Hessen? Then you probably have a lot of questions about living and working in your new home. For example:

- German courses in the neighbourhood
- Searching for work
- Visa support
- Preparation of your application documents

- Preparation for a job interview

Then you've come to the right place! We also offer workshops on various topics.

We are happy to help. Free of charge in German, English, Spanish and Kiswahili.

We are also happy to advise Hessian companies, businesses and administrations.

Contact us by e-mail or telephone.


We will be happy to advise you personally.

 <https://www.work-in-hessen.de/welcomecenter-he>

 [Current offers 2022](#)

@

[info@welcomecenterhessen.com](mailto:info@welcomecenterhessen.com)


 [06997172122](tel:06997172122) or [08006665788](tel:08006665788)

In addition to the workshops, there are regular online get-togethers! We look forward to your enquiry!


Your WELCOMECENTER Hessen

## For employers


**Accelerated skilled labour procedure:** Employers need an authorisation from the skilled worker. This allows you to initiate an accelerated skilled worker procedure. You do this at the responsible immigration authority. The company concludes an agreement with the authority. All parties involved agree on what the employer, the skilled worker and the authorities may and must do. The agreement describes the procedures.

 The **fees** amount to 411 euros. There is also a visa fee of 75 euros. As well as all other fees incurred (certified copies, translations).

**The foreigners authority advises the employer.** It provides support to ensure that the foreign qualifications of the skilled worker are recognised. The foreigners authority obtains the approval of the Federal Employment Agency. It checks what is required for the visa to be issued. The recognition centres only have a certain amount of time before they have to make a decision. So does the Federal Employment Agency.

 Have all the **requirements** been met? Then the foreigners authority issues a so-called preliminary approval. The employer can forward this to the skilled worker. The skilled worker then books an appointment with the diplomatic mission abroad. The visa is applied for at this appointment. At this appointment, the skilled worker must present the original pre-approval. The skilled worker must also bring the other documents required for the visa application.

Have you submitted the complete **visa application** from the skilled worker? Then a decision will be made within three weeks.

 The **family of** the skilled worker can also be considered. The application must be submitted at the same time. The family must fulfil the requirements for family reunification.

## For skilled workers

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

<https://kultusministerium.hessen.de/Schulsystem/Internationales/Internationale-Bildungsnachweise>

## Looking for Work

### Entering the labour market:

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

### Employment options:

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

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

### Skilled workers with vocational training:

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

## Rules for entering the country

### Entering the country to find a job:

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

### Residence for qualification purposes:

You get more opportunities to obtain qualifications in Germany. Have you tried to get your qualifications recognised? Have the authorities identified problems? Do your qualifications not correspond to German qualifications? Then you need sufficient German language skills. That means German level A2. Then you can apply for a visa. This visa allows you to come to Germany for 18 months. During this time, you can get qualifications. The authorities can

extend your visa for 6 months. After that, you can apply for another visa. For example, in order to complete professional training. Or to study at a university. Or to work.

Settlement permit (Niederlassungserlaubnis) for skilled workers from abroad:


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

## For training and studies

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

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

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

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


## Self-employment

### Who can start their own business in Germany?

Is your asylum process still ongoing? Has your application been rejected? Do you have exceptional leave to remain (Duldung)? Then you are **forbidden** from being self-employed. In principle, everyone else has the option to set up their own business in Germany.

## More information

 ["GründerZeiten" online guide](#) (German and Arabic; "GründerZeiten")

 [Business start-up portal](#) (German, French, Italian, Russian and Turkish)

 [Homepage for the IQ-Fachstelle für Migrantenökonomie \(Specialist Unit for Ethnic Entrepreneurship\)](#) (German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)



## Education (dual training and full-time school)


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



### Dual training




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

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


### Chamber of Crafts (HWK; Handwerkskammer)





 The [Chamber of Crafts and Trades \(HWK\)](#) is responsible for professional trades. This includes professions such as bakers, bricklayers or painters.


 [Seibertstraße 4, 35576 Wetzlar](#)  
 [064414472800](#)

 [Contact Welcome Guide](#)  
 [0611136150](#)  
 [@anja.kloos@hwk-wiesbaden.de](mailto:anja.kloos@hwk-wiesbaden.de)

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

 The [Chamber of Industry and Commerce \(IHK\)](#) is responsible for occupations in industrial manufacturing, trade and the service industry. Here, for example, we are talking about plant mechanics or wholesale and foreign trade clerks.

 [IHK Lahn-Dill, Wetzlar Office, Friedenstraße 2, 35578 Wetzlar, Germany](#)  
 [0644194480](#)  
 [IHK Lahn-Dill, Dillenburg Office, Am Nebelsberg 1, 35685 Dillenburg](#)  
 [023412320](#)

 Information for [refugees](#)

### Preschool education at the vocational school

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

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

### **Vocational schools in the Lahn-Dill district**

 [Here](#) you will find an overview of our vocational schools.

### **Berufsschule**

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

### **The following types of schooling exist at vocational schools:**

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

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

#### **Vocational school**

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

#### **Vocational school**

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

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

#### **Technical school**

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

- Engineering
- Economics

- Social work
- Agricultural economics
- Design

### **Vocational college (Berufskolleg)**

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

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

### **Vocational high school**

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

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

### **Vocational grammar school**

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

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

### **Vocational schools in the Lahn-Dill district**

Here you will find an [overview](#).

## Study

### University-level study

#### General information


In Germany, there are many different courses of study. There are also different types of universities:


- Universitäten = universities (more academically focused)
- Fachhochschulen = universities of applied sciences; polytechnics (more practically focused)
- Duale Hochschulen = “dual universities” (very practically focused)
- Kunst-, Film- und Musikhochschulen = universities for art, film and music (for the arts and performing arts)


There are public and private universities. Private universities are not necessarily better than public ones. However, you will have to pay high tuition fees at private universities.

Helpful websites:

 [Hochschulkompass \(Higher Education Compass\)](#) (list of all courses of study and universities in Germany)

 [Study in Germany](#) (information for refugees)

 [Agentur für Arbeit](#) Studienorientierung (study programme orientation from the Federal Employment Agency)

 [Deutscher Akademischer Austauschdienst \(German Academic Exchange Service\)](#) (DAAD - All study programmes in Germany)

#### Prerequisites

Would you like to study in Germany? Then you will need a qualification for university entrance. This can be an Abitur. It can also be an advanced technical college certificate. Do you have a qualification for university entrance in your home country? Then it may allow you to study in Germany. You can check that.

You can find more information on the [Anabin](#) website. On that site, go to the “Recognition in Germany” information portal. The same applies for the [“German Academic Exchange Service” \(DAAD\)](#)

You must also bring proof that you have a good knowledge of German (language level C1). This can be the “German as a Foreign Language” test. Or the German Language Examinations for Studies at German Universities. Or “Telc Deutsch C1 Hochschule”.

You can also get support from the “Garantiefonds Hochschule” educational advice programme.

Some universities offer preparatory semesters. These can be a chance to learn German.

💡 Find out more at the university where you would like to study. Most universities offer advice services. There are deadlines for applying to a university. These are called the application deadlines. Be aware of these deadlines. Universities will not accept applications after the deadlines.

## Without a university entrance qualification

Are you able to study at a university in your home country with your school-leaving certificate? But are you not able to study in Germany? You can attend a preparatory college (Studienkolleg) to get your university entrance qualification. Studienkollegs are specifically intended for university applicants from other countries. They prepare you for university study in Germany.

### Justus Liebig University Giessen:

🌐 Advice <https://www.uni-giessen.de/studium/beratung/zsb>

🌐 For refugees <https://www.uni-giessen.de/zielgruppen/fluechtlin...>

### Technical University of Central Hesse:

🌐 Advice: <https://www.thm.de/site/hochschule/zentrale-berei...>

🌐 For international students: <https://www.thm.de/site/en/international/welcome-...>

## Financing and Scholarships

As a student, you can access financial support in Germany. This comes from the Bundesausbildungsförderungsgesetz, a federal act for promoting higher education known as “BAföG” for short. The Federal Ministry of Education makes BAföG payments every month. In the best case scenario, you will be given funding throughout your studies. The monthly sum provided by the BAföG can be somewhere between €399 and €735. You must pay back half of the BAföG total after completing your course of study. The exact BAföG terms and conditions change regularly. For more detailed information, see the following link:

🌐 [Website about BAföG for refugees and migrants](#)

As an alternative to the BAföG, it is also possible to get a scholarship. Usually, you do not have to pay back a scholarship. Good grades are important in order to get a scholarship. The organisation providing the scholarship will also assess your voluntary work. You will usually get the same amount of money as the BAföG. There is also additional “Büchergeld”. This is a monthly book allowance of up to €300.

There are certain foundations which offer scholarships. Scholarships are given to people with lots of potential. These foundations are called “Begabtenförderungswerke” in German. The following foundations offer programmes, among other things, especially for refugees. The websites tell you how you can apply. They also explain what the foundations expect from you.

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

🌐 [Böckler-Aktion Bildung by the Hans-Böckler-Stiftung](#)

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

 [Villigst - Our Scholarships for refugees](#)

 [Brot für die Welt - Flüchtlingsstipendienprogramm \(Refugee Scholarship Program\)](#)

One exception is the Otto Benecke Stiftung guarantee fund. The programme is aimed at young migrants who have recently arrived in the country. Do you want to get your university entrance certificate in Germany? Do you want to study in Germany? Do you want to work in academia? Then you can apply for a scholarship. There is also the “Deutschland-Stipendium” scholarship. This provides financial support of €300 a month. The Deutschland-Stipendium is awarded through the respective universities.

 [University guarantee fund from Otto Benecke Stiftung in Bonn](#)

 [Deutschlandstipendium: Become a scholarship holder](#)

You will find further information on the website for the ‘Hochschulaktion für Geflüchtete’ (College action for refugees).

 [Hochschulaktion für Geflüchtete website](#)

## Recognition of credentials

### Recognition of foreign educational qualifications

**Qualification certificates** are very important in Germany. You can get them at school. Or at a university. Or while you are working. At work, they are called work certificates. Certificates are used to demonstrate what you have learned and accomplished. Certificates are the key requirement for getting a job. You will also need a certificate to be admitted to a school or university. Do you already have certificates from another country? Then get these certificates **recognised** in Germany. The authorities will check what your certificates qualify you for in Germany. Your skills are “translated”, so to speak. It may be that you no longer have your certificates with you. In this case, you can try to have your professional experience and professional abilities recognised by passing some tests.

### Specialist advice centre for recognition

 [Overseas qualifications recognised in Hesse](#)

 [Evaluating overseas certificates and diplomas](#)

💡 If you want to study or work as a scientist, please get in touch with the universities to have your certificates recognised.

### Official authentication of certificates/credentials

You have a document. For example, a certificate. The authorities want to know if the document is genuine. To do this, you must get the document officially authenticated. This is also important if you want to enrol at a university. All copies of your certificates must be officially authenticated.

## Health

### General information about health

Do you have an acute illness? Are you in pain? In Germany, you have the right to basic medical care. Some vaccinations are officially recommended. You can get these vaccinations. Some medical check-ups are recommended. The aim is to stop you getting ill. You can get these medical check-ups. Some medical check-ups are very important for your health. You can get these free of charge from doctors. Seek medical advice if:

- You are acutely ill or in pain
- You are pregnant
- You are chronically ill. For example, you have diabetes, epilepsy or mental illness.

💡 Do you still have medication? Or do you have the instructions for your medication? Then bring them with you when you visit the doctor.

Have you previously been to see a doctor, or been in hospital, because of your illness? Then please bring documentary evidence of previous diagnoses with you.

👤 Do you have a residence permit? Then you must register with a regular health insurance scheme. An insurance card will be sent to you. This entitles you to benefits from doctors. Just like all citizens in Germany.

### Health Insurance

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

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

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

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

### Insurance card

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

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

insurance (“Auslandskrankenversicherung”).

🌐 Would you like to understand the German health system? This [website](#) will give you information. The information is available in German and English.

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

## Visiting a doctor

### Family doctors and specialist doctors

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

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

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

📞 **If the practice is closed, the out-of-hours medical telephone number (telephone [116117](#)) can help.**

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

### Paediatricians

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

### Dentists

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

### Gynaecologists


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


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

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



 Contact for treatment slip: [Refugee offices for the Lahn-Dill district](#)

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


 Emergency dental service in the Lahn-Dill district: [01805607011](#)

## Medication and pharmacies/chemists

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

Search for emergency chemists ("Apotheken-Notdiensten")

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

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

## Emergency numbers – SOS


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

## Emergency contacts

**Police**  [110](#)

**Fire brigade, ambulance and ambulance service**  [112](#)

**Ambulance, emergency doctor**  [112](#)

 Emergency numbers always work on mobile phones. Even if you don't have any credit/money on your phone, the number will still work!

## Important information for an emergency call

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

Stay calm. Speak slowly and clearly. This will help people understand you better. Do not end the conversation. Have you provided all the important information? The emergency call centre / the police will end the call.

💡 Are you going to hospital? Don't forget your ID card and your proof of arrival (Ankunftsachweis). Are you registered with a health insurance provider? Then bring your insurance card too.

👥 As an asylum seeker, you are only allowed to go to hospital in an emergency if you do not have a treatment slip. At the hospital, you must show your proof of arrival (Ankunftsachweis). The hospital will then be able to see that you are an asylum seeker. The Social Welfare Office (Sozialamt) will cover the costs.

## Counselling centres and assistance services

### Health department of the Lahn-Dill district

The **Public Health Department** forms part of Germany's healthcare system. One of its jobs, for example, is to protect the public from infectious diseases. And to promote good hygiene in organisations. These can be hospitals and care providers. Or restaurants and cafés. Would you like to work in a restaurant? Then you will need to be trained in how to prevent infections. But the Public Health Department has other responsibilities too. It gives advice on AIDS. And it focuses on medical services. It visits schools to provide information about how to prevent diseases. And it informs the general public about health risks.

#### Health Department in the Lahn-Dill District:

📍 [Health Department, Schloßstraße 20, 35745 Herborn](#)

🌐 [Website](#)

☎ [064414071616](#)

@ [gesundheitsamt@lahn-dill-kreis.de](mailto:gesundheitsamt@lahn-dill-kreis.de)

### Violence against women helpline

### Violence against women helpline

☎ [08000116016](#)

🌐 [www.hilfetelefon.de](http://www.hilfetelefon.de)

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

### Domestic violence

#### Wetzlar Women's Shelter - Counselling Centre

📍 [Karl-Kellner-Ring 41, 35576 Wetzlar](#)

🌐 [Frauenhaus Wetzlar e.V.](#)

☎ [0644146364](#)

[@verein@frauenhaus-wetzlar.de](mailto:@verein@frauenhaus-wetzlar.de)

### **Education and family counselling centre for the Lahn-Dill district**

[!\[\]\(4729e517bc6a7cd81c8025b9646574fb\_img.jpg\) Karl-Kellner-Ring 39, 35576 Wetzlar](#)

[!\[\]\(cbe80b694ebd74fcfe136a095b608235\_img.jpg\) 064414071670](#)

[!\[\]\(a03a7eb2f4046e1d3c76772003e549ea\_img.jpg\) Herwigstraße 5 a, 35683 Dillenburg](#)

[!\[\]\(cbe2492b119e39e02a1dab2af4a4b296\_img.jpg\) 027714077480](#)

[@efb-wetzlar@lahn-dill-kreis.de](mailto:@efb-wetzlar@lahn-dill-kreis.de)

[!\[\]\(3e2231b1ad3ca8da8658228c00dd08e0\_img.jpg\) https://www.lahn-dill-kreis.de/buergerservice/jug...](https://www.lahn-dill-kreis.de/buergerservice/jug...)

### **IB Centre for Self-Determination and Diversity**

[!\[\]\(870f5d5e9c0d57485634be3ecf52f3ca\_img.jpg\) Karl-Kellner-Ring 43, 35576 Wetzlar](#)

[!\[\]\(4fe57c3593bf1b21d272ae7ac8dfaf77\_img.jpg\) 064414459240](#)

[@FSV-Lahn-Dill@ib.de](mailto:@FSV-Lahn-Dill@ib.de)

[!\[\]\(b792654f2cef9719eabeb6c5be00811e\_img.jpg\) https://www.internationaler-bund.de/standort/2046...](https://www.internationaler-bund.de/standort/2046...)

### **Counselling Centre for Family, Education, Marital and Life Issues**

[!\[\]\(2bae76de5ebbd5c4d7d47162f1673734\_img.jpg\) Turmstraße 22, 35578 Wetzlar](#)

[!\[\]\(b64b40baaee5acddc1eab8538ba84754\_img.jpg\) 064419013650](#)

[@beratungsstelle-feel@diakonie-lahn-dill.de](mailto:@beratungsstelle-feel@diakonie-lahn-dill.de)

### **The family guide**

### **The family guide**

[!\[\]\(aff7c69c44a5e015f18c35867ef3f5c3\_img.jpg\) www.familienratgeber.de](http://www.familienratgeber.de)

Aktion Mensch publishes a family guide. The family guide is aimed at people with disabilities. And their families. It provides information and addresses. There is also a website. There you will find important information about living with a disability. This information is available in simple and easy-to-understand German: from school, to work, leisure, accessibility, rights, housing, counselling, health and care insurance and much more.

### **Addiction counselling**

Are you suffering from an addiction? An addiction can be many things:




- You drink too much alcohol

- You take medication even though you don't need it
- You take drugs
- You eat too much or too little
- You lose money gambling
- And other compulsive behaviours






Addiction counselling can help you. You can get help there anonymously.

### **You can find help here:**

Wetzlar and southern Lahn-Dill district:


 [Suchthilfe Wetzlar e.V.](#)  
 [Addiction help centre, Sophienstraße 7, 35576 Wetzlar](#)  
 [0644121029-0](#)

Northern Lahn-Dill district:

 [Diakonisches Werk an der Dill](#)  
 [Rathausstraße 1, 35683 Dillenburg](#)  
 [02771265527](#)  
 [02771265528](#)  
 [@suchtberatung-dillenburg@diakonie-dill.de](mailto:suchtberatung-dillenburg@diakonie-dill.de)

## **HIV and AIDS**

AIDS is a disease for which we do not yet have a cure. There is no vaccination against it. The disease is triggered by a pathogen, a virus. This virus is called the "human immunodeficiency virus", or HIV for short. People who carry the HIV virus are called HIV-positive. It is often the case that people who are HIV-positive go many years before they begin to notice any changes in their bodies. But little by little, the HI virus destroys the human immune system.

 If you have questions about HIV and AIDS, talk to a counselling centre or your doctor.


 [Aidshilfe in Central Hesse](#)

 [0641/390226](#) (Giessen)

 [0642164523](#) (Marburg)

 [@ah-gj@t-online.de](mailto:ah-gj@t-online.de) (Casting)

 [@mail@aidshilfe-marburg.de](mailto:mail@aidshilfe-marburg.de) (Marburg)

 [Anonymous HIV test](#) (overview of addresses)


 [HIV - consultation hour: Dilltal Practice](#)

**breastcare app**

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

### **The breastcare app**

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

 You can download the app from the Apple and Google app stores. The app is free. The app can be used without collecting personal data. It is free of advertising and set up for the long term. More information is available in seven languages at: [www.breastcare.app](http://www.breastcare.app)

## **Children, young people and family**

### **Basic information about children, young people and families**

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

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

### **Pregnancy and birth**

### **Pregnancy and birth**

Pregnant women in Germany enjoy special protection. They are allowed to seek counselling. You will be cared for by a doctor. And the state will support you with new purchases for the child. If you are pregnant, you must first go to a gynaecologist. Have the check-ups carried out there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy. It also contains information about your health. And that of your child. Always take your maternity record with you in case of emergencies.

## Midwife

Midwives support women and their families from the beginning of pregnancy to the end of breastfeeding. Midwives provide counselling during pregnancy. They can help with the birth. After the birth, they introduce breastfeeding. They also take care of the woman's physical and psychological recovery. Every woman can call on the help of a midwife. Most services are covered by health insurance.


 [Website Midwives' Association](#)


## Delivery and aftercare

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there for a midwife or a midwife for postnatal care. You will receive a birth certificate from the clinic.

## Notification to the registry office


Newborn children must be registered at the [registry office](#). Do you live in accommodation? Then the birth must be reported to the management. The maternity clinic will register the birth with the registry office. There you will receive the (provisional) birth certificate for your child. Bring your identity card with you. You will also need the birth certificate from the clinic. Are you married? Bring your marriage certificate with you.

 Please only bring original documents. If your documents are in a foreign language, an officially certified German translation is required.

 Do you live in shared accommodation? Give your accommodation manager a copy of your birth certificate. Your child will then be registered.

## Paediatricians

There are ten early detection examinations (U1-U9 and J1). The child will be examined regularly until the age of 6. The paediatrician monitors your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician.

 Proof of complete early detection examinations may be requested when [registering for daycare](#).

## Childcare

### Day-care (Kita)

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

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

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

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

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

## “Krippe”

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

## Kindergarten

A kindergarten is a day-care centre for children over the age of 3 before they reach school age. The kindergarten is a place for kids to play with others, paint, do crafts and learn. During the final year of kindergarten, children regularly attend pre-school lessons preparing them for their transition to primary school. There are both private and public kindergartens. Whether or not you need to pay for kindergarten depends on the specific kindergarten your child attends and your place of residence.

## (Primary) schoolchildren up to age 12

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

🌐 Information on child day care in the **Lahn-Dill district** can be found [here](#).

## School for children aged 6 to 18

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

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

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

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

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

🌐 Important information on **school attendance in the Lahn-Dill district** can be found [here](#).

## Family benefits

### Parental allowance

Some parents work less after the birth of their child. Some no longer want to work as much. Others can no longer work as much. They can then receive money from the government. Parents who live separately can also receive parental allowance. You can apply for parental allowance if you have permission to live in Germany for a longer period of time. This is either a settlement or residence permit. You can find more detailed information in German, English, Turkish and Russian [here](#).

### Child benefit

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

### Education and participation

Children and pupils can receive special support if they and their parents receive one of the following benefits:

- Citizen's allowance
- Benefits according to SGB XII
- Benefits according to the Asylum Seekers Benefits Act
- Housing benefit
- Child supplement

People on low incomes can also have their entitlement checked by the local job centre.

🌐 [Information on the website of the Lahn-Dill district](#)

### Leisure activities for children and teenagers

Children enjoy playing. Children enjoy learning. Children enjoy doing sports. There are many opportunities available to children in the Lahn-Dill district. Children and families can spend time together here. You can also meet up with friends here.

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

🌐 Here you can find [offers for children and young people of](#) the Lahn-Dill district.



🗎 Here is a list of all [sports clubs](#) in the Lahn-Dill district.

🗎 [Coordinating body for refugee sports](#) in the Lahn-Dill district.

💡 Please also ask your local authority or at the town hall of your municipality for information on what is available!

## Unaccompanied Minor Refugees

Refugees under the age of 18, who have travelled to Germany unaccompanied, are considered unaccompanied foreign minors. These young people are registered with the Youth Welfare Office (Jugendamt). Youth Welfare Office will talk to them, and will find out how old they are.

- If they are under the age of 18, they are considered minors. The Youth Welfare Office will look after them. They will take them to an accommodation centre for young people.
- If they are over the age of 18, they are considered to be of age. They will be given a rejection notice. Or they will be treated as an adult.

💡 The youth welfare office will provide an interpreter for the interview.

💡 Does your proof of arrival (Ankunftsnachweis) say you are not yet 18 years old? Despite this, has the Youth Welfare Office given you a rejection notice? Then the Youth Welfare Office must enter a new date of birth on the notice. Only then can you have your documents changed by the Immigration Office (Ausländerbehörde) and the Social Welfare Office (Sozialamt).

Some minors (people under the age of 18) enter the country **with relatives**. For example with an uncle or aunt. Or cousins or older siblings. Your accommodation support will report this to the Youth Welfare Office after your arrival. The Youth Welfare Office will talk to the minor and their adult relatives. They will check whether the minors can stay there. In addition, the Youth Welfare Office decides whether to give the young person a guardian. The youth welfare office will provide an interpreter for the interview.

💡 Adult relatives can also go to the Family Court to apply to be the child's official guardian. With guardianship, the relative is given full responsibility for the minor in place of the parents.

## Legal matters and rights

### Basic rights

### The Basic Law (Grundgesetz)

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

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

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

## Universal Declaration of Human Rights

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

There are 30 rights. The most important are:

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

## Asylum and refugees

### Residence status (Aufenthaltsstatus)

Everyone in Germany has an identity card. This identity card helps identify people. As an asylum seeker, you need an identity card too. This means the public authorities know your status. Your status determines whether you are allowed to work or not.

### There are 5 types of documents:

#### 1. Proof of arrival

Status: Asylum seekers

Background: You have told the authorities that you need asylum. The authorities have added your name to the system. But you have not yet applied for asylum. This identity card is valid until you apply for asylum. You must apply for asylum to the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF).



#### 2. Temporary residence permit (Aufenthaltsgestattung)

Status: Asylum seekers

Background: You have applied for asylum. A group of people will decide whether to accept your application. This can often take a very long time. This identity card is valid until the decision is made. The Bundesamt für Migration und Flüchtlinge – BAMF (Federal Office for Migration and Refugees) makes the decision to accept or reject your application. Was your application rejected as being without reason? Then you can appeal against this. You can do

this at the administrative court. You are allowed to stay in Germany until the administrative court has made its decision.

This identity card says whether you are allowed to work. The identity card says where you can live.

- Would you like to work? Do you need authorisation do so? You can get this from the [Immigration Office \(Ausländerbehörde\)](#). Your employer can apply for this or you can as an employee.
- Would you like someone to find work for you? Go to the [Employment Agency \(Agentur für Arbeit\)](#)
- Do you need financial help? Go to the [Social Welfare Office \(Sozialamt\)](#)



### 3. Probationary permit

Status: Recognised refugees

Background: You have submitted an application to the Immigration Office. The aim of this application is to extend your right to stay in Germany. The authority will then often issue a certificate. This certificate allows you to stay. This is important, because your application has not yet been processed.



### 4. Residence permit (Aufenthaltserlaubnis)

Status: Recognised refugees

Background: Your asylum application has been accepted.

The residence permit (Aufenthaltserlaubnis) grants temporary residence. It is issued for a specific purpose.

- Later, you can get an unlimited right of residence (Niederlassungserlaubnis).
- You have unlimited access to the job market.
- The [Job Centre](#) can find work for you and help you get social benefits.



## 5. Exceptional leave to remain (Duldung)

Status: People with exceptional leave to remain (Geduldete)

Background: Your asylum application has rejected

Exceptional leave to remain (Duldung) means you will not be deported back to your home country. The Duldung is issued for a specific period of time. Sometimes deportation is impossible for legal, practical, humanitarian or personal reasons.

- There is a general rule. It means a Duldung can be given to certain groups for a maximum of 3 months. During this time, you cannot be deported back to your homeland.
- A work permit is generally required. You can apply for this at the [Bureau for Foreigners \(Ausländerbehörde\)](#).
- Would you like someone to find work for you? Go to the [Employment Agency \(Agentur für Arbeit\)](#)
- Do you need financial help? Go to the [Social Welfare Office \(Sozialamt\)](#)



## Application for asylum

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

### 1. Personal application for asylum

- You apply for asylum at the **Bundesamt für Migration und Flüchtlinge (BAMF; Federal Office for Migration and Refugees)**.
- Asylum counselling can provide important information on the asylum process. The refugee and integration advice service is responsible for this.
- **Important:** You can only submit your application in person. In other words, you cannot send this application by post.

- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not received an appointment, ask your accommodation facility management team

## 2. First interview appointment (asylum application)

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

## 3. Personal hearing

The second interview appointment is the actual hearing. The BAMF then decides whether to accept your asylum application. They will send you their decision. This letter will contain a detailed description of the reasons for their decision.

### a) The decision is negative

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

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

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

**Job Centre:** You will no longer receive your money from the "Sozialamt" (Social Welfare Office); instead, you have to apply at the ["Jobcenter" \(Job Centre\)](#).

## Family asylum and international protection for family members

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

When it comes to family asylum, family members are:

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

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

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

### **Born in Germany:**

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

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

You can find more information on this at the BAMF.

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


### **Asylum counselling (AVB) Central Hesse**

Confidential and free counselling independent of the authorities:


- What is an asylum application and how does the asylum procedure work?
- Why is the interview important and how do I prepare for it?
- What do I need to bear in mind when receiving an asylum decision and what happens afterwards?
- What is an asylum appeal procedure and what do I need to do?
- What is the Dublin procedure and what do I need to do?

Please enquire about language mediation on site.


 IB Südwest gGmbH, Wiesecker Weg 17, 35396 Gießen


 Magdalena Krach and Zehra Özogul-Eraslan

@a [sylverf](mailto:sylverf@ahrensberatung-mittelhessen@ib.de) ahrensberatung-mittelhessen@ib.de

 [064130190052](tel:064130190052)

 [Asylum counselling \(AVB\) Central Hesse](#)

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

 Are you under the age of 27? Then the Youth Migration Service is the right place to go.

## **Living in shared accommodation (GU)**

On the day of your arrival in the Lahn-Dill district, you will be assigned to one of our **shared accommodation facilities (GU)**. Accommodation is normally in shared rooms. The kitchen and bathroom are available for common use. You will be provided with basic equipment at your accommodation, but please note that this on loan (bed, wardrobe, table, chairs, crockery, bedding, towels). You are not permitted to bring your own furniture. If you have any questions or problems, please contact your social worker.

### **Rules for living in shared accommodation (GU)**

Please never make unauthorised changes or alterations to the GU. This applies in particular to all electricity and water pipes.

#### **Damage in the GU or in the house**

In the event of major damage (e.g. a burst water pipe), please inform your operator immediately. In the evening or at the weekend, please call the emergency numbers on the notice board in your block of flats. In the event of minor damage in your flat - e.g. a dripping tap or a room door that does not close properly - please contact your caretaker. They will take care of the repair.

#### **Accessibility in your home**

You must be contactable in your home. Therefore, please always read the letters you receive. If you do not understand letters, always ask. If you are going to be away from the Lahn-Dill district for several days, always let your social worker know. At the same time, you must apply for leave if you will be away for a longer period of time.

#### **House rules**

In the house rules you will find the most important rules for living well together with your new flatmates and neighbours - for example, the quiet times in your house or anything else that needs to be observed to ensure good coexistence.

#### **Quiet times**

In general, we ask you to be considerate of your flatmates and neighbours. Music systems, radios and televisions should not be too loud. This applies in particular at lunchtime (13:00 to 15:00), at night (22:00 to 6:00) and all day on Sundays and public holidays.

#### **Visitors**

You may receive visitors in your shared accommodation. However, please be considerate of your neighbours. Loud celebrations are not a matter of course at any time. Advance notice to your neighbours is appreciated. Guests are not allowed to stay overnight.

#### **Dealing with roommates and neighbours**

People from different countries of origin can live in a GU. There is no separation according to nationality or religion. Please adhere to the usual rules of respectful interaction - this will go a long way towards ensuring that you are accepted and welcomed in your new place of residence.

If you feel disturbed by the behaviour of your flatmates or neighbours, please seek a friendly discussion with them first. If the problem persists, you can contact your social worker. They will endeavour to find an amicable solution.

### **Pets**

Pets are not permitted in the GU.

### **Tap water**

Water is precious - even in Germany. It should therefore be used sparingly. It is of very good quality and can be used for drinking and cooking without hesitation. Please ensure that large quantities of water never spill onto the floor - neither in the bathroom nor in other rooms of the GU. This can cause serious damage to the building.

### **Bathrooms**

Please only use the shower or bathtub for bathing and showering. Please never throw anything into the toilet bowl except toilet paper. Please also never stand on the toilet bowl.

### **Cooking**

Please use the hob and oven in your kitchen for cooking. Please never place food directly on the hob or in the oven, but always in a suitable container. Please do not use the oven for heating.

### **Heating**

When it is cold, you can use the radiators in your GU to provide heat. You can regulate the radiators using the thermostats. Heating energy (oil, gas, electricity) is very expensive in Germany - please use energy sparingly. In autumn and winter, living spaces in Germany are heated. A temperature of 20 to 23 degrees Celsius is recommended for living spaces. Make sure you also wear warm clothing.

### **Airing**

Cooking, washing clothes, showering or bathing create humid air in the GU. To prevent mould from forming, please ventilate regularly. We ask you to open the windows wide for 5-10 minutes at least three or four times a day. Please do not heat and ventilate at the same time. Turn the heating to ZERO (0) before opening the windows. Once the windows are closed again, you can turn the radiators back on.

### **Washing and drying laundry**

Please ensure that washing and drying your laundry does not cause any damage to the flat - such as mould or water damage to floors or walls. You will find information on where you can dry your laundry in your house rules.

### **Cleanliness**

Pay attention to cleanliness. You must keep your rooms, kitchens, bathrooms, toilets and communal areas clean yourself! It is best to draw up a cleaning schedule in which all flatmates sign up. Rooms that you share with other residents must be left clean and tidy. This helps everyone in the house to feel comfortable.

### **Where to put the rubbish**

Rubbish must never be dumped on areas outside your shared flat, on the balcony or in toilets, washbasins or kitchen sinks. Please use the [different bins](#) provided in your GU for waste disposal. There are usually specially labelled bins for plastics (e.g. packaging, cans, bags, plastic film, drinks cartons), kitchen waste (e.g. leftover food, tea and coffee powder, eggshells, old fruit and vegetables, old flowers), paper (e.g. cardboard boxes, magazines,



newspapers) and residual waste (everything that does not go in any of the other bins). If there are no bins for glass in your area, you can put your glass containers in the designated collection containers outside your GU. If you wish to dispose of furniture or other large items, please use the AWLD's [bulky waste service](#) - this is subject to a charge.

### **Safety**

Your safety in the shared accommodation is very important to us. Therefore, please pay particular attention:

- No objects may be placed in the corridors so that the escape routes (in the event of a fire) always remain clear.
- There is an absolute smoking ban in the shared accommodation!
- Open fires in the flat, on the balcony, in the house or in the open spaces are not permitted.
- House and cellar doors should always be closed to prevent unauthorised persons from entering the house.


### **Order**

Please note that the stairwell is not part of your flat and must not be used as a storage area. It is important that it is kept clear as an escape route. Therefore, please do not place any objects such as furniture, prams or shoes here.

### **Smoke alarms save lives**

There are smoke alarms in various places on the ceiling in your GU. In the event of a fire, a loud, shrill alarm sounds. We need this acoustic signal, especially to be protected while we sleep. This is how the smoke alarm can become a lifesaver. Because the most dangerous thing in a fire is not the fire, but the toxic smoke. Smoke alarms do not prevent fires, but they do detect smoke and warn you in good time with a loud signal. Please check that the smoke alarms are present and report any abnormalities such as absence, sounds or light signals to the operator or your social worker immediately.

### **Behaviour in emergencies**

Whether in the event of a fire or accident, you can use the **telephone number**  **112** to call for help quickly in an emergency.

Please provide the following information:

- Who is reporting?
- What has happened?
- How many people are affected/injured?
- Where has something happened?
- Wait for further enquiries!

In the event of a fire, please get yourself and your relatives to safety. The lift must not be used if there is a fire in the building. Always follow the instructions of the police and emergency services.

### **Electrical appliances**

Please handle all electrical appliances (washing machine, cooker) with great care. The installation of additional electrical appliances is not permitted in the GU.

## Information on the war in Ukraine

### Information from the Federal Foreign Office and the Federal Office for Migration and Refugees

Here you will find the latest information and situation reports from the [Federal Foreign Office](#) and the Federal Office for Migration and Refugees. Entry rules and visa requirements can also be found on the pages. We have included some important questions and answers here:

#### I am in Germany without a visa. What options do I have now?

Ukrainian Nationals do not need a visa if they enter Germany for the first time before **31st December 2024**. They do not need a visa or residence permit to stay in Germany legally for up to 90 days from the date they enter. So the last date on which it is possible to be in Germany legally without a visa or residence permit is **31st March 2025**.

During the 90 days in which you can stay in Germany legally without a visa, you can decide whether you would like to stay in Germany longer. If you decide to stay longer, you have the following options:

1. Within 90 days of entering Germany for the first time, you can apply for a temporary residence permit under section 24 of the Residence Act (Aufenthaltsgesetz, AufenthG). Section 24 deals specifically with the situation of refugees from the war in Ukraine based on the relevant EU decision. You can find out [here](#) who is eligible for a temporary residence permit under section 24 of the Residence Act, and you can find out more about the procedure [here](#).
2. Within 90 days of entering Germany for the first time, you can apply for a temporary residence permit for a different purpose, such as to study or work in Germany. This may be more advantageous for you. You can make an appointment with the relevant government authorities to ask them for advice. Or you can find out more by visiting the website [www.make-it-in-germany.com](http://www.make-it-in-germany.com).
3. Or you can apply for asylum. However, we do not recommend this option, because it comes with some disadvantages: your right to take up employment would be subject to restrictions, and you would have to live in an initial reception centre.

#### Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of February 1, 2024?

Your residence permit will be extended automatically and will then be valid until March 4, 2025. You do NOT need to visit the Foreigners' Registration Office for this. You can find further information on [Germany4Ukraine](#).

#### What happens after I enter the country? Where can I register in Germany and where do I get accommodation and food?

The procedure is divided into four successive steps: First registration and (in the case of benefit recipients) distribution to a place of residence, as well as registration of the residential address at the destination and application for a residence title. You can find further information [here](#).

## **Can I work in Germany with a residence permit for temporary protection?**

Yes, you can. However, gainful employment must first be permitted by the foreigners authority. When the residence permit is issued, the foreigners authority will already enter in the residence title that gainful employment is permitted, even if no concrete job is in prospect yet. This means that no further work permit from another authority is required.

The foreigners authorities will issue so-called probationary certificates when an application is submitted. These bypass the residence law until the actual residence title can be issued and granted. The foreigners authority will also enter "gainful employment permitted" in the probationary certificate. Even with this probationary certificate, it is therefore possible to work in Germany on a self-employed basis or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to temporarily protected persons just like to everyone else. But the procedures for the recognition of foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany are also eligible for advice and placement services in accordance with Social Code III (SGB III) through the employment agencies.

## **Should Ukrainian nationals have to apply for asylum?**

No, that is not necessary. The required protection will be granted in another, faster procedure. Ukrainian nationals are therefore advised not to apply for asylum. However, the right to apply for asylum at a later stage continues regardless.

As a result of the Decision to admit war refugees pursuant to Article 5 para. 1 of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence title pursuant to Section 24 of the Residence Act (AufenthG; Granting of residence for temporary protection) will be granted with immediate effect to the group of persons covered upon application.

Registration upon entry does not constitute an asylum application. The implementation of an asylum procedure requires an application for asylum to be filed at the competent branch office of the Federal Office for Migration and Refugees.

For these reasons, filing an asylum application is not required to secure a right of residence or to claim social benefits.

## **Information portal of the German government**

The Federal Ministry of the Interior and Home Affairs offers a digital information service in German, English, Russian, and Ukrainian. Here you can find all official information about residence and life in Germany.

 [Germany4Ukraine](https://www.germany4ukraine.de)

## **Embassy of Ukraine in Berlin**

 [+493028887128](tel:+493028887128)

 [Albrechtstraße 26, 10117 Berlin](#)

### Regulation on residence in Germany

Protection for Ukrainian nationals and their families will be automatically extended if their residence permit is still valid on 1 February 2025. The protection is then valid until 4 March 2026.

These persons do not need to submit an application or make an appointment at the foreigners authority.


 <https://www.germany4ukraine.de/hilfeportal-de>


## Advice and Assistance

### Migration advice centres for adult migrants (aged 27 and above)

Have you or your family come to Germany? Are you aged 27 or older? Then you can get advice from migration organisations. You must have permission to live in Germany. So you will need a residence permit (Aufenthaltstitel) or similar. These centres provide free advice. There is help, support, information and education available on the following topics:


- Public authorities - advisors will explain notices or the application process to you
- Issues which affect people from other countries, such as the right of residence or work permits
- Financial support
- Help with applications
- Integration courses / German language courses
- Recognition of foreign qualifications (advice and initial information)
- Education and social security systems (information and explanations)
- Living and working in Germany
- Child and partner reunification, family reunification

 Are you between 12 and 27 years old? Then there is a specific advice service for you: [Youth Migration Services \(Jugendmigrationsdienst\)](#).


 The [Asylum Advice Service](#) primarily gives you support in the local shared accommodation centres.



### Migration advice centres in the Lahn-Dill district:



 [Diakonia in Wetzlar](#)

 [Wiesenstraße 4, 35576 Wetzlar](#)

 [Caritas in Dillenburg](#)

 [Hintergasse 2, 35683 Dillenburg](#)

 [Diakonisches Werk in Dillenburg](#)  
 [Hof-Feldbach-Straße 11, 35683 Dillenburg](#)



 [German Red Cross in Dillenburg](#)  
 Moritzstraße 17, 35683 Dillenburg

### Youth Migration Service (Jugendmigrationsdienste)

The Youth Migration Services support young migrants. These are people between the ages of 12 and 27. These services help them settle into life in Germany as quickly as possible. They provide support with the following issues:

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

### Youth Migration services in the Lahn-Dill district:




 [IB in Wetzlar](#)  
 [Bergstraße 54, 35578 Wetzlar](#)

 [Diakonisches Werk in Dillenburg](#)  
 [Hof-Feldbach-Straße 11, 35683 Dillenburg](#)

### Central Repatriation Advice Centre

Has the Federal Office for Migration and Refugees (BAMF) not yet decided whether to accept your asylum application? Despite this, would you like to go back to your home country? But are you unsure how to get your passport back? Do you need financial help for the return journey? The Central Return Counselling Service (ZRB) can advise you on your options on voluntarily returning to your home country. The advice is impartial. After getting their advice, you can decide for yourself. You can choose to leave Germany. Or you can choose to stay.

### Central Repatriation Advice Centre for the Lahn-Dill district:

 <https://rp-giessen.hessen.de/integration-und-asyl...>  
 Initial Reception Centre Gießen, House 7, Room 236, Rödgener Straße 59-61, 35394 Gießen  
 [06413037788](tel:06413037788)

### Online advice

## **mbeon - Multilingual advice via chat**

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

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

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

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

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

The app has many benefits:

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

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

 [mbeon in the Google Play Store](#)

 [mbeon in the App Store](#)

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

## **Women's rights**

### **Work and pay**

On average, women earn less than men in Germany. This is partly because they work in sectors where the pay is worse. For example, in social care. But often, women also earn less for the same work than their male colleagues. For many years, politicians have discussed various suggestions for ensuring equal pay. So far, however, not much has changed.

A lot of the work done by women is not considered work. They do housework. They bring up children. Or they look after sick or old family members. This work is unpaid. But it is still work. Often, it is not acknowledged.

In Germany, many people still think it is the man who earns money. And that he therefore does not have to do any housework. But more and more women are working too.

💡 Would you like to find a well-paid job in Germany? Then you should first learn German. The Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) offers courses specially designed for parents and for women. The BAMF also provides information about childcare and the school system. Contact your local [migration advice service](#), [Immigration Office \(Ausländerbehörde\)](#), [employment agency](#) or [Job Centre](#) for more information, or contact the schools that offer integration courses themselves.

## FGM – female genital mutilation

In Germany, female genital mutilation (FGM) is prohibited. Since September 2013, FGM has been punishable with imprisonment. Parents are also not permitted to leave the country to get their daughter cut abroad. This is also punishable under German law. Girls and young women can apply for asylum if they are in danger of being cut.

Many girls die during genital mutilation or from its consequences. There are many dangerous consequences of FGM:

- Incontinence,
- Pain,
- Heavy bleeding,
- Complications having sex and giving birth,
- Infertility,
- Danger of HIV and hepatitis infection,
- Blood poisoning and tetanus,
- Shock,
- Psychological trauma,
- Depression.

💡 In most cases, girls and women cannot experience sexual pleasure after FGM.

If you are affected by FGM, or have been threatened with it, call the helpline on [08000116016](tel:08000116016). The helpline staff are female, are available day and night, and can talk to you in various languages.

In Germany, it is possible to get clitoral reconstruction surgery. This operation can be performed by plastic surgeons. Ask a gynaecologist (women's doctor) for advice. In Berlin, a "[Centre for Victims of Genital Mutilation](#)" has been set up. It provides free, anonymous treatment not only for the physical consequences of FGM, but also the psychological consequences. You do not need any health insurance for this.

🌐 In Hesse, you can get multilingual information on FGM here <https://fgmhessen.de/>

## Abortion

In Germany, you have the right to an abortion under certain circumstances. You can only get an abortion in the first twelve weeks of pregnancy, after a consultation on pregnancy options, and under the supervision of a doctor. After the first twelve weeks, you can only get an abortion in exceptional circumstances.

If someone is trying to force you to get an abortion, or if you have questions about a potential abortion, call the helpline for pregnant women in need (Hilfetelefon Schwangere in Not):  
[08004040020](tel:08004040020).

You can find **local advisory centres** here:

Advisory Centre for Family, Education, Marriage and Life Issues of the Diakonie Lahn Dill

📍 [Turmstraße 22, 35578 Wetzlar](#)

☎ [064419013650](tel:064419013650)

@ [beratungsstelle-feel@diakonie-lahn-dill.de](mailto:beratungsstelle-feel@diakonie-lahn-dill.de)



[www.diakonie-lahn-dill.de](http://www.diakonie-lahn-dill.de)

Caritasverband Wetzlar/Lahn-Dill-Eder e. V.

📍 [Goethestr. 13, 35578 Wetzlar](#)

☎ [0644190260](tel:0644190260)

@ [info@caritas-wetzlar-lde.de](mailto:info@caritas-wetzlar-lde.de)



[www.caritas-wetzlar-lde.de](http://www.caritas-wetzlar-lde.de)

Deaconry on the Dill

📍 [Rathausstraße 1, 35683 Dillenburg](#)

☎ [0277126550](tel:0277126550)

@ [info@diakonie-dill.de](mailto:info@diakonie-dill.de)



[www.diakonie-dill.de](http://www.diakonie-dill.de)

donum vitae Regionalverband Gießen e. V.

📍 [Schulstr. 4, 35390 Giessen](#)

☎ [06419727689](tel:06419727689)

@ [beratungsstelle@donumvitaegiessen.de](mailto:beratungsstelle@donumvitaegiessen.de)



[www.donumvitae-giessen.de](http://www.donumvitae-giessen.de)

pro familia

📍 [Liebigstr. 9, 35390 Giessen](#)

☎ [064177122](tel:064177122)

@ [giessen@profamilia.de](mailto:giessen@profamilia.de)

🌐 [www.profamilia.de/giessen](http://www.profamilia.de/giessen)

If you have become pregnant by rape, you can get an abortion up to twelve weeks after conception. In this case, you do not need to visit an advice centre. However, you can get free



advice from an advice centre in your area. If your physical or mental health is endangered by the pregnancy, you can get an abortion after twelve weeks. The danger must be certified by a doctor.

💡 Are you under 18? Do you want to get an abortion? Then your mum or your dad will usually have to give their consent. Are you over 16 years old? Then the doctor can decide that you no longer need the consent of your parents. Are you under 16? Then you will usually need the consent of your parents. If you can't or don't want to tell your parents about your pregnancy, then you can contact an advice centre. The staff there will help you.

### **Who pays for an abortion?**

If you have become pregnant by rape, or if your pregnancy threatens your health, your health insurance or the Social Welfare Office (Sozialamt) will cover the costs of your abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay some of the costs yourself. In this case, your health insurance will only pay for medical consultation and care, as well as the medication before and after the abortion. You must pay the costs of the actual abortion yourself. It usually costs between €200 and €600. You can find out more about the different options available to you when terminating a pregnancy in many different languages on [zanzu.de](https://www.zanzu.de).

💡 Do you receive state benefits? Or do you only earn a small amount of money? Then you can apply to your [health insurance](#) or the [Social Welfare Office](#) to get your abortion costs covered.

### **I don't want to keep my baby, but I don't want to get an abortion. What can I do?**

If you don't want to keep your baby, you can give them up for adoption after you give birth. In this case, the Youth Welfare Office (Jugendamt) will take responsibility for the baby's welfare for the time being. If you then decide that you definitely don't want to bring up your child, you can give them up for adoption. The Youth Welfare Office will then look for a caring family who can bring up your child.

If no one is allowed to know about your pregnancy, you may still choose to bring your child into the world. And you are not alone. You have the option of something called a "confidential birth" ("vertrauliche Geburt"). A "confidential birth" allows you to give birth to your baby in a safe, secure hospital. Apart from one female consultant, no one will know your name. This consultant is not allowed to talk to anyone about you. So you remain anonymous. When your child reaches the age of 16, they have the right in certain circumstances to find out your name. However, only your child has that right – no one else. You don't have to pay the costs for consultation or the birth yourself. If you would like a "confidential birth", call [08004040020](tel:08004040020) at any time, day or night, or visit the online ["Giving birth confidentially"](#) advice service. The advice is free and anonymous. The staff there are female, and speak many languages. Or you can contact any clinic. The staff there know what to do.

📍 You can also find a list of all advisory centres here  
<https://www.familienplanung.de/beratung/beratungs...>

### **Domestic violence**

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. It can be sexual. Or physical, such as punches or kicks. But it can also be psychological. If someone you know is violent towards you, this is called "domestic violence".

Domestic violence usually takes place in the home, but can also happen in other places. Many people think of domestic violence in terms of physical violence, i.e. sexual abuse or beatings. But domestic violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also domestic violence. Stalking, i.e. when you are followed and watched, can also be a form of domestic violence.

Every form of violence is a criminal offence in Germany. This means that the police must get involved if they learn about it from you or witnesses.

If you are a victim of domestic violence, you are not alone. Studies show that one in four women in Germany experience domestic violence. Many victims of domestic violence find it difficult to go to the police or a counselling centre with their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres in Germany for victims of domestic violence. Do not be afraid to seek help.

You can contact the [help hotline for violence against women](#).

 [Women's shelter](#)

### **Counselling centres in the Lahn-Dill district:**


 [Women's counselling and intervention centre against domestic violence, Frauen helfen Frauen e.V., Langgasse 70, 35576 Wetzlar](#)

 [06441463](#)

 [verein@frauenhaus-wetzlar.de](mailto:verein@frauenhaus-wetzlar.de)

 [www.frauenhaus-wetzlar.de](http://www.frauenhaus-wetzlar.de)

 [Diakonisches Werk Dillenburg-Herborn, Maibachstr. 2a, 35683 Dillenburg](#)

 [0 2771265 50](#)

 [alb@dwdh.de](mailto:alb@dwdh.de)

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

## **Children's rights**

### **Children's rights**

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

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

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

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

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

Are you experiencing violence? Do you feel unfairly treated? Then the [youth welfare office](#) can advise you.

## Antidiscrimination and inclusion

### Experiencing discrimination

In Germany, no one is allowed to treat people unequally because of certain characteristics. However, this behaviour is widespread. Whether when looking for a home, at work, in authorities, in schools, in medical practices, in our free time or in the police. Discrimination can happen in all areas of life. Am I not allowed in the club because I have a disability? Did I not get that job because I wear a headscarf? Are my children treated worse at school because they don't speak much German? Do the police only check my ticket on the long-distance bus because my skin is a different colour? Do taxi drivers refuse to take me because I'm transsexual? Experiences like these can make people angry or feel they are powerless. But you don't have to just accept discrimination. You have the right to stand up to it.

Everyone in Germany has this right. No matter where you come from or what your residence status is. This is established in the Basic Law (Grundgesetz) of Germany as one of our human rights. You can take legal action against discrimination.

### Have I been discriminated against?

Sometimes you don't know if someone has discriminated against you. You might be unsure, because other people see nothing wrong with how you were treated or don't think discrimination is a problem. You can get advice to help you. Advisory centre staff will take your experiences seriously. They can tell you whether your experiences count as discrimination in the eyes of the law, and which options you now have. But even if your experiences don't count as discrimination in the eyes of the law, the advice centre can still

help. The staff can support you in coming to terms with what you have experienced and in developing future coping strategies.

The anti-discrimination advice centres support everyone who has experienced discrimination and is looking for advice.

You can call the federal anti-discrimination agency (Antidiskriminierungsstelle) direct on [030185551855](tel:030185551855) to get advice. It is open on ☎ Mondays between 13:00 and 15:00 and on ☎ Wednesdays and Fridays between 09:00 and 12:00. The staff speak German. The advice is free and, upon request, anonymous. The usual telephone call charges apply.

📞 You can also ask the [Anti-Discrimination Association Germany](#) for help.

#### **Advisory centres:**

📞 [ADiBe Network Hesse](#)

📞 [Anti-discrimination Office of the State of Hesse](#)

📞 [Federal Anti-Discrimination Agency](#)

Or you can contact a [migration advice service for adults](#) or the [Youth Migration Service \(Jugendmigrationsdienst\)](#). The staff often speak many languages and will help you with any problems you may have about life in Germany.

### **What can I do if the police discriminate against me?**

Police officers also experience discrimination. Many people in Germany have experienced something called racial profiling. Racial profiling is when the police stop, question, search or even arrest someone because the police believe they are suspicious on account of their skin colour or similar characteristics. But the police may also make discriminatory comments, mistreat someone or assault someone. Victims of police brutality or police violence can report the police officers.

Police officers are not above the law. The penal code, the criminal procedure code and the police law govern what they can and cannot do. You can find out more [here](#).

Important: You have the right to ask for a police officer's identity card and to write down their details. This is important if you wish to make a criminal complaint against the officer later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Please note: A criminal complaint must be made within three months of the incident. You can file this complaint at the public prosecutor's office (Staatsanwaltschaft). That means you don't have to go to the police.

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

Lots of diverse people live together in Germany. They have different religions. They have various genders. They come from different countries. They have various political opinions. All these people live together peacefully. They have the same rights.

This also applies to sexual orientation and gender identity. There are lesbian, gay, bisexual, transgender, queer and intersex people. They are referred to as LGBTQI+ for short. They have the same rights as everyone else in Germany.

There are three genders in Germany. They are “male”, “female” and “diverse”. In Germany, transgender people can change their gender. They can also change their name. In Germany, women can fall in love with and marry other women. And men can fall in love with and marry other men.

👤 Many LGBTQI+ people have fled their countries of origin due to discrimination and travelled to Germany. Are you a lesbian, gay, bisexual, transgender, queer or intersex refugee? Then you can talk to one of the many LGBTQI+ organisations in Germany. They can give you support and information, and put you in contact with other people. The “Queer Refugees Deutschland” project from LSVD can give you the contact details for these organisations. They can also give you further information.

**Lesbian and Gay Association in Germany (LSVD)** - "Queer Refugees Germany" project

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

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

🌐 **Networks** [in Hesse](#)

🌐 **Counselling:** profamilia in [Gießen](#) and [Limburg](#)

## People living with disabilities

In Germany, almost one in ten people has a severe disability. Many other people suffer from poor health. Or they have a chronic disease. For example, there are people who can't see. They are blind. There are people who can't hear. They are deaf. Some people have smaller bodies than others. They find it difficult to do some things. They cannot walk on their own. Or it is harder for them to do a particular job. But they should also be able to participate in society. So there are inclusion policies. For example, they can get help at work. Or children can get special support before they go to kindergarten. This is called early years support (Frühförderung).

## Early years support

Early years support is for young children who have a disability or may get a disability. It also helps children who are developing more slowly in certain areas than other children. Examples of early years support are: Language support, vision therapy and movement therapy. Early years support is available for children from birth until they start school. Early years support is important to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you with early intervention. You can also talk to the [Health Department \(Gesundheitsamt\)](#).

## Severely disabled people

People with a degree of disability of 50 or more can get a disabled pass. This pass gives them a number of benefits. Such as tax breaks. And cheaper or free travel on buses and trains. The benefits a person gets depend on the type and degree of disability. You can apply for a disabled pass from the Pension Office (Versorgungsamt).

You can find useful information [here](#) in the Family Guide. You can find out about the degrees of disability. You can find out who decides the degree of disability. And what you can do if you don't agree with your degree of disability.

Your pension office for severe disability applications is the [Hessisches Amt für Versorgung und Soziales Gießen](#).

## Inclusion problems

However, there are still lots of problems with integration of people with disabilities. Because many people and places don't accommodate their needs: For example, if an ATM at a bank is too high on a wall, it's harder for them get their money out. If there are steps and no ramp, people in wheelchairs are stuck. And if text is too small, people with visual impairments may struggle to read it. If you see a person who might need assistance, then ask if you can help.

### Contact person in the Lahn-Dill district:

 [Disability Officer for the Lahn-Dill District](#)  
 [Karl-Kellner-Ring 51, 35576 Wetzlar \(Local authority\)](#)

 [Information from your local authority](#)

 [Lebenshilfe Wetzlar-Weilburg](#)

## Freedom of religion

The principle of the freedom of religion is in force in Germany. It is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. It is also prohibited to discriminate against people on the basis of their religion, for example when looking for a job. Religious freedom also includes accepting the faith of others. Germany does not have a state church. The state and religion are separate.

### This means that:

- All people are allowed to freely choose and practice their own religions and beliefs.
- All people have the freedom to not follow a religion. If someone does not believe in God, they are free to state this publicly.
- Members of different religions and faiths are allowed to marry each other.
- Marriage only counts as legally binding if it is entered into at the Registry Office (Standesamt). Marriages that have only been performed in a religious context are not considered legally binding in Germany.
- Religious laws do not govern the legal system in Germany.

## Police

### Responsibilities of the police

The police are there to protect us from harm. They also investigate and solve crimes. The police have nothing to do with the secret service or politicians. Is there an emergency? Then

you can call the police on [110](#) at any time. The call is free. Read [here](#) about what you need to do in an emergency call.

There are laws which govern what the police can and can't do. For example, in order to search a house, they need a warrant from a judge. Unless the people in the house are in great danger. Read [here](#) about your rights in relation to the police.

👮 Don't try to bribe the police. Attempted bribery of police officers is a serious offence in Germany.

## When should I call the police?

Are you or another person in danger? Have you witnessed a crime? Then call the police. It may be an assault. Or a robbery. Or theft, arson or criminal damage. Sexual abuse, physical assault and threats are also the responsibility of the police. You should also call the police in the event of domestic violence.

Call the emergency number 110, and the police will be with you as quickly as possible.

**Important:** If you are a victim of right-wing, racist, antisemitic, Islamophobic, homophobic or transphobic violence, you can call the police at any time. You can find out more in our chapter on [discrimination](#).

You can also call the police in the event of a minor breach of the law. For example, if someone does not comply with quiet times and plays loud music at night.

And you can also tell the police if you notice political or religious radicalisation among young people you know. To report this, however, you can also contact the radicalisation advice centre run by the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge) on [09119434343](#) in multiple languages.

## Rights in relation to the police

### What are the police allowed to do?

The police are allowed to ask for your ID. If you are not suspected of any specific offence, or there is no proof that there is another suspicious person with you, the police are not allowed to search you. This also applies to your home: Your home may only be searched if you are suspected of an offence, or if the police believe there is a suspicious person in your home. However, if the police say they want to search you or your home, you must say that you do not consent. If you say nothing, you are considered to have given consent. Did you say no? Did the police search your home anyway? Then the police have committed an offence. In this case, please contact an advisory centre or speak to a lawyer.

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

If you are travelling with a vehicle, the police are permitted to ask for your ID, driving licence and vehicle registration document. The police can also require you to stop and get out of your vehicle. The police officers may also check whether you have a warning triangle and a first-aid kit with you. However, the police are not permitted to search your vehicle or to test if you are fit to drive (e.g. by asking you to walk in a straight line) if there is no clear evidence that you have alcohol or drugs. If the police do this or demand this from you anyway, you must refuse

to consent. If the police force you to do this, they are committing an offence.

💡 If you say nothing, you are considered to have given consent.

The police are only allowed to carry out a blood or urine test if you are accused of an offence. The police usually require permission from a judge for this. The police can only act without a judge's permission if they need to respond immediately (for example, if they will not be able to prove drug or alcohol consumption later on). However, in this case it is important that there is evidence of alcohol or drug consumption. The police are not allowed to carry out these tests at random. If a police officer wants you to take a blood test or urine test without a justifiable reason, you can refuse your consent.

The police are not allowed to take you to a police station if they don't have a reason. If a police officer demands that you go with them, you can refuse to consent. If the officer takes you with them anyway, they are committing an offence. In this case, you should contact a lawyer. If you do not know any lawyers, you can contact the ["Anwaltlicher Notdienst in Strafsachen"](#) of the Vereinigung Berliner Strafverteidiger e.V. at ☎ [01723255553](tel:01723255553) and ask for assistance there. The staff there are available day and night.

If you are questioned by the police, you have the right to remain silent. In other words: You don't have to answer their questions. If you receive a written invitation from the police, you don't have to go. The only invitations you must follow are from the public prosecutor's office (Staatsanwaltschaft) or a court. Make sure you contact a lawyer beforehand.

You have the right to ask the police officer for their identity card and to write down their details. This is important if you wish to make a criminal complaint against the officer later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Important: A criminal complaint must be made within three months of the incident. You can file this complaint at the public prosecutor's office (Staatsanwaltschaft). That means you don't have to go to the police.

## Intercultural Week

### Information on the Intercultural Week

The Intercultural Week (IKW) has been taking place in Germany since 1975. It is supported by many organisations: Municipalities, charities, trade unions, integration councils, companies, migrant organisations, religious communities and initiative groups. Every autumn, around 5,000 events are held in more than 500 cities and municipalities. The "Day of the Refugee" is part of the IKW.

### Why is there an Intercultural Week (IKW)?

Intercultural Week is a commitment to our cosmopolitan and diverse society: culturally, politically, economically and in human terms. An [animated film](#) explains: where does Intercultural Week come from? What are its aims? What happens during Intercultural Week?

### Get involved!

Would you like to take part with an event? Perhaps with a reading, a concert, an exhibition or a film evening? Or would you like to present an integrative cultural project from your community? Or would you like to organise an event that is "open to all"? Get in touch with the Diversity




Centre!


 [District administration](#)

 [Diversity Centre](#)

 [wir@lahn-dill-kreis.de](mailto:wir@lahn-dill-kreis.de)

 [064414071477](tel:064414071477) and [064414071487](tel:064414071487)

### **Programme for the Intercultural Week: 20.09. to 03.10.2024**

 You can find the programme for Intercultural Week 2024 here:

<https://www.lahn-dill-kreis.de/interkulturelle-wo...>