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## Welcome to the district of Eichstätt

### Welcome message from the District Administrator (Landrat)

Welcome to the Eichstätt district!

As Landrat, I am delighted to welcome you to our Integreat app. I am delighted that you have decided to make your new home here and become part of our diverse community.

The Integreat app is designed to help you get started – as a guide to the local government, with important information and contact details for the district and its towns, markets and communities. You will also find helpful links and information on advice and support services.

Our app makes it as easy as possible for you to find your way around – with practical tips on housing, work, health, education, language and volunteering. And all of this offline and in several languages.

Whether you are an immigrant, a refugee or a volunteer, our app and the district administration are here to support you and help you find your way around with expert local assistance.

With over 135,000 inhabitants and 30 lively towns, markets and communities, the Eichstätt district not only offers a central location in the heart of Bavaria and the Altmühltal Nature Park, but is also considered an attractive place to live and work. We combine a rich cultural heritage, a strong economy, family friendliness and lively tourism.

If you have any questions, please do not hesitate to contact us or the relevant authorities. We will be happy to help you and look forward to welcoming you as a guest and citizen to the district of Eichstätt.

I wish you a good start and much enjoyment in the district of Eichstätt!

Yours sincerely,



Alexander Anetsberger  
Landrat



## First information and interesting facts about the district of Eichstätt

### Welcome to the district of Eichstätt!

The district of Eichstätt forms the northern part of the [administrative district of](#) Upper Bavaria and surrounds the independent city of Ingolstadt from the north and east. The districts of Pfaffenhofen an der Ilm and Neuburg-Schrobenhausen border it to the south and south-west.

The district of Eichstätt has a population of 135,591 (as at 31/12/2022) and covers an area of 1,214 km<sup>2</sup>.

You probably have many questions about life in the district of Eichstätt.

This app will help you find your way around in everyday life. It offers you valuable information on various topics.

It serves as a helpful guide, but does not replace personal counselling and support.

### Interesting facts about the district of Eichstätt

The district of Eichstätt lies at the heart of the Altmühltal Nature Park. Over 80 per cent of the area belongs to this nature park. There are many opportunities to enjoy nature here. You can [cycle](#) on over 360 kilometres of cycle paths, go boating on the Altmühl, climb rocks or take boat trips on the Main-Danube Canal. Even in bad weather, there are many [sports](#) and [leisure activities on offer](#).

### Tourism and holidays

Tourism is very important for the district. There are many hotels, holiday flats and other accommodation. The well-known Altmühltal cycle path runs through the district - ideal for cycling fans. Meetings and conferences also take place here regularly, especially near the A9 motorway.

## Culture and history

The district has a long [history](#). People have lived here since Roman times. Part of the Roman border, the so-called Limes, runs through the area. The town of Eichstätt was strongly influenced by the former prince-bishops and has many baroque buildings. There are many museums, including the famous Jura Museum with the prehistoric bird Archaeopteryx. In summer there are many concerts and festivals in the region.

## Labour and economy

Eichstätt is one of the economically strong districts in Bavaria. There are many industrial and craft businesses in the south, including the Audi company near Ingolstadt. The north is more rural, where agriculture, nature and tourism play an important role. There are many favourable commercial areas and qualified workers. Taxes for companies are also low compared to other locations.

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

You can also find lots more information and current tips at

- [🗺️ District of Eichstätt](#)
- [🗺️ Eichstätt new citizen brochure](#)
- [🗺️ District of Eichstätt Wikipedia](#)
- [🗺️ Altmühltal Nature Park](#)

## City map and map of the district

Here you will find useful maps for the city of Eichstätt and the district. Eichstätt is the most important town in the district and the place where the administration is located. The maps will help you find your way around the district.

- [🗺️ Quick guide with city map of Eichstätt.](#)
- [🗺️ City map of Eichstätt.](#)
- [🗺️ Map of the district.](#)

The BayernAtlas is also helpful [🗺️ BayernAtlas](#).

You can also use the map function in the Integreat app. There you can see where important [authorities](#), [hospitals](#), [police](#), [advice centres and offers of help](#) are located.

## Statistical information on the district of Eichstätt

## Inhabitants in the district of Eichstätt

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Fewer people currently live in the district of Eichstätt than in the previous year. This is due to the 2022 census, in which the population figures were counted more accurately and updated. The new figures are therefore more realistic, but also lower.

On 30 June 2024, 135,252 people lived in the district. That is 1,021 fewer people than a year earlier - a decrease of 0.75 %.

The number of inhabitants fell in 19 out of 30 municipalities. The sharpest falls were in Kipfenberg, Kösching and Beilngries. However, the population has also grown in some municipalities, for example in Hepberg, Egweil and Pförring.

The largest municipality remains the city of Eichstätt with 13,802 people. It is followed by Gaimersheim, Beilngries and Kösching.

Einwohner im Landkreis Eichstätt			
Stadt/Markt/Gemeinde	Einwohner	Zu-/Abnahme	Zu-/Abnahme
	30.06.2024	absolut	in %
Adelschlag	3.025	-52	-1,69 %
Altmannstein, M.	7.180	34	0,48 %
Bellingries, St.	10.133	-140	-1,36 %
Böhmfeld	1.701	-48	-2,74 %
Buxheim	3.733	-23	-0,61 %
Denkendorf	5.037	61	1,23 %
Dollnstein, M.	2.910	-38	-1,29 %
Egweil	1.241	18	1,47 %
Eichstätt, GkSt.	13.802	-65	-0,47 %
Eitensheim	2.992	-62	-2,03 %
Galmerstern, M.	12.527	125	1,01 %
Großmehring	7.478	-73	-0,97 %
Hepberg	3.025	52	1,75 %
Hitzhofen	3.002	-56	-1,83 %
Kinding, M.	2.527	14	0,56 %
Kipfenberg, M.	5.774	-216	-3,61 %
Kösching, M.	9.716	-203	-2,05 %
Lenting	4.926	-46	-0,93 %
Mindelstetten	1.820	0	0,00 %
Mörnsheim, M.	1.568	-37	-2,31 %
Nassenfels, M.	2.360	47	2,03 %
Oberdolling	1.357	-3	-0,22 %
Pförring, M.	4.196	52	1,27 %
Pollenfeld	3.033	-85	-2,73 %
Schenfeld	3.267	-95	-2,83 %
Stammham	4.122	-115	-2,71 %
Titting, M.	2.719	33	1,23 %
Walting	2.330	-54	-2,27 %
Weiheim, M.	2.773	19	0,69 %
Wettstetten	5.018	-65	-1,28 %
<b>Landkreis gesamt</b>	<b>135.252</b>	<b>-1.021</b>	<b>-0,75 %</b>

(Source: District of Eichstätt, 2025)

More information about the district's statistics can be [found here](#): 🌐 (as of 2023)

## Towns, markets, administrative communities and municipalities in the district of Eichstätt

## Towns, markets, administrative communities and municipalities belonging to the district

The district of Eichstätt comprises 30 towns, markets and municipalities. The district has a large area.

💡 The [town of Eichstätt](#) is a town in the district of Eichstätt.

Town, market or municipality? Or is it a municipality?

It is not easy for many people to understand the terms. We would like to briefly explain them to you:

- "Kommune" is a generic term. It includes: Counties, towns, markets and municipalities.
- "Gemeinde" is a generic term. It applies to cities and markets. It does not apply to rural districts. This is because rural districts consist of municipalities
- "Städte" (Stadt) are municipalities with more than 5000 inhabitants. They fulfil a central function due to their location. They are important for the neighbouring municipalities.
- "Märkte" (Markt) are municipalities with market rights. The market right certifies the importance of the municipality for the neighbouring municipalities. For example with regard to: Location, size or offer (for example many shops). The market is an intermediate stage between a municipality and a town. It is larger than a municipality. But smaller than a town. The term "market" is a speciality for Bavaria. There are no markets in most German federal states.

There are four administrative communities (VG) in the district of Eichstätt:

Some municipalities have joined together. They are then an administrative community (VG). This means that they work together in the administration of their municipalities.

These include

- VG Eichstätt with the municipalities of [Schernfeld](#), [Pollenfeld](#) and [Walting](#).
- VG Eitensheim with the municipalities of [Eitensheim](#) and [Böhmfeld](#).
- VG Nassenfels with the municipalities of [Nassenfels](#), [Adelschlag](#) and [Egweil](#).
- VG Pförring with the municipalities of [Pförring](#), [Mindelstetten](#) and [Oberdolling](#).

## Overview of towns, markets and municipalities in the district of Eichstätt

We would like to introduce you to the towns, markets and municipalities in the district. Click [here](#). There you will find lots of interesting information. For example, about local offers. Or local advice centres.


### Municipality of Adelschlag

#### Gemeinde Adelschlag | VG Nassenfels

📍 [Schulstraße 9, 85128 Nassenfels](#)

✉️ [poststelle@nassenfels.de](mailto:poststelle@nassenfels.de)

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 [+49 \(0\) 842489110](tel:+49(0)842489110)

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

 **Here you can access the [citizen service portal](#) of the administrative community of Nassenfels**

You can use the citizen service portal to send applications to your local authority quickly and easily.

Sometimes you still have to come in person, for example to show your identity or hand in papers. In this case, we will let you know when you fill out the application.

The citizen service portal offers various services that you can use in different ways.

You can also create a citizen account. You can do this with your new ID card or with a user name and password.

If you have a citizen account, your data will be automatically transferred when you fill in forms. This saves time and we can process your application more quickly.

## **Altmannstein market**

### **Markt Altmannstein**

 [Marktplatz 4, 93336 Altmannstein](#)


 [@poststelle@altmannstein.de](mailto:poststelle@altmannstein.de)

 [+49944690210](tel:+49944690210)

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

## **City of Beilngries**

### **Stadt Beilngries**

 [Hauptstraße 24, 92339 Beilngries](#)

 [@poststelle@beilngries.bayern.de](mailto:poststelle@beilngries.bayern.de)

 [+4984617070](tel:+4984617070)

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

## **Municipality of Böhmfeld**

### **Gemeinde Böhmfeld | VG Eitensheim**

 [Eichstätter Straße 8, 85117 Eitensheim](#)

 [@poststelle@eitensheim.de](mailto:poststelle@eitensheim.de)

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[+49 \(0\) 845839970](tel:+49(0)845839970)

<https://www.boehmfeld.eu/>

### Municipality of Buxheim

#### Gemeinde Buxheim

[Dorfplatz 2, 85114 Buxheim](#)

[@poststelle@buxheim.eu](mailto:poststelle@buxheim.eu)

[+49845839980](tel:+49845839980)

<https://buxheim.eu/>

### Community of Denkendorf

#### Gemeinde Denkendorf

[Wassertal 2, 85095 Denkendorf](#)

[@poststelle@denkendorf.bayern.de](mailto:poststelle@denkendorf.bayern.de)

[+49846694160](tel:+49846694160)

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

### Dollnstein market

#### Markt Dollnstein

[Papst-Viktor-Straße 35, 91795 Dollnstein](#)

[@poststelle@dollnstein.de](mailto:poststelle@dollnstein.de)

[+498422987950](tel:+498422987950)

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

### Municipality of Egweil

If you need information from the municipality, please contact us here:

#### Gemeinde Egweil | VG Nassenfels

[Schulstraße 9, 85128 Nassenfels](#)

[@poststelle@nassenfels.de](mailto:poststelle@nassenfels.de)

[+49 \(0\) 842489110](tel:+49(0)842489110)

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

[Citizen Service Portal](#) Administrative Community Nassenfels

**Large district town of Eichstätt**

**Große Kreisstadt Eichstätt**

[Marktplatz 11, 85072 Eichstätt](#)

[@poststelle@eichstaett.de](mailto:poststelle@eichstaett.de)

[+49842160010](tel:+49842160010)

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

**Community of Eitensheim**

**Gemeinde Eitensheim | VG Eitensheim**

[Eichstätter Straße 8, 85117 Eitensheim](#)

[@poststelle@eitensheim.de](mailto:poststelle@eitensheim.de)

[+49 \(0\) 845839970](tel:+49(0)845839970)

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

**Market Gaimersheim**

**Markt Gaimersheim**

[Marktplatz 3, 85080 Gaimersheim](#)

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

[+49845832440](tel:+49845832440)

<https://gaimersheim.de/>

**Municipality of Großmehring**

**Gemeinde Großmehring**

[Marienplatz 10, 85098 Großmehring](#)

[@poststelle@grossmehring.de](mailto:poststelle@grossmehring.de)

[+49840792940](tel:+49840792940)

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

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## Municipality of Hepberg

### Gemeinde Hepberg

[📍 Schulstraße 5, 85120 Hepberg](#)

[@poststelle@hepberg.de](mailto:@poststelle@hepberg.de)

[📞 +49845691680](tel:+49845691680)

[🌐 https://hepberg.de/](https://hepberg.de/)

## Municipality of Hitzhofen

### Gemeinde Hitzhofen

[📍 Kirchweg 12, 85122 Hitzhofen](#)

[@poststelle@hitzhofen.de](mailto:@poststelle@hitzhofen.de)

[📞 +49845839870](tel:+49845839870)

[🌐 https://www.hitzhofen.de/home/](https://www.hitzhofen.de/home/)

## Kinding market

### Markt Kinding

[📍 Kipfenberger Straße 4, 85125 Kinding](#)

[@poststelle@kinding.de](mailto:@poststelle@kinding.de)

[📞 +49846784010](tel:+49846784010)

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

## Market Kipfenberg

### Markt Kipfenberg

[📍 Marktplatz 2, 85110 Kipfenberg](#)

[@poststelle@markt-kipfenberg.de](mailto:@poststelle@markt-kipfenberg.de)

[📞 +49846594100](tel:+49846594100)

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

## Kösching market

### Markt Kösching

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[📍 Marktplatz 1, 85092 Kösching](#)

[@info@markt-koesching.de](mailto:info@markt-koesching.de)

[📞 +49845698910](tel:+49845698910)

[🌐 https://www.markt-koesching.de/](https://www.markt-koesching.de/)

### **Municipality of Lenting**

#### **Gemeinde Lenting**

[📍 Rathausplatz 1, 85101 Lenting](#)

[@poststelle@lenting.de](mailto:poststelle@lenting.de)

[📞 +49845692950](tel:+49845692950)

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

### **Community of Mindelstetten**

#### **Gemeinde Mindelstetten | VG Pförring**

[📍 Mayer-Platz 1, 93349 Mindelstetten](#)

[@poststelle@vg-pfoerring.de](mailto:poststelle@vg-pfoerring.de)

[📞 +49 \(0\) 840392920](tel:+49(0)840392920)

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

### **Market Mörsnheim**

#### **Markt Mörsnheim**

[📍 Kastnerplatz 1, 91804 Mörsnheim](#)

[@markt@mornsheim.de](mailto:markt@mornsheim.de)

[📞 +49914583150](tel:+49914583150)

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


### **Market Nassenfels**

#### **Markt Nassenfels | VG Nassenfels**

[📍 Schulstraße 9, 85128 Nassenfels](#)

[@poststelle@nassenfels.de](mailto:poststelle@nassenfels.de)

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 [+49 \(0\) 842489110](tel:+49(0)842489110)

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

 **Here you can access the [citizen service portal](#) of the administrative community of Nassenfels.**

In the citizen service portal, you can send applications to your administration quickly and easily.

Sometimes you still have to come in person, for example to show your identity or hand in papers. In this case, we will let you know when you fill out the application.


The citizen service portal offers various services that you can use in different ways.

You can also create a citizen account. You can do this with your new ID card or with a user name and password.


If you have a citizen account, your data will be automatically transferred when you fill in forms. This saves time and we can process your application more quickly.

## Municipality of Oberdolling

### Gemeinde Oberdolling | VG Pforring

 [Hauptstraße 1, 85129 Oberdolling](#)


 [poststelle@vg-pfoerring.de](mailto:poststelle@vg-pfoerring.de)

 [+49 \(0\) 840392920](tel:+49(0)840392920)


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

## Market Pforring

### Markt Pforring | VG Pforring

 [Marktplatz 1, 85104 Pforring](#)

 [poststelle@pfoerring.bayern.de](mailto:poststelle@pfoerring.bayern.de)

 [+49 \(0\) 840392920](tel:+49(0)840392920)

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


## Municipality of Pollenfeld

### Gemeinde Pollenfeld | VG Eichstätt

 [Gundekarstraße 7a, 85072 Eichstätt](#)

 [poststelle@vg-eichstaett.de](mailto:poststelle@vg-eichstaett.de)

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 [+49 \(0\) 842197400](tel:+49(0)842197400)


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

**Municipality of Schernfeld**

**Gemeinde Schernfeld | VG Eichstätt**

 [Gundekarstraße 7a, 85072 Eichstätt](#)

 [poststelle@vg-eichstaett.de](mailto:poststelle@vg-eichstaett.de)

 [+49 \(0\) 842197400](tel:+49(0)842197400)

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

**Municipality of Stammham**

**Gemeinde Stammham**

 [Nürnberger Straße 9, 85134 Stammham](#)


 [poststelle@stammham.de](mailto:poststelle@stammham.de)

 [+49840592890](tel:+49840592890)

 <https://stammham.de/>

**Titting market**

**Markt Titting**

 [Rathausplatz 1, 85135 Titting](#)

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

 [+49842399210](tel:+49842399210)

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

**Municipality of Walting**

**Gemeinde Walting | VG Eichstätt**

 [Gundekarstraße 7a, 85072 Eichstätt](#)

 [poststelle@vg-eichstaett.de](mailto:poststelle@vg-eichstaett.de)

 [+49 \(0\) 842197400](tel:+49(0)842197400)

 <https://www.walting.com/>

## Municipality of Wettstetten

### Gemeinde Wettstetten

📍 [Kirchplatz 10, 85139 Wettstetten](#)

✉️ [@poststelle@wettstetten.de](mailto:poststelle@wettstetten.de)

☎️ [+49841994360](tel:+49841994360)

🌐 <https://www.wettstetten.de/>

## Market Wellheim

### Markt Wellheim

📍 [Marktplatz 2, 91809 Wellheim](#)

✉️ [@poststelle@wellheim.bayern.de](mailto:poststelle@wellheim.bayern.de)

☎️ [+49842799110](tel:+49842799110)

🌐 <https://www.wellheim.de/>

## Apps and websites about life in Germany

### Make it in Germany

The website 🌐 [Make it in Germany](#) belongs to the government of Germany. It is for people from other countries who want to work in Germany. There you will find jobs and help with finding work. There is also information on visas and other important topics. The information is available in English, Spanish and French.

🗣️ You will find brief information in many languages. These languages are Albanian, Arabic, Croatian, Bulgarian, Indonesian, Italian, Korean, Polish, Portuguese, Romanian, Russian, Serbian, Turkish and Vietnamese.

### Handbook Germany

Would you like to know more about life in Germany? The website 🌐 [Handbook Germany](#) provides information about life in Germany. You can watch videos and read texts.



🗣️ The site is available in seven languages. These languages are German, English, Farsi, Arabic, Turkish, French and Pashto.

### App Arrive


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


🗣️ The information is available in four languages. These languages are English, French, Farsi and Arabic.

## Just landed


The website  [Just landed](#) also provides an insight into life in Germany. There you will find information about life in Germany. You can read adverts or write one yourself. There is a section for flats and jobs - especially for people from other countries.  You will find information in many languages. These languages are English, Spanish, French, Italian, Dutch, Polish and Russian.


## Facts about Germany

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

 You will find information in many languages. These languages are English, French, German, Spanish, Portuguese, Russian, Arabic and Chinese.

## Refugee Guide

The  [online guide](#) helps with orientation and explains how people live in Germany.

 The texts are translated into 16 different languages.

## About Integreat

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

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

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

## Sharing information

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

## The latest news

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

## Feedback

You can contribute to the further development of the Integreat app in your municipality. You can give feedback using the smiley icons. This feedback is sent to the people who create the content. You can praise or criticise. Write down as many details as possible for ideas or criticism.

## Read aloud function

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

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

## Integreat in sign language (Video)

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



## Making Integreat better: Integreat Community

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

We want to hear your opinion. We do interviews or send you a questionnaire. We also organise small workshops. You can help us a lot with little time!

You want to be part of it? Then send us an e-mail with your name to [community@integreat-app.de](mailto:community@integreat-app.de) - and we will get back to you!

## Note on using the app

### Important note on using the app:

We have carefully compiled all the information in this app. Nevertheless, errors may occur. If you find anything unclear or incorrect, please let us know.

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Please note: The contents of this app are not a legally binding offer. The decisions of the competent authorities or courts are always authoritative.

Do you have any questions about the app or are you missing certain content? Then please get in touch with us. We are constantly working to make the app better and more helpful.

## Offices and authorities in the district of Eichstätt

### General information on appointments, offices and authorities

There are many offices and authorities in the district of Eichstätt that perform important tasks for everyday life. They help to organise everyday life and ensure that all citizens can make use of their rights.

You can take care of important matters there, such as registering your [place of residence](#), applying for ID cards or visas or clarifying legal and [labour](#) issues. The authorities also provide support with [integration](#).

The authorities are important because they ensure that everything works well and that everyone, including migrants, is treated equally. They help you to find your way around the district.

These are the federal administration, state administration and city administrations, municipal administrations and district administrations.

### Appointments

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

### Offices

Offices are also authorities, for example the [residents' registration office](#), the [immigration office](#), the [social welfare office](#), the [youth welfare office](#) or the [job centre](#). Check the opening hours of the offices. It is usually a good idea to make an appointment. It is important that you bring all the documents you need for the visit.

### Documents

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

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

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

## Residents' Registration Office

Every [town in the district of Eichstätt](#) has a residents' registration office (Einwohnermeldeamt). These are located in the administration or town hall. 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.

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

## Who has to register and when?

All people who move to Germany or relocate within Germany must register or re-register with the residents' registration office (often also called Bürgeramt or Bürgerbüro ). Registration within two weeks is mandatory. If you register too late or do not register at all, you may be penalised.

When you register, you will receive a "Amtliche Meldebestätigung". Keep this document in a safe place. It shows that you live in a city or municipality - even without an ID card.

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

You must register in person at the Residents' Registration Office or the Citizens' Registration Office. You will find the address at the bottom of this page. Bring your ID with you - for example your identity card, residence permit, residence document or passport. Replacement passport documents may also be important. You will also need to fill in a registration form. You can obtain this form directly from the residents' registration office.

In some cities and municipalities, you will also need a so-called "Einzugsbestätigung vom Vermieter" for registration. This is a document in which your landlord or landlady confirms that you are renting his or her [flat](#). Sometimes your birth certificate or marriage certificate is also required for registration.

💡 If you live in a municipality that is part of an [administrative community](#), you must go there.

These include:

VG Eichstätt with the municipalities of [Schernfeld](#), [Pollenfeld](#) and [Walting](#).

VG Eitensheim with the municipalities of [Eitensheim](#) and [Böhmfeld](#).

VG Nassenfels with the municipalities of [Nassenfels](#), [Adelschlag](#) and [Egweil](#).

VG Pförring with the municipalities of [Pförring](#), [Mindelstetten](#) and [Oberdolling](#).

## Registry office

Every village in the district of Eichstätt has a registry office (Standesamt). These are anchored in the administration or town hall (Rathaus). The registry office has several tasks. If you have a child, you register the birth at the registry office. If you want to get married, the registry office registers your marriage.

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## The tasks at a glance

- Registering births and [deaths](#)
- Conclude marriages and partnerships
- Receiving resignations from the church
- Changing names
- Issuing certificates (birth, [death](#), marriage certificate)

💡 If you live in a municipality that is part of an [administrative community](#), you must go there.

This includes

VG Eichstätt with the municipalities of [Schernfeld](#), [Pollenfeld](#) and [Walting](#).

VG Eitensheim with the municipalities of [Eitensheim](#) and [Böhmfeld](#).

VG Nassenfels with the municipalities of [Nassenfels](#), [Adelschlag](#) and [Egweil](#).

VG Pförring with the municipalities of [Pförring](#), [Mindelstetten](#) and [Oberdolling](#).

## Office for Foreigners and Citizenship (Foreigners' Registration Office)

If you want to live in Germany, you need a [residence permit](#) (Aufenthaltstitel). This can be a visa. Or a residence permit. As an [EU citizen](#), you will receive the [EU Blue Card](#). You may also have a [settlement permit](#) or a [permanent residence](#) permit. Go to the foreigners authority (Ausländerbehörde). You can apply for a [residence permit](#) there.

If you want to [work](#) in Germany, you have come to the right place. It will help you with all questions relating to entry, residence and return.

## What does the Foreigners' Registration Office help with?

The Foreigners' Registration Office has many tasks. Here are a few examples:

- Do you need a visa or a residence permit?
- Would you like to work or study in Germany?
- Do you need a travel document or a replacement document because you don't have a passport?
- Do you have to take part in an integration course?
- Would you like to return to your home country voluntarily?
- You have to leave Germany?
- If you want to be naturalised.

## Residence in Germany

- The so-called right of residence is important.
- It regulates when and how you are allowed to enter Germany.
- It also states what rights and obligations you have.

## Important terms are for example

- Visa
- residence permit
- Settlement permit
- EU permanent residence

## Why do people come to Germany?

There are many reasons:

- For [training](#) or [study](#)
- For [work](#)
- For humanitarian or political reasons
- For family reunification
- As an [EU citizen](#)

## When your stay ends

Sometimes you are not allowed to stay in Germany. This is referred to as termination of residence.

This can look like this:

- Freiwillige Ausreise: You go back to your home country yourself.
- Ausweisung You have to leave Germany, for example after committing a criminal offence.
- Abschiebung If you do not leave voluntarily, your return can be enforced.
- Duldung: You are allowed to stay temporarily, although you should actually leave.

## What else you can do at the Foreigners' Registration Office:

- Ankunftsweis extend
- Aufenthaltsgestattung issue and extend
- Arbeitserlaubnis apply for
- Apply for a residence permit and exemptions for travelling

## Steps after a positive decision from the BAMF

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

#### (1) Submitting the application

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

#### (2) Appointment

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

### (3) Collection

- You will receive the collection notification by post

### Ausländerwesen

[Gundekarstraße 3, 85072 Eichstätt](#)

[@auslaenderwesen@lra-ei.bayern.de](mailto:@auslaenderwesen@lra-ei.bayern.de)

<https://www.landkreis-eichstaett.de/buergerservice/themen/auslaenderwesen>

### Staatsangehörigkeit / Einbürgerung

[Gundekarstraße 3, 85072 Eichstätt](#)

[@staatsangehoerigkeit@lra-ei.bayern.de](mailto:@staatsangehoerigkeit@lra-ei.bayern.de)

<https://www.landkreis-eichstaett.de/buergerservice/themen/staatsangehoerigkeit/...>

### Office for Family and Youth (Youth Welfare Office)

[Children's rights](#) are important. Every child should be respected and loved. If you have a child, bring it up in accordance with children's rights. This is good for your child.

The youth welfare office (Jugendamt) helps parents to bring up children and young people. You can ask the Youth Welfare Office for help free of charge.

### Responsibilities of the Youth Welfare Office:

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

If you have a child, the youth welfare office will contact you after a few weeks. The youth welfare office wants to get to know you and sometimes makes a home visit. You will then receive a folder with lots of important information and offers. This information will help your child and your whole family.

Unaccompanied [refugee](#) minors are also covered by youth welfare law.

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## Office for Family and Youth in the District of Eichstätt - Youth Welfare Office


Everyone should be able to live well - regardless of whether they are young or old, have a lot or little money, live alone or with a [family](#).

The Office for Family and Youth is there to help families in difficult situations.

### What does the Office for Family and Youth help with?

The office helps in many areas.

- When parents separate or divorce: The office counsels the parents and helps to find good solutions for the children.
- When children are not safe: For example, if children are treated badly at home. In this case, the office protects the children and helps the family.
- If a child cannot live with their own parents: The office takes care of foster families or adoption.
- When parents need help with money issues: For example, advance maintenance payments or the cost of kindergarten. There is also money from the office for reusable nappies.
- If parents have questions about childcare: The office provides information about kindergartens, crèches and after-school care centres.
- If young people need help: There are special counselling centres and support at school or for problems at home.
- What else is there?
  - There is a [family app](#).  
In the app, families can find lots of information and dates - for example about courses or events in the district of Eichstätt.
  - The office also works together with other experts.  
For example, with teachers, nursery school teachers and social workers.

 [Here](#) is the family app.

The Office for Family and Youth in the district of Eichstätt is located in Eichstätt and Lenting. Look up where you need to go, depending on the topic.

## Services of the Office for Family and Youth in the District of Eichstätt

### General Social Service for Families (ASD)

 [General Social Service | District of Eichstätt](#)

The General Social Service (ASD) helps with parenting issues.

- For example, with childcare.
- It helps in emergencies.
- It helps with problems in the family.
- It supports young people who want to become independent.

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The General Social Service (ASD) protects children.  
If there is danger, the ASD takes the child away from the family.

**Taking a child into care (Inobhutnahme)** means that the child is protected and placed with a suitable person, in an institution or in another form of supervised accommodation.

- with a suitable person
- in an institution or
- in another form of assisted living

in an institution or other form of supported accommodation.

One of the tasks of the General Social Service is to assess assistance.

- It draws up a socio-educational diagnosis.
- It starts the administrative procedure.
- It prepares a decision.

If help takes a long time, a plan must be made.

- The plan must be in writing.
- The plan helps to control the help.
- The social services specialist makes the plan.

## Specialist service for separation and divorce

 [Specialist service for separation and divorce | District of Eichstätt](#)

Separation and Divorce is a service of the Eichstätt Office for Family and Youth.

- The service helps with family court proceedings.
- The service also provides counselling in accordance with the rules of SGB VIII.

During a divorce, parents often don't think about their child.

- A separation brings pain and anger.
- But it also brings hope and a new beginning.

During this time of change, the child's needs often suffer.

The Eichstätt Office for Family and Youth helps parents during separation and divorce.

- It reminds parents of the welfare of their children.
- It develops rules for contact with the parents.
- It looks after the welfare of the children.

The specialised service offers:

- You can talk to adults if there is a dispute in the family.
- Help is available if your parents separate or divorce.

- The adults should continue to take good care of you - in a way that suits your age.
- Together we will think about how you can see your parents, even if they live apart.
- A plan is made as to when you will be with whom. The plan is written down.
- If your parents cannot agree, the court will help - also with custody and place of residence.
- Sometimes adults are present at the first meetings with one parent (accompanied contact).
- If you are very sad or angry, you can talk to professionals about it.
- They will also look at how you can keep in touch with important people.
- Discussions are held with your parents to consider what is best for you.
- You can have your say and give your opinion.
- In the end, there will be a plan to make your everyday life easier - so that you are doing well.

## There are three types of parental care:

### 1. **Joint custody:**

Normally, both parents care for the child.

Even after separation or divorce, both parents continue to care for the child (gemeinsame Sorge).

One parent can apply to the family court for **sole custody**.

The parents must observe a **division of responsibilities** in the case of joint custody:

- If your parents have joint care, they must decide important things together:
  - Where you live
  - How much maintenance is paid
  - Your religion
  - Kindergarten and school
  - When you will start school
  - Change of school or type of school
  - Training and contracts
  - Important operations
  - Money issues that affect you
- The parent you live with decides on your everyday life:
  - Leisure time
  - Clothes
  - Homework
  - Doctor's appointments
- This parent can also receive maintenance from the other parent.

### 2. **sole custody:**

- One parent can have sole custody.
- This is decided by a family court.
- The other parent may still see you (right of access).
- It is often good if both parents can have a say.

- The parent without custody can be given power of attorney:
  - Then they can go to parents' evenings, for example
  - Or speak to teachers
  - This way, they know more about you and your life.

### **3. partial sole custody:**

- Sometimes custody is shared.
- One parent then only gets part of the custody alone - for example, the right to decide where you live.
- This is called partial sole custody.
- Both parents decide jointly on all other important matters.
- The family court decides on this if one parent applies for it.

### **Cooperation in court proceedings**

- The specialised service helps with court proceedings when parents separate or divorce.
- It talks to the people involved.
- It counsels the parents and children.
- They write reports and tell the court what is important.

### **Guardianship, guardianship**

#### [Guardianship, guardianship | District of Eichstätt](#)

- The youth welfare office can take over an appointed guardianship.
- This happens when a child has no parents or the parents are not authorised to represent them.
- The family court decides on this.
- If there is no other guardian, the social services take over the guardianship.
- In the case of an underage mother, the youth welfare office takes over the legal guardianship.
- The youth welfare office can also only take on individual tasks. This is called guardianship.

### **Sorgerecht „Negativ-Attest“**

#### [Information about non-issuance of custody declarations | District of Eichstätt](#)

- The mother can request a negative certificate from the youth welfare office.
- This shows that she is the sole carer for the child.
- The youth welfare office checks whether there is a declaration of custody.
- To do this, the youth welfare office needs information about the child: date of birth, place of birth, name.
- The mother must state whether there is a declaration of custody and whether the parents are or were married.
- The youth welfare office does not confirm joint custody.

- The family court decides who gets sole custody.
- The divorce decree does not regulate custody.

Important documents are

- When and where the child was born
- What the child's name is

## **Help for mothers giving birth to a child without marriage**

 [Assistance, notarisation, maintenance | District of Eichstätt](#)

- The youth welfare office supports the mother after the birth.
- It helps to find the father if the parents are not married.
- The Youth Welfare Office also ensures that the mother and child receive child support.
- After the birth, the Youth Welfare Office sends a brochure when the registry office reports the birth.
- There are also talks and counselling sessions.
- You can also contact the Youth Welfare Office before the birth.

## **Maintenance for children by parents**

 [Guardianship, notarisation, maintenance | District of Eichstätt](#)

- Children have the right to minimum maintenance, regardless of whether the parents were married or not.
- You can also ask for money for past times if the other parent has been asked for it.
- How much maintenance is paid depends on the income of the paying parent.
- Adult children must use their own income.
- Child benefit is sometimes deducted from maintenance.
- Parents can arrange the amount of maintenance at the youth welfare office or local court if they are in agreement.
- If there is no agreement, the family court can help.
- The court at the child's place of residence decides.
- Changes to maintenance must be made in court.
- If income changes, maintenance is recalculated.
- Children can request information from the parent who pays every two years.
- The youth welfare office provides advice and assistance.
- You can also apply for guardianship from the youth welfare office.
- Children of full age who are at school or in training must claim the money themselves.
- Help is available up to the age of 21.

## **Advance maintenance payments**

 [Advance maintenance payments | District of Eichstätt](#)

- Single parents often have many responsibilities.
- If the child receives no or irregular maintenance from the other parent, it is more difficult.
- The law on maintenance advance then helps.
- You have to live with a single parent.
- You receive no or no regular maintenance from the other parent.
- The income of the parent you live with is irrelevant.
- A court judgement is not necessary.
- If the other parent is able to pay, the state will claim the money back.
- Children under the age of 12 always receive maintenance advance.
- Children aged 12 to 18 can also receive maintenance advance if they do not receive any other help.
- The amount of the maintenance advance varies:
  - 0 to 5 years: € 230
  - 6 to 11 years: €301
  - 12 to 17 years: € 395

To find out whether you can receive an advance on maintenance payments, contact the maintenance advance fund.

## **Guardianship for children**

 [Guardianship, notarisation, maintenance | District of Eichstätt](#)

- A parent can apply for help from the youth welfare office in writing.
- The youth welfare office will then help:
  - Determine the father
  - Demand maintenance
- The guardianship does not change parental custody.
- In the case of joint custody, the parent with whom the child lives submits the application.
- The guardianship can also apply for an honorary guardian or a carer.
- The guardianship ends when:
  - The child comes of age,
  - the child moves abroad,
  - or by a written declaration.

## **Foster children, foster families**

 [Adoption counselling / adoption placement, foster child service | District of Eichstätt](#)

- A foster family looks after a child who cannot live with its parents.
- There can be various reasons for this, for example if the child is in danger or the family is unable to support the child well.
- The youth welfare office helps the family and looks for suitable foster families.
- Foster parents prepare themselves well and give the child a loving home.

- Foster children often have difficult experiences from the past, which are also evident now.
- Foster parents help the child to grow with love, patience and time.
- They pay attention to the child's wishes and educate them.
- Foster families have an important role to play in society.
- Foster parents also talk to the biological parents and work together with the youth welfare office.

## **Adoption**

### [Adoption counselling / adoption placement, foster child service | District of Eichstätt](#)

- Before the adoption, a social pedagogue checks the suitability of the applicants.
- The social pedagogue is part of the Eichstätt Office for Family and Youth.
- There are several interviews at the applicants' homes.
- Before the interviews, there is a seminar for applicants.
- The social pedagogue checks the applicant's age, health and living situation.
- He also checks psychological suitability.
- This includes partnership, parenting ideas and motivation.

If parents want to give their child up for adoption, the adoption counselling centre can help.

- The centre offers advice and alternatives to adoption.
- It places the child in an adoptive family.
- The centre helps the adoptive parents and the surrendering parents until the adoption is finalised.

### **Tasks of the adoption placement centre:**

- Counselling surrendering parents
- Who are good parents for the child?
- Who supports the adoptive family during the fostering period and afterwards?
- Counselling for parents after the child has been relinquished.
- Counselling and help for adoptees and surrendering parents during the search.

### **Further tasks and advice centres of the Youth Welfare Office are as follows:**

- [Youth social work at schools \(JaS\)](#)
- [Coordinating child protection centre \(KoKi\)](#)
- [Counselling in cases of sexual violence - WEICHE](#)
- [Procedural counsellors for children and young people with disabilities](#)
- [Youth court assistance](#)
- [Child day care](#)

## **Amt für Familie und Jugend Eichstätt**

[📍 Gundekarstraße 3, 85072 Eichstätt](#)

[@jugendamt@lra-ei.bayern.de](mailto:jugendamt@lra-ei.bayern.de)

[☎ +498421703000](tel:+498421703000)

[🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...](https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...)

## **Amt für Familie und Jugend Lenting**

[📍 Bahnhofstraße 16, 85101 Lenting](#)

[@jugendamt@lra-ei.bayern.de](mailto:jugendamt@lra-ei.bayern.de)

[☎ +498421703000](tel:+498421703000)

[🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...](https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...)

## **Office for Social Security and Integration (Social Welfare Office)**

### **The Social Welfare Office (Sozialamt) will help you with many questions and provide support.**

The Social Welfare Office helps people who are in difficult situations. For example, with money in old age, help with living, care and support for people with disabilities. When you go to the social welfare office, you will be asked how much money or valuables you have, for example jewellery. You have to bring papers and sign forms. All persons listed on your [residence permit](#) must come with you.

The social welfare office will give you a cheque for your living expenses. You can exchange this cheque for cash at the bank. Please note: The money must last for about a month, until your next appointment with the social welfare office. There is no new money before that.

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

- Vouchers for initial baby equipment and for your child's school supplies
- Money for train tickets to interview appointments
- Sickness certificates, authorisation for operations and other medical procedures
- Bildungs- und Teilhabepaket (BUT)
- Activity programme and employment programme
- Applications for redistribution, exemption from compulsory housing

The **social welfare office** of the district of Eichstätt has various departments:

### **Social welfare**

Social welfare helps people who have little or no money. It is responsible, for example, if someone is old or cannot work due to illness or disability. Social welfare can also provide support if someone needs help to live. If a relative [dies](#), social welfare can cover the costs of the funeral. It also helps people who are in a particularly difficult life situation.

## Team Sozialhilfe

- [📍 Bahnhofstraße 16, 85101 Lenting](#)
- [@sozialwesen@lra-ei.bayern.de](mailto:sozialwesen@lra-ei.bayern.de)
- [☎ +498421704500](tel:+498421704500)
- [🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...](https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...)

## Asylum seeker benefits

[Asylum seeker benefits](#) help people who are seeking asylum in Germany. They receive support in accordance with the Asylum Seekers' Benefits Act. Help is also available for [pregnancy and childbirth](#). Asylum seeker assistance ensures that people receive [medical care](#). If people with [disabilities](#) need support, integration assistance helps. They can also apply for permission to move out of their accommodation.

## Team Asylbewerberleistungsgesetz

- [📍 Bahnhofstraße 16, 85101 Lenting](#)
- [@asylbewerberleistungen@lra-ei.bayern.de](mailto:asylbewerberleistungen@lra-ei.bayern.de)
- [☎ +498421704502](tel:+498421704502)
- [🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...](https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...)

## Unterkunftsverwaltung

The accommodation administration ensures that asylum seekers and refugees can live well in various [flats](#). They help on site and make sure that everything works in the flats, such as electricity and water. If new furniture or other items are needed, they organise them. They also keep a list of everything that is available in the flats. The accommodation administration also looks for new flats when more space is needed and returns flats when they are no longer needed. This ensures that everyone is well accommodated.


## Fachbereich Unterkunftsverwaltung

- [📍 Gundekarstraße 3, 85072 Eichstätt](#)
- [@unterkunftsverwaltung@lra-ei.bayern.de](mailto:unterkunftsverwaltung@lra-ei.bayern.de)
- [☎ +498421704503](tel:+498421704503)
- [🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...](https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...)

## Wohngeld-Housing benefit


Housing benefit is financial help for people who have little money but have to pay rent. Tenants (including certain care home residents) can receive a rent subsidy. Owners of houses or flats can receive an encumbrance allowance. Housing benefit is only available if you apply for it. Applications can be submitted to the following offices: All towns, markets and municipalities in the district of Eichstätt (except the administrative community of Eichstätt and the town of Eichstätt). The completed applications can be handed in there.

The application for housing benefit is also available for download [at](#) [🌐](#).

You can also submit the application [online](#) at .

 [Applications for housing benefit](#)

## Team Wohngeld

-  [Gundekarstraße 3, 85072 Eichstätt](#)
- [@wohngeld@lra-ei.bayern.de](mailto:wohngeld@lra-ei.bayern.de)
-  [+498421704501](tel:+498421704501)
-  <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>

## Familienplanungsfonds

The family planning fund helps women, men, couples and families in difficult times. It is for people with little money. With the fund, you can get help if you cannot afford a contraceptive. For example: an IUD or sterilisation. The aim is for everyone to be able to decide for themselves whether they want to have children or not. The aim is to prevent unwanted pregnancies and abortions.

 [Family Planning Fund Application for benefits](#)

 [Flyer Family Planning Fund](#)

## Familienplanungsfonds

-  [Bahnhofstraße 16, 85101 Lenting](#)
- [@familienplanungsfonds@lra-ei.bayern.de](mailto:familienplanungsfonds@lra-ei.bayern.de)
-  [+498421704530](tel:+498421704530)
-  <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>

## Bildungs- und Teilhabepaket (BUT)

Some parents have little money. That's why they can't always help their children. The education package helps these parents.

It enables children and young people to take part in things at [school](#) and in [their free time](#). For example: excursions, sports or tutoring. This is for families who have little money. This means that all children can take part - even if their parents cannot afford the costs.

There are benefits for:

- School trips and school trips lasting several days
- school supplies
- School transport
- Learning support
- Communal lunch
- Participation in social and cultural life

 [Flyer BUT](#)

## Bildung und Teilhabe

- [📍 Bahnhofstraße 16, 85101 Lenting](#)
- [@sozialwesen@lra-ei.bayern.de](mailto:sozialwesen@lra-ei.bayern.de)
- [☎ +498421704500](tel:+498421704500)
- [🌐 https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...](https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...)

## Integration

The Integration Department has a plan for how people with a migrant background can live well in the district. This is called a municipal integration concept. There is a counselling service for [refugees](#) and immigrants. There they receive help and information for their new life in Germany. In addition, all citizens are informed about the topic of refugees and asylum. This is called general refugee education. One important area is professional integration. Refugees and immigrants receive support in [finding a job](#) or [training](#). [Education](#) is also very important. Children and adults should have good opportunities to learn. This is how integration through education succeeds. People who want to volunteer are accompanied and supported in their voluntary work. There are special support programmes for refugees from Ukraine to help them settle in and find their feet.

## Refugee and integration counselling

The district of Eichstätt offers socio-educational counselling and support for migrants and asylum seekers from EU and third countries. The counselling is intended to provide guidance for new immigrants in permanently assigned accommodation in the district of Eichstätt and to promote integration.

Counselling topics

General life counselling and assistance

- [Vocational integration](#) (e.g. integration courses, training, work, etc.)
- Counselling on social benefits and support in claiming them
- Information and counselling on immigration law issues
- Help with the [recognition of certificates and professional qualifications](#)
- Support with filling out forms
- Conflict counselling and crisis intervention
- Referral to specialised [counselling and support services](#)
- Mediation of [medical issues](#) (e.g. illness, trauma, contact with health insurance companies, disability, etc.)
- Questions about [kindergarten](#), [school](#), etc.
- Information on [return](#) or onward migration

## Fachbereich Integration

- [📍 Bahnhofstraße 16, 85101 Lenting](#)
- [@integration@lra-ei.bayern.de](mailto:integration@lra-ei.bayern.de)
- [☎ +498421704504](tel:+498421704504)

- [🌐https://www.landkreis-eichstaett.de/landkreis/integration/uebersicht](https://www.landkreis-eichstaett.de/landkreis/integration/uebersicht)

## Bezirk Oberbayern

This is about:

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

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

The [district of Upper Bavaria](#) provides help for people with various disabilities and illnesses.

The [🌐 Behindertenbeauftragten des Bezirks Oberbayern](#) is committed to meeting the needs of people with disabilities. Relatives and those affected can contact them at any time.

👥 Consultation day on the social benefits of Bezirks Oberbayern - counselling in the city of Eichstätt at the Eichstätt care support centre

## Pflegestützpunkt Eichstätt

- [📍 Gundekarstraße 3, 85072 Eichstätt](#)
- [@pflegestuetzpunkt@ira-ei.bayern.de](mailto:pflegestuetzpunkt@ira-ei.bayern.de)
- [📞 +498421705600](tel:+498421705600)
- [🌐https://www.landkreis-eichstaett.de/buergerservice/themen/demografie-und-betreu...](https://www.landkreis-eichstaett.de/buergerservice/themen/demografie-und-betreu...)

📅 Wednesday

Appointment: [📞 +49 \(0\) 89219821058](tel:+498421705600) or by e-mail: [@beratung-ei@bezirk-oberbayern.de](mailto:beratung-ei@bezirk-oberbayern.de)

More information at [🌐 Bezirk Oberbayern](#).

## Bezirk Oberbayern

- [📍 Prinzregentenstraße 14, 80538 München](#)
- [@beratung-ei@bezirk-oberbayern.de](mailto:beratung-ei@bezirk-oberbayern.de)
- [📞 +4989219891002](tel:+4989219891002)
- [🌐https://www.bezirk-oberbayern.de/](https://www.bezirk-oberbayern.de/)

## Eichstätt district housing emergency aid centre

Specialist centre for emergency housing assistance offers support for people threatened and affected by homelessness in connection with particular social difficulties.

More information [here](#).

## Healthcare in the district of Eichstätt (health authority)

The public health department (Gesundheitsamt) is part of the healthcare system in Germany. Its task is to protect the population from infectious diseases, for example. If you want to work in a restaurant, you need to be trained in infection protection. However, the public health department also has other tasks. It provides advice on AIDS. And looks after the medical service. In [schools](#), they provide information on how to prevent diseases. And in general, it informs the [population about](#) health [risks](#).

## Gesundheitswesen im Landkreis Eichstätt | Gesundheitsamt

📍 [Gundekarstraße 3, 85072 Eichstätt](#)

✉️ [@gesundheitswesen@lra-ei.bayern.de](mailto:@gesundheitswesen@lra-ei.bayern.de)

☎️ [+498421702500](tel:+498421702500)

🌐 <https://www.gesundheitsamt-eichstaett.de/startseite>

## Vehicle registration office, driving licence authority and driving licence office

### Vehicle registration authority

The vehicle registration authority is an important place to go when it comes to your [car](#). They will help you if you want to register a new car or re-register a car that has already been registered. If you want to give your car to someone else, the authority will help you with this. They will also help you if you want to deregister your car or need a new licence plate.

The authority issues different types of licence plates for cars. For example:

- Export licence plates: If the car is being taken abroad.
- Short-term licence plates: For test drives or when the car is being transferred.
- Red licence plates: For dealers or garages that repair or sell cars.

The vehicle registration authority also makes sure that the vehicle tax for your car is paid. It also checks whether your car is insured and whether it has any broken or dangerous parts. If the tax is not paid or the car is not insured, there may be penalties. If the car has defects, it can also be immobilised, which means you are no longer allowed to drive it. In very serious cases, the car is put out to tender so that it can be found.

There are **three** locations of the vehicle registration authority:

📍 Landratsamt Eichstätt Außenstelle Lenting  
Bahnhofstraße 16, 85101 Lenting

📍 Zulassungsstelle Beilngries  
Hauptstraße 24, 92339 Beilngries

📍 Landratsamt Eichstätt Außenstelle  
Gundekarstraße 3, 85072 Eichstätt

☎️ +49 (0) 8421704001

☎️ Dienststelle Eichstätt +49 (0) 8421704003

☎ Dienststelle Beilngries +49 (0) 8421704004

@[zulassung@lra-ei.bayern.de](mailto:zulassung@lra-ei.bayern.de)

📍 [FB 523 - KFZ-Zulassungsbehörde | Landkreis Eichstätt](#)

## Driving licence authority and driving licence office

The driving licence office will help you with all questions regarding your driving licence. There you can apply for a driving licence, renew it, extend it or have it replaced. If your driving licence has been taken away, the office will also help you to get it back. Sometimes there are certain rules or restrictions for the driving licence and the driving licence office will explain what you need to bear in mind.

If you need a driving licence for a taxi, bus or hire car, you can also get help there. Driving instructor licences are also issued or withdrawn there. The driving licence office also checks and approves driving schools.

There are **two** locations of the driving licence authority:

📍 Landratsamt Eichstätt Außenstelle Lenting  
Bahnhofstraße 16, 85101 Lenting

📍 Landratsamt Eichstätt Außenstelle Gundekarstraße 3  
Gundekarstraße 3, 85072 Eichstätt

☎ +49 (0) 8421704000

@[fahrerlaubnis@lra-ei.bayern.de](mailto:fahrerlaubnis@lra-ei.bayern.de)

📍 [FB 522 - Fahrerlaubnisbehörde | Landkreis Eichstätt](#)

## Arrange appointments online

📺📍 You can make appointments for **vehicle registration** and **driving licences** [here](#) .

## Transfer of foreign driving licences

If you move to Germany from another country, you are still allowed to drive here with your foreign driving licence for six months. (Unless you have a driving licence from an EU or EEA country - then this does not apply). After these six months, you must exchange your driving licence for a German driving licence. If you do not do this in time, it is prohibited and you will be liable to prosecution because you will be driving without a licence.

(Source: [Conversion of foreign driving licences | District of Eichstätt](#)).


<b><u>EU oder EWR</u></b> Inhaber einer Fahrerlaubnis aus einem EU-Mitgliedsstaat	<b><u>Listenstaaten</u></b> (Staaten gemäß Anlage-11 zur Fahrerlaubnis-Verordnung)	<b><u>Drittstaaten</u></b> (sonstige Staaten)
<b><u>keine Umschreibung Pflicht</u></b> eine gültige EU-/EWR- Fahrerlaubnis gilt weiterhin; Ausnahmen bestehen für Lkw-/Bus-Fahrerlaubnisse	<b><u>Umschreibung Pflicht</u></b>	
Fahrberechtigung besteht mit der ausländischen Fahrerlaubnis ab Verlegung des Wohnsitzes nach Deutschland nur für <b>6 Monate</b> → nach 6 Monaten = Straftat (Fahren ohne Fahrerlaubnis)		
<b>Umschreibung</b> auf Antrag bei der zuständigen Fahrerlaubnisbehörde		
<b><u>keine</u></b> theoretische/praktische Prüfung	theoretische/praktische Prüfung ist nach Maßgabe der Anlage 11 zur Fahrerlaubnis- Verordnung <u>nicht/teilweise</u> <u>nicht erforderlich</u>	theoretische und praktische Prüfung sind <u>erforderlich</u>

## Important information for EU and EEA citizens

After entering Germany, your national driving licence is still valid. An international driving licence alone is not sufficient.

A driving licence for categories **C1, C1E, C, CE, D, DE, D1** and **D1E** is only valid in the Federal Republic of Germany until five years after it was issued, even if it was issued for a longer period in your home country. If your driving licence would then no longer be valid from the moment you move your normal place of residence, you may still drive in Germany for another six months.

Driving with a licence that has expired under the law of the issuing state or under German regulations is punishable as driving without a licence.

You can find more information about this at the Eichstätt district vehicle registration and driving licence office at  [Umschreibung von ausländischen Führerschein](#).

## Town halls/administrations of the localities in the district

Depending on where you live or move to, there is a town hall (Rathaus) or an administration (Verwaltung) in every town. People work there who help the citizens of the town. There is an office there that knows who lives in the town. This is called [the residents' registration office](#) (Einwohnermeldeamt). There is also an office that helps with weddings or the birth of babies. This is the [registry office](#) (Standesamt).

There are many other offices in the district administration office (Landratsamt), which is responsible for the entire district:

- one office helps families and children. The [Youth Welfare Office](#) (Jugendamt),

- an office supports people who need help. The [social welfare office](#) (Sozialamt),
- one office looks after the health of the population. The [health department](#) (Gesundheitsamt),
- and an office supports people who come from other countries. The [Immigration Office](#) (Ausländerbehörde).

There is also the [Job Centre](#) (Jobcenter) and the [Employment Agency](#) (Agentur für Arbeit). These help people who are looking for a [job](#). Both are located in the city of Eichstätt.

In the municipality where you live, you will find the following offices, among others:

- [Residents' Registration Office](#)
- [registry office](#)

Below you will find a list of all town halls and administrative offices in the district of Eichstätt.

### **Gemeinde Adelschlag | VG Nassenfels**

- [Schulstraße 9, 85128 Nassenfels](#)
- [@poststelle@nassenfels.de](mailto:@poststelle@nassenfels.de)
- [+49 842489110](tel:+49842489110)
- <https://www.adelschlag.de/>

### **Markt Altmannstein**

- [Marktplatz 4, 93336 Altmannstein](#)
- [@poststelle@altmannstein.de](mailto:@poststelle@altmannstein.de)
- [+49944690210](tel:+49944690210)
- <https://www.altmannstein.de/>

### **Stadt Beilngries**

- [Hauptstraße 24, 92339 Beilngries](#)
- [@poststelle@beilngries.bayern.de](mailto:@poststelle@beilngries.bayern.de)
- [+4984617070](tel:+4984617070)
- <https://www.beilngries.de/>

### **Gemeinde Böhmfeld | VG Eitensheim**

- [Eichstätter Straße 8, 85117 Eitensheim](#)
- [@poststelle@eitensheim.de](mailto:@poststelle@eitensheim.de)
- [+49 845839970](tel:+49845839970)
- <https://www.boehmfeld.eu/>

### **Gemeinde Buxheim**

- [Dorfplatz 2, 85114 Buxheim](#)
- [@poststelle@buxheim.eu](mailto:@poststelle@buxheim.eu)

- [+49845839980](tel:+49845839980)
- <https://buxheim.eu/>

### **Gemeinde Denkendorf**

- [Wassertal 2, 85095 Denkendorf](https://www.gemeinde-denkendorf.de/)
- [@poststelle@denkendorf.bayern.de](mailto:poststelle@denkendorf.bayern.de)
- [+49846694160](tel:+49846694160)
- <https://www.gemeinde-denkendorf.de/>

### **Markt Dollnstein**

- [Papst-Viktor-Straße 35, 91795 Dollnstein](https://www.dollnstein.de/)
- [@poststelle@dollnstein.de](mailto:poststelle@dollnstein.de)
- [+498422987950](tel:+498422987950)
- <https://www.dollnstein.de/>

### **Gemeinde Egweil | VG Nassenfels**

- [Schulstraße 9, 85128 Nassenfels](https://www.egweil.de/)
- [@poststelle@nassenfels.de](mailto:poststelle@nassenfels.de)
- [+49 842489110](tel:+49842489110)
- <https://www.egweil.de/>

### **Große Kreisstadt Eichstätt**

- [Marktplatz 11, 85072 Eichstätt](https://www.eichstaett.de/)
- [@poststelle@eichstaett.de](mailto:poststelle@eichstaett.de)
- [+49842160010](tel:+49842160010)
- <https://www.eichstaett.de/>

### **Gemeinde Eitensheim | VG Eitensheim**

- [Eichstätter Straße 8, 85117 Eitensheim](https://www.eitensheim.de/)
- [@poststelle@eitensheim.de](mailto:poststelle@eitensheim.de)
- [+49 845839970](tel:+49845839970)
- <https://www.eitensheim.de/>

### **Markt Gaimersheim**

- [Marktplatz 3, 85080 Gaimersheim](https://www.gaimersheim.de/)
- [@info@gaimersheim.de](mailto:info@gaimersheim.de)
- [+49845832440](tel:+49845832440)
- <https://www.gaimersheim.de/>

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## Gemeinde Großmehring

- [📍 Marienplatz 10, 85098 Großmehring](#)
- [@poststelle@grossmehring.de](mailto:poststelle@grossmehring.de)
- [📞 +49840792940](tel:+49840792940)
- [🌐 https://www.grossmehring.de/](https://www.grossmehring.de/)

## Gemeinde Hepberg

- [📍 Schulstraße 5, 85120 Hepberg](#)
- [@poststelle@hepberg.de](mailto:poststelle@hepberg.de)
- [📞 +49845691680](tel:+49845691680)
- [🌐 https://hepberg.de/](https://hepberg.de/)

## Gemeinde Hitzhofen

- [📍 Kirchweg 12, 85122 Hitzhofen](#)
- [@poststelle@hitzhofen.de](mailto:poststelle@hitzhofen.de)
- [📞 +49845839870](tel:+49845839870)
- [🌐 https://www.hitzhofen.de/home/](https://www.hitzhofen.de/home/)

## Markt Kinding

- [📍 Kipfenberger Straße 4, 85125 Kinding](#)
- [@poststelle@kinding.de](mailto:poststelle@kinding.de)
- [📞 +49846784010](tel:+49846784010)
- [🌐 https://www.kinding.de/](https://www.kinding.de/)

## Markt Kipfenberg

- [📍 Marktplatz 2, 85110 Kipfenberg](#)
- [@poststelle@markt-kipfenberg.de](mailto:poststelle@markt-kipfenberg.de)
- [📞 +49846594100](tel:+49846594100)
- [🌐 https://www.kipfenberg.de/](https://www.kipfenberg.de/)

## Markt Kösching

- [📍 Marktplatz 1, 85092 Kösching](#)
- [@info@markt-koesching.de](mailto:info@markt-koesching.de)
- [📞 +49845698910](tel:+49845698910)
- [🌐 https://www.markt-koesching.de/](https://www.markt-koesching.de/)

## Gemeinde Lenting

- [📍 Rathausplatz 1, 85101 Lenting](#)

- [@poststelle@lenting.de](mailto:@poststelle@lenting.de)
- [+49845692950](tel:+49845692950)
- <https://www.lenting.de/>

### **Gemeinde Mindelstetten | VG Pforring**

- [Mayer-Platz 1, 93349 Mindelstetten](https://www.google.com/maps/place/Mayer-Platz+1,+93349+Mindelstetten)
- [@poststelle@vg-pfoerring.de](mailto:@poststelle@vg-pfoerring.de)
- [+49 840392920](tel:+49840392920)
- <https://www.mindelstetten.de/>

### **Markt Mörsheim**

- [Kastnerplatz 1, 91804 Mörsheim](https://www.google.com/maps/place/Kastnerplatz+1,+91804+Mörsheim)
- [@markt@morsheim.de](mailto:@markt@morsheim.de)
- [+49914583150](tel:+49914583150)
- <https://www.moersheim.de/>

### **Markt Nassenfels | VG Nassenfels**

- [Schulstraße 9, 85128 Nassenfels](https://www.google.com/maps/place/SchulstraÙe+9,+85128+Nassenfels)
- [@poststelle@nassenfels.de](mailto:@poststelle@nassenfels.de)
- [+49 842489110](tel:+49842489110)
- <https://www.nassenfels.de/>

### **Gemeinde Oberdolling | VG Pforring**

- [Hauptstraße 1, 85129 Oberdolling](https://www.google.com/maps/place/HauptstraÙe+1,+85129+Oberdolling)
- [@poststelle@vg-pfoerring.de](mailto:@poststelle@vg-pfoerring.de)
- [+49 840392920](tel:+49840392920)
- <https://www.oberdolling.de/>

### **Markt Pforring | VG Pforring**

- [Marktplatz 1, 85104 Pforring](https://www.google.com/maps/place/Marktplatz+1,+85104+Pforring)
- [@poststelle@pfoerring.bayern.de](mailto:@poststelle@pfoerring.bayern.de)
- [+49 840392920](tel:+49840392920)
- <https://www.pfoerring.de/>

### **Gemeinde Pollenfeld | VG Eichstätt**

- [Gundekarstraße 7a, 85072 Eichstätt](https://www.google.com/maps/place/GundekarstraÙe+7a,+85072+Eichstätt)
- [@poststelle@vg-eichstaett.de](mailto:@poststelle@vg-eichstaett.de)
- [+49 842197400](tel:+49842197400)
- <https://www.pollenfeld.de/>

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## Gemeinde Schernfeld | VG Eichstätt

- [📍 Gundeckarstraße 7a, 85072 Eichstätt](#)
- [@poststelle@vg-eichstaett.de](mailto:@poststelle@vg-eichstaett.de)
- [📞 +49 842197400](tel:+49842197400)
- [🌐 https://www.schernfeld.de/](https://www.schernfeld.de/)

## Gemeinde Stammham

- [📍 Nürnberger Straße 9, 85134 Stammham](#)
- [@poststelle@stammham.de](mailto:@poststelle@stammham.de)
- [📞 +49840592890](tel:+49840592890)
- [🌐 https://stammham.de/](https://stammham.de/)

## Markt Titting

- [📍 Rathausplatz 1, 85135 Titting](#)
- [@info@titting.de](mailto:@info@titting.de)
- [📞 +49842399210](tel:+49842399210)
- [🌐 https://www.titting.de/](https://www.titting.de/)

## Gemeinde Walting | VG Eichstätt

- [📍 Gundeckarstraße 7a, 85072 Eichstätt](#)
- [@poststelle@vg-eichstaett.de](mailto:@poststelle@vg-eichstaett.de)
- [📞 +49 842197400](tel:+49842197400)
- [🌐 https://www.walting.com/](https://www.walting.com/)

## Markt Wellheim

- [📍 Marktplatz 2, 91809 Wellheim](#)
- [@poststelle@wellheim.bayern.de](mailto:@poststelle@wellheim.bayern.de)
- [📞 +49842799110](tel:+49842799110)
- [🌐 https://www.wellheim.de/](https://www.wellheim.de/)

## Gemeinde Wettstetten

- [📍 Kirchplatz 10, 85139 Wettstetten](#)
- [@poststelle@wettstetten.de](mailto:@poststelle@wettstetten.de)
- [📞 +49841994360](tel:+49841994360)
- [🌐 https://www.wettstetten.de/](https://www.wettstetten.de/)

## Employment Agency

The Federal Employment Agency (Agentur für Arbeit) is responsible for everything to do with [employment](#).

The Employment Agency is your point of contact:

- [🌐 If you are looking for a job](#)
- [🌐 If you need help choosing a career in Germany](#)
- [🌐 If you need your qualifications recognised or similar](#)
- [🌐 If your asylum procedure is still ongoing \(Aufenthaltsgestattung\) or if you are tolerated \(Duldung\).](#)
- [🌐 On the transition from school to work](#) (career counselling)
- [🌐 Job placement](#)
- [🌐 Counselling on further vocational training](#)
- [🌐 for employer counselling \(employer service\)](#)

Are you a [refugee](#) or do you have Bürgergeld?

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

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

You can find most job vacancies in Germany at Jobbörse der Bundesagentur für Arbeit. For example, you can use it to

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

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

## Agentur für Arbeit Eichstätt

📍 [Weissenburger Straße 17, 85072 Eichstätt](#)

☎ [+498009338555](#)

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

☎ +49 (0) 8419338555

@ [Contact form](#)

📺 [Arrange appointments online](#)

**Telephone numbers for counselling (free calls):**

+49 (0) 8004555500 (employees)

+49 (0) 8004555520 (Employer)

+49 (0) 8009338555 (Local telephone number)

Consultation hours:

Monday - Thursday: 08:00 - 18:00

Friday: 08:00 - 14:00

Appointments are only possible by appointment. For urgent emergencies (e.g. unemployment registration required on the same day), the Ingolstadt Employment Agency is available Mon-Fri from 8:00-12:00 without prior appointment.

## Job search:

[Jobbörse](#)

### Telephone counselling in Ukrainian or Russian

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

+49 (0) 9111787915

Availability:

Monday to Thursday: 08:00 - 16:00

Friday: 08:00 - 13:00

## Job centre

Are you [unemployed](#)? Do you need help? The job centre (Jobcenter) pays financial benefits. It will also place you in [work](#) and training programmes. 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 will find information and advice here: [Access to the labour market](#).

The Eichstätt Job Centre also offers the following services for people from abroad:

- [Information on working in Germany](#)
- [Information on learning the German language](#)
- [Information on how to find work and internships](#)
- [Information on the recognition of qualifications](#)
- [Counselling and placement](#)
- [Admission to the labour market](#)

💡 Job Centre staff are not permitted to pass on any information about customers. Do you have a volunteer to accompany you? 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 [employment agency](#) (Agentur für Arbeit) is responsible for questions regarding employment

promotion.

## Steps after a positive decision

You have received a positive decision from 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
- Please organise an interpreter if you do not speak German.
- 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 is made with the job centre
- You will be registered as a jobseeker
- Please bring your passport and residence permit with you.

### 2. benefits department


**Important:** There is no counselling without an appointment. Please organise an interpreter if you do not speak German.

- You can apply for benefits. You need an appointment for this. The person responsible for you will then help you.


### 3. job centre

- **Important:** There is no counselling without an appointment. Please organise an interpreter if you do not speak German.
- Have you already attended an integration course? Bring your certificate with you. If not, bring your commitment to the course with you.
- Do you have documents about 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.).
- Think about which area of work you are interested in before the appointment.

## Jobcenter Eichstätt

 [Am Anger 1, 85072 Eichstätt](#)

 [@jobcenter-Eichstaett@jobcenter-ge.de](mailto:jobcenter-Eichstaett@jobcenter-ge.de)

 [+4984216899377](tel:+4984216899377)

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

 [Make an appointment](#)

## Opening hours:


 Monday - Friday: 08:00 - 12:00


## District of Upper Bavaria


### District of Upper Bavaria

### District of Upper Bavaria

The district helps in many ways:

 **Help with care:** Elderly people or people who need care receive various types of help. We want every person to receive exactly the support they need. That's why we talk to each person in detail. That way we can understand what is important. This is how we ensure that each person gets the right help.


 **Integration assistance for people with disabilities:** People with various disabilities or illnesses receive support in the district of Upper Bavaria. The district helps people with physical, mental or psychological disabilities. It ensures that they can live well and integrate into society.

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

## Bezirk Oberbayern

 [Prinzregentenstraße 14, 80538 München](#)

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


 [+4989219891002](tel:+4989219891002)

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

## Bavarian districts

### There are a total of seven districts in Bavaria.

The district of Eichstätt (Landkreis Eichstätt) is located in the largest Bavarian district (Bezirk): [Upper Bavaria](#).

These  [districts](#) are called: Oberbayern, Niederbayern, Oberpfalz, Oberfranken, Mittelfranken, Unterfranken and Schwaben.

Each of these districts has certain tasks that are very important. These tasks go beyond the responsibilities of the [cities and municipalities](#).

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

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

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

## **What is the difference to the government authorities?**

But there is also something else that sounds similar. These are the Regierungsbezirke (Regierungsbezirke). However, the Regierungsbezirke are not the same as the Bezirke. Regierungsbezirke are parts of the state administration. The state of Bavaria has seven administrative districts. The tasks of the Regierungsbezirke are different from those of the Bezirke. Government districts take care of things that are determined by the state.

## **The main tasks of the Bavarian districts:**

### **Help for people with disabilities**

The districts in Bavaria help people with disabilities. They pay for special schools where these people can learn. They also finance workshops where people with disabilities can work. The districts also offer and pay for counselling. They help people with disabilities to find work and support them in living well in society. This means that the districts ensure that people with disabilities can participate better in community life.

### **Care**

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

### **Mental health**

The districts ensure that people with mental illnesses receive help. They pay for treatment to make people feel better. They also fund counselling sessions where people can talk about their problems and get support. There are also special residential homes for people with mental illness. These are paid for by the districts.

### **Education and culture**

The districts help schools, museums, theatres and other cultural venues. They give money for projects that improve cultural life. In other words, they support things that make people's lives better and more interesting. For example, events in museums or theatre plays.

### **Social aid**

The districts help people who are in need. For example, if someone has no home or has problems with money or in life. The districts offer counselling and support. This enables people to live better again.

## Health

The districts ensure that everyone receives medical help. They help people who are ill and need to see a doctor. This is particularly important for people without health insurance or without enough money. The districts then pay for the treatment that is needed.

## Youth welfare

The districts help young people and families. They provide support with problems in the family. There are also leisure programmes for children and young people. The districts help with training and starting a career.

## Have you lost something?

Have you lost your keys or wallet or forgotten your bag on the [bus](#)?

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

In addition, the individual [municipalities and towns in the district of Eichstätt](#) have their own lost property offices. The list is not exhaustive. Search on the websites of the individual municipalities and towns in the district of Eichstätt. For example, the following places have their own lost property offices:

- [🗺️ Lost property office of the town of Eichstätt](#)
- [🗺️ Lost property office of the city of Ingolstadt](#)
- [🗺️ Lost property office of the administrative community of Eichstätt](#)
- [🗺️ Lost property office of the market town of Gaimersheim](#)
- [🗺️ Lost property office of the municipality of Großmehring](#)

There is also digital support for lost property.

- [🗺️ Digital lost property office](#)
- [🗺️ Lost property office BayernPortal](#)
- [🗺️ Lost property service Germany](#)

Have you found a lost item? Then you must report it to the lost property office or return it directly to the owner.

- You can also hand in lost property to the police.
- Have you lost a valuable item? Then you can report the loss to the lost property office.

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

## VGI Kundencenter Ingolstadt | Bus

📍 [Mauthstraße 4, 85049 Ingolstadt](#)

✉️ [@info@vgi.de](mailto:info@vgi.de)

☎️ [+494984197439333](tel:+494984197439333)

🌐 [https://www.invg.de/service\\_kundencenter](https://www.invg.de/service_kundencenter)

## Help in an emergency

### Emergency numbers - SOS

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

### Emergency contacts

- Police ☎️ +49 (0) 110
- Fire brigade, rescue service ☎️ +49 (0) 112
- Ambulance, emergency doctor ☎️ +49 (0) 112
- Poison emergency call centre Nuremberg (Gift-Notruf Nürnberg) ☎️ +49 (0) 9113982451
- Poison emergency call centre Munich (Gift-Notruf München) ☎️ +49 (0) 8919240

💡 The emergency numbers on [mobile phones](#) always work, even with a prepaid card without credit/money!

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

### Important information for an emergency call

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

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

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

👤 As an asylum seeker, you may only go to hospital without a treatment voucher in an emergency. At the hospital, you must show that you are an asylum seeker with your proof of

arrival and the costs will be settled via the [social welfare office](#).

## Police

### Police in the district of Eichstätt

The police make sure that you are safe and that the rules are followed. There are several police stations in the district of Eichstätt. You can contact them if you need help or have any questions. The police are available around the clock - 24 hours a day. In an emergency, please call the emergency number **+49 (0) 110** immediately.

If you do not speak German, an [interpreter](#) can help. Don't wait if you feel unsafe. The police are there for you.

### Police emergency call

☎ +49 (0) 110 **Polizei Eichstätt**

📍 Kipfenberger Straße 2B, 85072 Eichstätt

☎ +49 (0) 842197700

🚔 [Die Bayerische Polizei - Polizeiinspektion Eichstätt](#)

The police in Eichstätt are responsible for the following locations:

- [City of Eichstätt](#)
- [Adelschlag](#)
- [Böhmfeld](#)
- [Buxheim](#)
- [Dollnstein](#)
- [Egweil](#)
- [Eitensheim](#)
- [Hitzhofen](#)
- [Mörnsheim](#)
- [Nassenfels](#)
- [Pollenfeld](#)
- [Schernfeld](#)
- [Titting](#)
- [Walting](#)
- [Wellheim](#)

### Polizei Beilngries

📍 Eichstätter Straße 3, 92339 Beilngries ☎ +49 (0) 846164030

🚔 [Die Bayerische Polizei - Polizeiinspektion Beilngries](#)

The police in Beilngries is responsible for the following places:

- [Altmannstein](#)

- [Denkendorf](#)
- [Kinding](#)
- [Kipfenberg](#)
- [Mindelstetten](#)
- [Oberdolling](#)
- [Pförring](#)
- [Stammham](#)

#### **Ingolstadt police**

📍 Esplanade 40, 85049 Ingolstadt

☎ +49 (0) 84193430

🚔 [Die Bayerische Polizei - Polizeiinspektion Ingolstadt](#)

The Ingolstadt police are responsible for the urban area of the city of Ingolstadt. **Ingolstadt**

#### **Federal Police**

📍 Bahnhofstraße 8, 85051 Ingolstadt

☎ +49 (0) 84199331860

🚔 [Bundespolizeirevier Ingolstadt - Bundespolizei](#)

The Federal Police keeps an eye on Germany's borders. They also provide security at railway stations and airports.

### **Police in Germany**

The police ensure security and order in Germany. They check whether someone is breaking the law and help to find and punish offenders. The police also look after people who have been victims of crime. They also give tips on how to protect yourself from crime, for example from burglaries. It is very important that victims go to the police and tell them what has happened. This is the only way the police can find the perpetrators. Each federal state has its own police force with its own symbols, but the tasks are almost the same. The police prevent crime and road accidents, search for and punish criminals, help with road accidents, fight cybercrime and train new police officers.

In the event of danger to yourself or others, call the emergency number ☎ **+49 (0) 110**.

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

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


### **When should I call the police?**

Are you or someone else in danger? Have you seen a crime? Then call the police. It could be an assault, burglary or theft. This also includes arson and damage to property. The police also help in cases of sexual abuse, assault or threats. If there is domestic violence, you should also call the police.

If you dial the emergency number ☎ **+49 (0) 110** the police will be with you as quickly as possible.

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

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

If you notice political or religious radicalisation of young adults in your area, you can also report this to the police. You can also contact the BAMF's radicalisation advice centre at  **+49 (0) 9119434343** in several languages.

## How to protect yourself from fraud

Fraudsters use many tricks to get hold of your valuables. They often try to trick older people. They pretend to be tradesmen, fake police officers or fundraisers. Only open the door to people you really know. First look carefully to see who is at your door. If you don't know the person, be careful. Do you have a door gap lock? This allows you to open the door just a small gap. This way, nobody can enter your home without your permission. If you have a hands-free system, speak to the person first before opening the door. Nevertheless, remain cautious. Some scammers tell false stories, for example that a neighbour sent them. Always be suspicious if you cannot see the person. There are many nasty tricks.

 [Beware of scams | German Pension Insurance](#)

## Grandchild trick

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

## Fake police officers

The grandchild trick is often replaced by fake police officers. You receive a call from a supposed policewoman or policeman. The number "110" appears on your phone, but this may be a fake. The caller says that there has been a break-in in your neighbourhood. He says that the burglars have been caught and that there is a list of addresses. The police want to check your house to protect your valuables. Sometimes someone calls pretending to be a bank employee. They say they need to check your account. Never give out your secret numbers or bank cards. Do not give anything to strangers at your front door, no matter who they are.

 Then call the police immediately and report the fraud to  **+49 (0) 110**.

 [Theft / fraud](#)

## Rights vis-à-vis the police

### What can the police do?

## 1. identity checks and searches

- The police may ask you for your ID.
- The police may not search you or your belongings without suspicion of a criminal offence.
- Your home may also only be searched if the police suspect you or believe that a suspicious person is there.
- Tell them if you do not agree! If you do not say anything, this is considered consent.
- If you are searched despite saying no, the police are doing something wrong - contact a counselling centre or a lawyer.
- You may make a phone call during a search and call someone as a witness.
- Women may request that a female police officer search them.

## **2. checks on vehicles**

- The police may ask for ID, driving licence and vehicle registration document.
- They may stop and have to leave the car.
- Checking for a warning triangle and first aid kit is permitted.
- The police may not search your vehicle or test you for drugs or alcohol if there are no clear indications.
- Say no if the police illegally want more.

## **3. blood and urine tests**

- The police may only carry out such tests with a judge's authorisation or if there is urgent suspicion.
- You can refuse if there is no good reason.

## **4. being taken to the police station**

- The police may not take you to the police station without good reason.
- You can say no if you do not want to come with them.
- If you are taken anyway, contact a lawyer.
- You can get help around the clock at ☎ +49 (0) 1723255553 from the lawyer's emergency service.

## **5. questioning**

- You do not have to answer questions from the police.
- It is better not to say anything without a lawyer.
- You do not have to accept a written invitation from the police. Only from the court or public prosecutor's office is mandatory.
- Always contact a lawyer beforehand.

## **6. identity card and witnesses**

- You may ask for the police officer's ID and make a note of their name.
- Also ask other people to observe the situation - they can be witnesses.

- If you want to file a criminal complaint, you must do so within three months. This can be done directly with the public prosecutor's office.

## 7 Different rules in Germany

- Each federal state has its own rules for the police.
- In Bavaria, the police are allowed to do some things more than in other federal states.

Bavaria is considered to be one of the federal states with the most far-reaching police powers of intervention.

- Indefinite preventive detention
- Online searches and source tapping
- Use of facial recognition and surveillance technology
- dragnet searches

### Fire brigade

The fire brigade helps people in many emergencies. For example, they come when there is a fire. Then the firefighters put out the fire. But they also help with other things: If a car has an accident, if a tree falls on the road or if water runs into the cellar.

The fire brigade is ready day and night. If you need help, you can call the fire brigade. The telephone number is **+49 (0) 112**. This call is free of charge. You must say your name, where you are and what has happened. If you do not speak German well, try to speak calmly. The fire brigade will help anyway.

Firefighters wear special clothing that protects them. They drive in big red cars. There is a lot of equipment in the cars that they can use to rescue people.

Many towns and municipalities also have a volunteer fire brigade. This means that people there do this voluntarily in their free time to help others. You can also become part of the volunteer fire brigade in your town and help other people.

Important: Don't call 112 for fun - the fire brigade is only there for real emergencies.

### Medical emergency service and pharmacy emergency service

#### Medical on-call service

If you are ill and cannot wait until the next day, for example in the evening, at night or at the weekend, you can call or visit the medical on-call service. A doctor there will help you with important examinations and treatments.

You can call here  **+49 (0) 116117**

Ask for a doctor on call.

But not for emergencies!

#### Life-threatening emergency or accident

This is a very serious situation in which your life or the life of someone else is at great risk. For example, if someone is seriously injured, bleeding heavily, poisoned or can no longer breathe properly.

Call the emergency number: 📞 **+49 (0) 112**

## Hospital and emergency room

The [emergency department](#) is a special part of the hospital. If it is very urgent and you need help quickly - for example after an accident or if you are in severe pain - go there first. The doctors in the emergency department will take care of you immediately.

### Notaufnahme Eichstätt - Kliniken im Naturpark Altmühltal

📍 Ostenstraße 31, 85072 Eichstätt

📞 +49 (0) 8456710

🔄 [Notaufnahme - Kliniken im Naturpark Altmühltal](#) Direct access to the emergency room via a separate emergency room entrance, access via the street "Grabmannstraße". **Notaufnahme**

**Kösching - Kliniken im Naturpark Altmühltal** 📍 Krankenhausstraße 19, 85092 Kösching 📞 +49 (0) 8456710 🔄 [Notaufnahme - Kliniken im Naturpark Altmühltal](#) Direct access to the A&E

department via a separate A&E entrance, access via the road "Am Krautacker". **Notaufnahme -**

### Klinikum Ingolstadt GmbH

📍 Levelingstraße 21, 85049 Ingolstadt

📞 +49 (0) 8418802750

🔄 [Klinik für Akut- und Notfallmedizin - Klinikum Ingolstadt](#) **Notaufnahme Klinik Dr. Maul GmbH**

📍 Östliche Ringstraße 4, 85049 Ingolstadt

📞 +49 (0) 84193580

🔄 [Klinik Dr. Maul - Privatklinik für Allgemein- und Unfallchirurgie, Gynäkologie in Ingolstadt](#)

You should bring this with you:

- Health insurance card
- Medication plan
- Allergy passport
- Vaccination card
- Pacemaker or stent card

## Emergency dental service

If you have a severe toothache or a dental problem that can't wait - for example in the evening, at night or at the weekend - you can call or go to the emergency dental service. A dentist there will help you quickly and treat your pain or problem.

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

## Pharmacy emergency service

Sometimes you need medication, but the normal pharmacy is already closed - for example at night or on a Sunday. Then there is the pharmacy emergency service. This means that a



pharmacy is still open and will sell you important medicines.

Search here:  [Emergency service pharmacy](#).



## Civil protection



[Here](#) you will find lots of information about protection in the event of disasters and emergencies in the district of Eichstätt. The power supply in Germany is normally safe. However, power cuts or emergencies such as fire, storms or flooding can sometimes occur. It is therefore important that you are prepared. For example, you can have supplies of water and food at home. A torch and batteries are also helpful. In an emergency, you should remain calm and act correctly together with others. It is good if you know where important places such as the hospital or the fire brigade are. Neighbours and friends can also help in an emergency. Together, everyone can get through difficult situations better.

### Siren and loudspeaker warnings

Sirens warn us of dangers such as fires or other emergencies. They help to protect people. There are different siren signals: if you hear a long tone three times (12 second tone, 12 second pause, three times), the fire brigade is alerted. A long sound that gets louder and quieter and lasts for a minute means there is a great danger. You should then immediately close all windows and doors. Do not light any fires, do not smoke and switch off the air conditioning. Do not stay outside and leave your children at nursery or school. Help other people who need help. Only make phone calls in an emergency, as the lines may be overloaded. Only use the emergency numbers  **+49 (0) 110** and  **+49 (0) 112**. If you hear a constant tone for one minute, the danger is over. There are test alarms twice a year in Bavaria. Warning apps are also tested. The Ministry of the Interior announces when these tests will take place. These tests are not dangerous.

### More information

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

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

### Civil protection apps

#### Civil protection apps: KATWARN and NINA

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

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

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

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

[!\[\]\(8788d6226d88855d9bbf85b0b21fc5ea\_img.jpg\) Click here for the app for Android smartphones.](#)

[!\[\]\(8f8f1f5b19afd555c2b0207a25ba97d3\_img.jpg\) You can download NINA for iPhones here.](#)

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

[!\[\]\(46dd3376293f002fcc8b2c6ded6fdcee\_img.jpg\) Click here for the link in the Apple App Store.](#)

[!\[\]\(9bc2280239d867d2360a58fa25cecd31\_img.jpg\) Click here for the link on Google Play.](#)

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

1. Thunderstorms, snow and icy conditions,
2. floods, storm surges, avalanches and heat.
3. Of course, the app also includes weather forecasts, precipitation and weather maps.

The warnings from this app are also fed into NINA and KATWARN.

[!\[\]\(1d8b0174afe07920f82346db4c14f1bb\_img.jpg\) Click here for DWD Warn Wetter in the Google Playstore.](#)

[!\[\]\(29ceb7d82e432ac27b3c209fb3684e07\_img.jpg\) Click here for the DWD Warn Wetter app for Apple devices.](#)

Also interesting: [!\[\]\(edd6a0397317fe520f097f6fe8bfc3da\_img.jpg\) This is how locating via mobile phone works in an emergency - send location.](#)

### Safety tips for swimming in the lake and river

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

1. **Don't swim alone:** Always go swimming with friends. If you need help, no one else can help.
2. **Pay attention to the weather:** Don't swim in thunderstorms or strong winds. This is dangerous.
3. **Only swim in safe places:** Only go into the water where it is permitted and where others are swimming. There are often signs showing where you are allowed to swim.
4. **Check the depth of the water:** Never jump into unfamiliar water. It could be too shallow or there could be stones in the water.
5. **Don't swim too far out:** Stay close to the shore. If you get tired, it will be easier to come back.

6. **Watch out for currents:** There are often currents in rivers that can sweep you along. Be careful and do not swim against the current.
7. **Watch out for children:** Children should always be under adult supervision when playing in the water.
8. **Use swimming aids:** If you are not a good swimmer, use a life jacket or water wings.
9. **Listen to your body:** If you are cold or feeling tired, get out of the water instead. Your body needs a break.
10. **Do not take any glass bottles with you:** Glass can break and cause injury. Use plastic bottles or cans instead.

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

### Safety tips for ice on the lake and in the river

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

1. **Check the ice:** Only go out on the ice if it is thick enough. It should be at least 10 centimetres thick. Ask someone who knows whether the ice is safe.
2. **Do not go on the ice alone:** Always go on the ice with someone. That way, someone can help you if something happens.
3. **Avoid icy areas:** Don't go near bridges, reeds or places with running water. The ice is often thinner there.
4. **Pay attention to warning signs:** Look out for signs warning you when the ice is unsafe. Do not go onto the ice there.
5. **Wear warm clothing:** Dress warmly so that you don't freeze. Wear several layers of clothing.
6. **Take rescue equipment with you:** Take a rope or pole with you. If someone falls into the ice, you can use them to help.
7. **Watch out for cracks:** If you see cracks in the ice or it cracks, go back to shore immediately.
8. **Supervise children:** Children should never go out on the ice without adult supervision.
9. **Avoid icy areas in the dark:** Do not go out on the ice in the dark. It is harder to see and be seen for dangers.
10. **Know first aid:** Do you know what to do if someone falls in on the ice? Call for help immediately and try to pull the person out of the water with a rope or stick.

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

### Support with problems in the family

#### Telephone for parents, young people and children

#### Problems in the family

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

### Parents' helpline

+49 (0) 8001110550

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

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

### Child and youth helpline

+49 (0) 116111

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

<https://jugendinfo-muenchen.de/de/adressen/kinder-und-jugendtelefon-74565496/>

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

### Support, counselling and help in cases of (imminent) forced marriage and violence in the name of honour

Terre des Femmes has produced a brochure for parents. This brochure is available in eight different languages. It helps parents to take good care of their children's happiness and well-being.

The brochure explains what rights children have and what important words mean. It also explains that some people are prejudiced because of their religion, and it warns in particular that there can sometimes be violence in families - this is very dangerous.

The brochure is available in these languages: German, English, French, Turkish, Kurdish, Arabic, Romani and Farsi. [TERRE DES FEMMES - Menschenrechte für die Frau e.V.:](http://www.terredesfemmes.de)  
[Elternbroschüre „Starke Familien haben starke Töchter“ in acht Sprachen \(frauenrechte.de\)](http://www.frauenrechte.de)

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

[Coordination centre against abduction - Papatya](http://www.papatya.de)

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

### Help hotline for women

+49(0)8000116016

24 hours a day in 17 languages, free of charge and anonymous on request.

Answers questions and provides concrete help. On the phone, on the internet and in chat:

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

### Help hotline for men

+49 (0) 8001239900

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

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

### Support for children and young people

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

In Germany, everyone - including parents - is prohibited from

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

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

## Counselling

### **Nummer gegen Kummer - Child and Youth Helpline (anonymous, free of charge)**

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

☎ +49 (0) 116111

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

🕒 Monday - Saturday 14:00 - 20:00

### **Caritas Beratungsstelle**

📍 Weißenburger Straße 17, 85072 Eichstätt

☎ +49 (0) 842150130

@ [kreisstelle@caritas-eichstaett.de](mailto:kreisstelle@caritas-eichstaett.de) 🌐 [Caritas-Kreisstelle Eichstätt](#)

🕒 Monday - Thursday: 8:00 a.m. - 12:00 p.m.

🕒 Monday - Thursday: 14:00 - 16:30 + Friday 08:00 - 12:00

## Migration EU nationals

### Residence of EU nationals

### Residence of EU citizens

### Entry without a visa

Every EU citizen may enter the member states of the EU, the EEA and Switzerland without a visa. The European Economic Area consists of the EU plus Iceland, Liechtenstein and Norway.

### Right to freedom of movement

Within the EU, nationals have the right to freedom of movement. This means that EU nationals may reside in other EU member states almost without restriction and without special authorisation. They can work there and have similar rights to citizens of the host country.

### Examples of rights and obligations

- When moving to Germany, they do not need to complete any special formalities.

- When moving into a new home, they simply register with the registration office at their place of residence.
- You do not need a residence permit or special identification.
- However, they must present a valid identity card or passport to prove their freedom of movement.

## Duration of stay

EU citizens may stay in another EU country for up to three months. The stay can be extended if one of the following conditions applies:



- Job: you have a job.
- Looking for work: You are still looking for work and can prove after six months that you will find a job.
- Not gainfully employed: You are not working, but have enough money of your own and are covered by health insurance.
- Students or trainees: You are a student or trainee. You have enough money of your own and are covered by health insurance.
- Long-term residence: You have been in another EU country for five years. This excludes Germany and the EU country in which you are registered. In this case, you have the right of permanent residence. No further requirements need to be met.
- Family members: You are married to a German citizen or a person entitled to permanent residence.

## Advice centres for skilled workers and their families

Would you like to live and work in Germany? Are you a skilled worker or do you want to study in Germany? Our world map provides you with contact details of German institutions in your country.

## Loss of the right of residence

You can lose your right to freedom of movement if you jeopardise public order, security or health.

You can find more information in German and English at  [here](#). You can also contact these  [advice centres](#) if you need further information or help.

## Further information on entry and residence

 [Further information on the topic of entry](#)

 [Labour migration](#)

 [EU Equal Treatment Office](#)

**EU nationals without work**

**EU citizens without a job?**

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## Travelling without a visa

If you come from an EU country, you do not need a visa to travel to Germany or another EU country. This also applies to Norway, Iceland, Liechtenstein and Switzerland. These countries belong to the European Economic Area (EEA).

## Right to freedom of movement

As an EU citizen, you have the right to freedom of movement. This means that

- You may live and work in any EU country.
- You do not need any special authorisation.
- You have similar rights to people who live there.


## Examples of rights and obligations


- You must register with the registration office when you have found accommodation.
- You do not need a residence permit.
- But: You must have a valid passport or identity card to show your right of residence.

## This right does not apply if you

- have been resident for more than three months in
  - an EU member state
  - as well as in the other EEA states (Iceland, Liechtenstein and Norway)
  - and Switzerland,
- are not gainfully employed in an EU member state or in the other EEA states (Iceland, Liechtenstein and Norway) and in Switzerland,
- have no prospect of gainful employment and
- are unable to support themselves and their dependants financially.

In the event of involuntary unemployment, freedom of movement remains unaffected for 6 months. This gives EU citizens and their families a right of residence during this period (§2 para. 3 FreizügG/EU).

Further information in German and English on residence rights for EU citizens who are not gainfully employed can be found [at](#) .

You can contact these advice centres if you require further information or assistance:  [General advice centres](#).

## Requirements for gainful employment in Germany

## Requirements for gainful employment in Germany

## Citizens of the EU, Norway, Liechtenstein, Iceland and Switzerland

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If you come from a country of the European Union (EU) or from Norway, Liechtenstein, Iceland or Switzerland, you are authorised to work in Germany. You do not need authorisation for employment. You have unrestricted freedom of movement for workers.

## **Rights to freedom of movement**

The EU right to freedom of movement means that citizens of an EU country can move freely within the EU countries. As an EU citizen, you can easily travel, work and live within the EU. These rights are particularly important in the EU and the EEA.

## **Requirements for a longer stay**

There are a number of conditions that must be met before you can stay longer in Germany. However, these requirements are few.

## **Working in Germany**

As an EU or EEA citizen, you are authorised to carry out any type of work in Germany.

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

## **Family reunification or family reunion**

### **Spouses and registered partners**

If your spouse or registered partner is an EU citizen, you can move to Germany. If your partner does not work, you need health insurance and sufficient money. This is especially true for students and pensioners.

As a rule, spouses must prove that they have a basic knowledge of German before entering the country.

### **Exceptions to the language requirement:**

- Your partner has an EU Blue Card.
- Your partner is highly qualified, does research or is self-employed.
- You have little need for integration (e.g. a university degree).
- Your partner comes from Australia, Israel, Japan, Canada, the Republic of Korea, New Zealand or the USA.
- You are unable to learn German (hardship case regulation).
- You have a physical, mental or psychological illness or disability.

### **Children**

Minor children receive a residence permit for family reunification. Parents need a residence permit, a settlement permit or a permit for permanent residence in the EU. Children over the age of 16 must have a very good knowledge of German.

If your parents are EU citizens, you can live in Germany. Please note:

- You have the right to freedom of movement: if you live with your parents and they provide for your upkeep.
- If you or your parents do not work, you need to share a flat with the EU citizen.
- You need adequate health insurance and sufficient money.
- You can only be joined by relatives to whom the EU citizen is liable to pay maintenance.

## Direct descendants

You can come to Germany as the grandchild of an EU citizen (or their partner). Prerequisite:

- The EU citizen is not a student.
- If you are under 21 years old: You can move here without any further requirements.
- If you are 21 years or older: You can move in if the EU citizen (or partner) provides you with maintenance.

## Direct ancestors

As parents or grandparents of EU citizens or their partners, you can move to Germany if you are granted maintenance.

You can find more information [at](#)  or at the [general advice centres](#).

## Advice on labour and social law issues

## Important help for people with problems at work or in training

People may be treated unfairly at work or in training. Sometimes they are paid too little or have to work too many hours. It is important to know what should be in the employment contract. Some people are also afraid of being dismissed. There are two counselling centres in Germany that help with this: "Fair Mobility" and "Fair Integration". These centres support people who are being treated unfairly. They explain rights and help to protect and enforce these rights.

## Counselling is important because:

- You only know your rights if you are well informed.
- Only those who know their rights can claim them.
- Our counsellors will explain to you what to do if problems arise.
- You will receive help if you are treated unfairly.

## Counselling topics

- Counselling is available on employment contracts and training contracts. We also help with questions about internship contracts. We explain what should be in a contract, whether it is fixed-term or open-ended and what this means.
- The rights of mini-jobs and temporary work are explained.
- Information is provided on working hours and pay, how many hours can be worked and how much money must be paid. In the event of illness, it is also explained what options there are for continuing to be paid.

- Support is available for questions about redundancy or fear of losing your job.
- They explain how much holiday is legally permitted and when it can be taken.
- Help is also available with questions about social insurance such as health, long-term care, pension and unemployment insurance. If unemployment is imminent, it explains what benefits are available from the job centre or employment agency.
- Information is also provided on the work of trade unions and the rights of the self-employed.
- The counselling is particularly aimed at people with a migration background who have problems with work, training or internships.
- Counselling is free of charge and confidential. There is no fear that personal information will be passed on. Membership of a trade union is not necessary. Counselling is provided regardless of residence status. Counselling sessions take place in person, by telephone or by e-mail.

💡 The counsellors will show you various options and help you find a way forward. The decision as to what you do is ultimately up to you.

💡 They only offer out-of-court counselling. This means that we are not lawyers. If you want to go to court, they will help you find a trade union or a specialised lawyer.

## Advice for citizens from the EU

If you come from an EU country, especially from Central or Eastern Europe, you can get advice from Fair Mobility. The aim of "Fair Mobility" is to ensure fair working conditions and good wages for people from the EU. The project is supported by the German Trade Union Confederation.

### Beratungsstelle Faire Mobilität

📍 [Ludwigstraße 46, 90402 Nürnberg](#)

☎ +49 (0) 4915159958428

✉ [@nuernberg@faire-mobilitaet.de](mailto:@nuernberg@faire-mobilitaet.de)

🌐 [www.faire-mobilitaet.de](http://www.faire-mobilitaet.de) und 🌐 [www.fair-arbeiten.eu](http://www.fair-arbeiten.eu)

📅 Telephone consultation hours: Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

## Counselling for refugees and people from non-EU countries

The "Fair Integration" advice centres are for refugees and people from non-EU countries. They offer free and anonymous counselling in many languages. The topics are labour law and social law. All advice centres provide free, anonymous advice on labour and social law issues in various languages. The topics are the same at all of them. Only the languages may vary depending on the counsellor.

### Beratungsstelle Faire Integration

🌐 [www.faire-integration.de](http://www.faire-integration.de)


✉ [@ffi@iq-consult.de](mailto:@ffi@iq-consult.de)

## Driving licence for EU and EEA citizens

When you come to Germany, your driving licence from your home-EU country is still valid. An international driving licence alone is not enough to drive a car here.

If you have a special driving licence for large or heavy vehicles, for example for trucks or buses (categories C1, C1E, C, CE, D, DE, D1 and D1E), then this is only valid for five years in Germany - even if it is valid for longer in your home country. After these five years, you may continue to drive here in Germany for another six months if you live here.

If your driving licence has expired, i.e. is no longer valid, and you still drive, this is prohibited and can be punished.

You can find more information about this from the Eichstätt district vehicle registration and [driving licence office](#) at  [Umschreibung von ausländischen Führerschein](#).


## **Inflow of skilled workers with vocational training and people with practical professional expertise**

### **What is the Skilled Labour Immigration Act?**

Skilled workers can immigrate to Germany more easily. This applies to skilled workers with

- vocational training lasting at least two years or a university degree.
- a university degree.

The Skilled Immigration Act lays down the rules.

The law has been in force since 1 March 2020 and there will be changes from November 2023.  You can find out more [here](#).

### **Criteria for skilled workers**

What is a skilled worker? Three criteria are considered:

#### **Qualification**

A vocational qualification is necessary. This is the only way to do qualified work in Germany. There are also many people without a professional qualification recognised abroad. They must have their professional qualification recognised in Germany. You can seek advice on this.

#### **Experience**

People with professional experience are allowed to come to Germany. This applies to people who

- have obtained a recognised professional qualification abroad and
- can prove at least 2 years of professional experience.

A salary threshold applies to these people. This means that there is a minimum amount. The salary must be above the minimum amount.

#### **Potential**

People without a concrete job offer can also work in Germany. The opportunity card was introduced for them. It is based on a points system. These criteria are taken into account:

- Qualifications
- German and English language skills
- work experience
- Relevance to Germany
- Age
- Potential of spouses and partners

## **An important innovation for asylum seekers**

Are you an asylum seeker? And you arrived before 29 March 2023? Then you can apply for a residence permit as a skilled worker. You do not have to leave the country. And you do not have to go through a visa procedure. You must withdraw your application for asylum.

You will need

- a corresponding recognised qualification
- an offer of employment or an existing employment relationship

Seek advice on this first. The [refugee and integration counselling](#) service can help you.

## **Hotline for individual counselling**

Do you have a lot of questions? Then the Federal Government's hotline can help you. It offers individual counselling. They will take a close look at your personal situation. You can get advice in German or English.

### **Hotline „Arbeiten und Leben in Deutschland“**

+49 (0) 3018151111

[www.make-it-in-germany.com/de/service/kontakt/hotline](https://www.make-it-in-germany.com/de/service/kontakt/hotline)

## **Migration of non-EU nationals**

### **Late repatriates**

### **Entry and accommodation in Germany**

Before travelling to Germany, you will receive an entry document in your home country. You may enter Germany with this document.

After your arrival, the Federal Office of Administration in Friedland will decide where you will live.

You decide in which district you will live.

For example, in the district of Eichstätt. If you do not have your own flat, you will be given accommodation.

### **Further information:**

Federal Office of Administration:  [www.bva.bund.de](http://www.bva.bund.de)

BAMF brochure in German and Russian:  [here](#)


## Asylum procedure


In Germany, there is a procedure for people seeking protection from persecution. This procedure is called the asylum procedure (Asylverfahren).

If someone applies for asylum, they must go to an authority. There it is checked whether the person needs protection. This examination can take a long time. During this time, the person is allowed to stay in Germany. They usually live in special accommodation and receive some money to live on.

At the end of the procedure, there are three options:

1. The asylum seeker receives protection and is allowed to stay.
2. The application is rejected, but the asylum seeker is still allowed to stay because it is dangerous in their home country.
3. The application is rejected and the asylum seeker must leave Germany.

 The asylum procedure is designed to ensure that people who need protection actually receive it.

 Information and advice on the asylum procedure can be found under [Refugees](#).

## Family reunification

### Bringing your family to Germany

Do you live in Germany and would like to bring your family from abroad? There are clear rules for nationals from non-EU and non-EEA countries.

### What you need

- A residence permit, settlement permit or EU Blue Card
- A flat with enough space for your family
- Health insurance and sufficient income
- Your spouse is at least 18 years old.
- The family members should speak basic German. They should be able to ask for directions, do the shopping and introduce themselves.

### Exceptions to the language requirements

Your spouse does not need to speak German if:

- you have an EU Blue Card, ICT Card or Mobile ICT Card
- You have a residence permit in accordance with § 18c Para. 3, § 18d, § 18f or § 21 AufenthG
- you are a citizen of Australia, Israel, Japan, Canada, New Zealand, South Korea or the USA

## Steps for entry

- Apply for a visa: Your partner needs a visa. The application is made at the local German embassy or consulate.
- Prepare documents: A passport and proof of marriage/partnering are usually required. Find out in advance what exactly is required.
- Arrival in Germany: Register your family at the citizens' registration office.
- Apply for a residence permit

Within three months, submit the application to the [Foreigners' Registration Office](#). You will need

- Passports
- Birth and marriage certificates
- Proof of income (e.g. salary or tax assessment notice)
- Tenancy agreement
- Depending on the situation, additional documents may be required. These must be translated into German and notarised.

## Important for refugees

As a recognised refugee, you can submit an application for family reunification within the first three months. The [authorities](#) will then waive many of the usual requirements.

## After arrival

Your spouse may work in Germany as soon as the residence permit has been issued.

## Help and further information

For detailed information, please contact:

- German embassies: You can find local contacts on the [world map](#).
- General help is available here [Information on family reunification with non-EU nationals](#).

💡 Clarify everything in good time to avoid delays!

You must apply for a residence permit at the relevant [immigration office](#) within three months.

## Permanent residence

Would you like to stay in Germany permanently? Then you need a residence permit. A permanent residence permit gives you almost the same rights as German nationals.

## What residence titles are there for permanent residence?

There are two different residence titles for permanent residence. Here we give you an overview.

💡 Please note: If you live outside Germany for a longer period of time, the residence permits are no longer valid. How quickly they end varies depending on the residence title.

## 1. settlement permit according to § 9 Residence Act


With a settlement permit, you can live and work in Germany. Without any time or place restrictions.


There are a few requirements, for example

- You have been living legally in Germany for **at least 5 years**. Periods of study and training count for half.
- You have a **valid residence permit** that was not issued for a temporary purpose (studies) or for humanitarian reasons.
- You are able to **support yourself**.
- You have a **flat**.
- Proof of **sufficient pension provision**. You need at least 60 months of compulsory or voluntary contributions to the statutory pension insurance scheme in Germany.
- You speak **German well enough**.

You have a **basic knowledge** of the legal and social system and living conditions in Germany. You can prove this by


- Successful **participation in an integration course**
- **Certificates and proof of** having completed training in Germany.
- **Other language certificates**


Sometimes you will need further documents, the type of which may vary. Seek advice from the [immigration office](#). Further information on the requirements can be found [at](#)  [here](#).


 The settlement permit is only valid for Germany. You cannot move on to other Schengen states. Would you like to emigrate to another EU country? Then EU permanent residence is more suitable.

## 2. permanent residence EU

EU permanent residence is an unlimited residence permit. It allows you to live and work in Germany - without any time or place restrictions. One advantage is that you can also live, work or study in other EU countries. A visa is not required for this. This is why EU permanent residence is very popular.

 Please note: Special regulations apply to certain other countries. This also applies to Ireland and Denmark.

Would you like to apply for EU permanent residence? Then you must have been in Germany for more than five years and your residence must be legal. You can find information on the requirements [at](#)  [here](#).

 Have you obtained EU permanent residence in another EU country? Then you need a residence permit in Germany. With this you can work or reside permanently.

### Which residence permit is right for you?

Would you like to know which residence permit is right for you? That depends on your individual circumstances. The [Immigration Office](#) and the [Social Welfare Office](#) will be happy to advise you.

## Immigration of skilled labour

Information on skilled labour immigration can be found [here](#). There is a lot of important information on various topics. It is about how people with special skills from other countries can come to Germany to work here.

The information is aimed at two groups: [employers](#) and [skilled workers](#). Employers are people or companies looking for new employees. On the site, they can find out how they can recruit skilled workers from abroad.

For skilled workers, there is a lot of information about how they can [train or study](#) in Germany. It also explains what the "[EU Blue Card](#)" is. This is a special permit that allows skilled workers to work in Germany. It also tells you what conditions you have to fulfil.


This page helps you to understand everything and provides practical tips on the topic of skilled labour immigration.

## Work, training and study

If you would like to know more about work, training or studying, then take a look at the pages "[Work in the district of Eichstätt](#)" and "[School, study and education](#)". There you will find lots of tips on how to find a job, apply for a job or choose the right school or training programme. The pages will help you to understand everything and find the right offers.

## Labour market access

### Citizens of a third country


A visa is required to enter Germany - regardless of the reason. You can obtain a visa from the German embassy or consulate in your home country. You can enter Germany with the visa. If you wish to stay longer, you will need a residence permit. You must apply for this in good time at the immigration office in your place of residence. Read more about this at  [Entry requirements](#).

You need a residence permit for permanent residence in Germany. The residence permit states which access to the labour market is possible for you.

There are special regulations for certain groups:

- [Skilled workers](#),
- [academics](#),
- [EU Blue Card holders](#),
- [researchers](#),
- [self-employed persons](#),
- [jobseekers](#),
- Employees who come to Germany as part of an [internal transfer](#).
- [Interns and voluntary service](#)
- [Family reunification](#)

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💡 More information about residence and work on the website of  [BAMF](#). Here you will find information in 6 languages.

## Migration Refugees

### Registration

#### Information for people seeking asylum in Germany

Have you arrived in Germany and want to apply for asylum? Then you must register with one of the following state authorities as soon as possible after your arrival:

- Border authority
- the police
- Immigration office
- Reception centre for refugees
- Branch office of the Federal Office for Migration and Refugees (BAMF)

Here you will find general information on registration:

 [BAMF: Arrival and registration](#)

 [Handbook Germany: Registering as an asylum seeker](#)

#### What happens during registration?

Your personal data will be recorded and stored centrally. It will be checked:

- Whether you are applying for asylum in Germany for the first time
- Whether you have already applied for asylum in another European country
- Whether data about you has been recorded by the Federal Criminal Police Office

#### What happens after registration?

After registration, you will receive a "proof of arrival". This document is very important. It confirms that you are authorised to stay in Germany for a certain period of time. Only with this proof can you receive state support. For example, with accommodation, medical care, essentials and food.

The asylum procedure can only begin once you have proof of arrival.

#### Counselling centres for further information

If you need more information or help, you can contact these advice centres:


 [General advice centres](#)

#### Apply for asylum

## How does the asylum procedure work?

The asylum procedure in Germany is complicated.


The  [Federal Office for Migration and Refugees \(=BAMF\)](#) decides on your asylum.

The  [video](#) explains the asylum procedure:

(Languages: German, English, Albanian, Arabic, French, Persian)

This  [video](#) from the Bavarian Refugee Council provides more information:

(Languages: German, English, Arabic, Farsi, French, Russian, Spanish, Turkish)

The  [brochure](#) explains your rights and obligations in the asylum procedure:

(Languages: German, English, Arabic, Albanian, Farsi, French)

## How can you get asylum?

- You have just arrived in Germany.  
You must register with a **government agency**.  
For example: police, immigration office, reception centre, ANKER centre.  
You can register at the border or at another location.
- You will be **registered**.  
Your personal data will be written down.  
For example: Name, age, language, country of origin.  
Everything is saved.  
You will be photographed and fingerprinted.  
==> **Please only register once!**  
==> You will receive a **proof of arrival**.  
The proof of arrival is very important! It proves that you are authorised to stay in Germany.  
Keep the proof in a safe place!
- You will now come to an **ANKER centre**.  
Here you will live with other people seeking asylum.  
Here you will receive food, toiletries, clothing and other necessities.  
You will get help here if you are ill.
- You may have to move to another federal state.

## Applying for asylum

Say it simply: Important  [information on applying for asylum](#).

Say it simply: Important  [information about the interview appointment](#).

- You submit your **asylum application** at the ANKER Centre or the Arrival Centre.  
You will be informed when you can submit your asylum application in person.  
An interpreter will help you.
- Now you have to wait for your **personal interview at the BAMF**.  
This is your **most important appointment!**  
The interview is a kind of interview.  
An interpreter will help you.  
Here you explain why you have come to Germany.  
You can bring evidence with you.

This will show why you fled to Germany.  
For example: photos, letters, documents.  
Think carefully about what you say.  
You can seek advice beforehand.

 [Important information](#) about the interview

(Languages: German, English, Albanian, Amharic, Arabic, Farsi, French, Kurdish-Kurmanji, Macedonian, Pashto, Russian, Serbian, Somali, Tigrinya, Turkish, Urdu)

## Your asylum application will be decided

You will have to wait after the interview.  
The BAMF will examine your asylum application.  
This may take some time.  
Then you will receive a **letter from the BAMF**.  
Are you allowed to stay in Germany?

### => Yes!

Your asylum application will be granted.  
You will receive a **favourable decision**.  
You will receive one of four protection authorisations.  
These are: **Entitlement to asylum, refugee protection, subsidiary protection, prohibition of deportation**.

### => No!

Your asylum application is rejected.  
You will receive a **negative decision** and a **request to leave the country**.


 [What can you do if the answer is "no"?](#)

That is difficult.  
You have very little time!


## Who can help you?

**A lawyer:** You have to pay money for a lawyer.  
**Social counselling:** You don't have to pay any money.

## What else can you do?

You can leave Germany voluntarily.  
This means that you return to your country of origin without being forced to do so.  
Sometimes you get money for this departure.  
There are various offers.  
Search  [for](#) your country and find out more.  
Look into [returning to your home country](#).


## What happens if you do not leave?

You no longer have permission to stay in Germany.  
This can lead to  [deportation](#).  
This means that the immigration office and the police will force you to leave.


You will be taken directly from your accommodation centre to the airport.  
You have to fly back to your country of origin.

Sometimes the police also take you into **deportation detention**.  
You will have to wait in special **accommodation** until you are taken back to your country of origin.

Deportations are not always possible.  
For example:

- If your country of origin is not allowed to deport you because there is war there.
- If your country of origin does not want to accept you.
- If you do not have a passport from your country of origin.
- If you are very ill.  
=> If you cannot be deported for important reasons, you will receive a **tolerated stay**.  
This means that you can stay in Germany for a certain period of time.  
=> [Further information](#) on tolerated stay can be found at .

## Further information on the asylum application:

The  [App "Ankommen"](#) also informs you about asylum.  
(Languages: German, English, Arabic, French, Persian)

## Residence status

Everyone in Germany has an ID card. This ID helps to identify people. As an asylum seeker, you also need an ID card. This allows the authorities to recognise your status. Your status determines whether you are allowed to work or not.

## There are 5 different documents:

### 1. proof of arrival

Status: Asylum seeker

Background: You have told the authorities that you need asylum. The authorities have registered you in the system. However, you have not yet applied for asylum. This permit is valid until you submit your application. You submit the application to the Federal Office for Migration and Refugees (BAMF).



### 2. residence permit

Status: Asylum seeker

Background: You have applied for asylum. This often takes a very long time. This permit is valid until the decision is made. The Federal Office for Migration and Refugees (BAMF) decides on the asylum application. Has your application been rejected as unfounded? Then you can appeal against it. You can do this at the administrative court. You are allowed to stay in Germany until the administrative court has made a decision.

This permit says whether you are allowed to work. The permit tells you where you can live.

- Would you like to work? Do you need a permit for this? You can obtain this from the [Foreigners' Registration Office](#). Your employer or you as an employee can apply for this.
- Would you like to find work? Go to the [employment agency](#)
- Do you need financial help? Go to the [social welfare office](#)



### 3. fictitious certificate

Status: Recognised refugees

Background: You have submitted an application to the foreigners authority. This application is intended to extend your right to stay. The authority then often issues a certificate. This certificate authorises you to stay. This is important because your application has not yet been processed.



### 4. residence permit

Status: Recognised refugees

Background: Your application for asylum has been accepted

The residence permit is a temporary residence title. It is issued for a specific purpose.

- You can later obtain an unlimited right of residence (settlement permit)
- You have unrestricted access to the labour market
- The [job centre](#) can arrange work and social benefits for you



## 5. tolerated stay

Status: Tolerated person

Background: Your application for asylum has been rejected

With a tolerated stay you will not be returned to your home country. The tolerated stay is granted for a certain period of time. Sometimes deportation is impossible for legal, factual, humanitarian or personal reasons.

- There is a general rule. This allows certain groups to be tolerated for a maximum of 3 months. You cannot be returned to your home country for this period.
- A work permit is generally required. You can apply for this at the [immigration office](#)
- Would you like to find work? Go to the [employment agency](#)
- Do you need financial help? Go to the [social welfare office](#)



## 6. settlement permit

Status: Permanent residence permit (highest degree of permanence)

The settlement permit is the only permanent title and authorises you to take up any gainful employment.



## Benefits under the Asylum Seekers Benefits Act (AsylbLG)

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## What are benefits under the [Asylum Seekers' Benefits Act \(AsylbLG\)](#)?

You can apply for benefits under the Asylum Seekers Benefits Act (AsylbLG) at the [social welfare office](#). The benefits according to AsylbLG include, for example, food, clothing, health care and housing. You must submit an application for this. You can do this in person on site or by e-mail, see [Social Welfare Office](#).

## Who is entitled to benefits according to AsylbLG from the social welfare office of the district of Eichstätt?

People who live in the district of Eichstätt and who are entitled to benefits in accordance with [§ 1 AsylbLG](#) i.e. people who have the following residence status:

- Residence permit
  - Asylum application expressed, but asylum application not yet submitted
- Residence permit due to war in their home country in accordance with [§ 23 Para. 1 AufenthG](#)
- in accordance with [§ 25 Para. 4 S. 1 AufenthG](#)
  - in accordance with [§ 25 Para. 5 AufenthG](#), if the decision on the suspension of deportation was made less than 18 months ago
  - Tolerated stay according to [§ 60a AufenthG](#)  
Enforceable deportees, even if the threat of deportation is not yet or no longer enforceable, for example GÜB
  - Spouses, life partners or underage children of persons to whom the above applies without themselves fulfilling the conditions stated therein
  - Follow-up application according to [§ 71 AsylG](#) or second application according to [§ 71a AsylG](#) has been submitted
  - Residence permit according to [§ 24 AufenthG](#) applied for

For further requirements, please refer to [§ 1 AsylbLG](#)

## What benefits can you apply for

You can apply for the following benefits:

- Benefits to cover your necessary needs
  - for food
  - Accommodation and heating
  - clothing
  - Health care
  - household durables and consumer goods
  - and your necessary personal needs
- Benefits in the event of illness, pregnancy and birth
- One-off needs, e.g. initial pregnancy equipment, initial baby equipment, initial home equipment
- Additional needs (e.g. during pregnancy)

- Education and participation (e.g. school supplies for your child, sports club for your child, music lessons)
- Family planning fund (various contraceptives)

💡 Please contact us to apply for benefits under the Asylum Seekers' Benefits Act. You can do this in person on site or by e-mail, see [Social Welfare Office](#).

## **In what form do I receive benefits?**

Bavaria has introduced a payment card for the granting of benefits in accordance with AsylbLG.

Benefit recipients living in the district of Eichstätt in accordance with AsylbLG will receive their benefits for June 2024 on the new payment card for the first time.

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

## **What documents do you need to bring?**

- Application for benefits according to AsylbLG.
- ID, proof of arrival, residence permit or tolerated stay, national passport if applicable, visa, residence permit from another country.
- If you do not speak German or English, a person you trust who speaks these languages.
- It is important that you can communicate with the social welfare office.
- Proof of income and assets, e.g. employment contract and payslips for the last 3 months
  - Job centre or housing benefit notification
  - Notification of child benefit
  - Notification of education grant or BaföG
  - Bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- If you live with other people, e.g. spouse or children, their proof of income and assets (e.g. payslips, bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- if available:
  - Your rental certificate
  - Your health insurance card

## **Notes on requesting bank statements**

You may black out or make the following unrecognisable on the account statements:

- Passages of the recipient and posting text for expenditure postings.
- Posting texts containing details of particularly protected data, for example racial and ethnic origin,
  - political opinions,
  - religious and philosophical beliefs,
  - trade union membership,
  - health or sex life.

💡 The transaction must remain traceable for the audit (for example, when transferring membership fees for political parties, it would be possible to black out the name of the party if "membership fee" remains recognisable as the intended purpose).

💡 It is important that you are able to communicate with the social welfare office. If you do not speak German or English, please speak to a person who speaks these languages and whom you trust.

💡 The social welfare office can only check the application if all information has been provided in full and all documents are complete.

## **Your obligations - What do you have to tell the social welfare office immediately?**

In order to check whether you are entitled to benefits, you must co-operate in accordance with [§ 60 SGB I](#). If you do not do this, benefits may not be granted to you or may be withdrawn again.

This can lead to reclaims or, in the worst case, even to a fine. Therefore, please always inform the social welfare office immediately of any changes in your personal and financial circumstances.

For example

- Marriage
- Separation from spouse/partner
- pregnancy
- Birth of children
- Death of a person in the family
- Moving to another flat or accommodation
- Moving in or out of flatmates
- Relatives or a partner moving in
- Hospitalisation
- Staying in prison
- Gifts of money from friends or relatives
- Start of training, studies or school
- Starting a job
  - As soon as you have accepted a job, you have 3 days to report this to the social welfare office.
  - The social welfare office will need the employment contract (and your work permit if applicable) and later your payslips.

## **Important**

- If you work, you are no longer entitled to the full benefits according to AsylbLG, as your income is taken into account in the calculation.
- However, allowances and work equipment are taken into account so that not all of your salary is taken into account.

- In any case, your income means that you are in a better position.
- Your notification does not mean that you have to live without money for a month.
- Your salary will only be taken into account once you have received it.
  - For example: You start work on 10 August 2023 and receive your salary at the end of August 2023:
  - You will still receive full benefits for August and your wages will only be offset against the benefits for September 2023.

### When can I work?

💡 The [foreigners authority](#) decides whether you are allowed to work. You must therefore submit an application for a work permit to the foreigners authority. There are certain rules that you must observe.

### What applies to asylum seekers with proof of arrival or a residence permit?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority will decide whether you can obtain a work permit.
  - This only applies if you **do not** come from a safe country of origin and have applied for asylum after 31 August 2015.
  - For Georgia and the Republic of Moldova, it applies if you have applied for asylum after 30 August 2023
- You are entitled to a work permit after 6 months if you fulfil the following criteria
  - You do not come from safe countries of origin with asylum application after 31/08/2015 (Georgia and Republic of Moldova with asylum application after 30/08/2023).
  - Your asylum application has not been rejected by the BAMF as manifestly unfounded.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

### What applies to tolerated persons?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority "should" issue a work permit.
  - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
  - It applies to Georgia and the Republic of Moldova if you applied for asylum after 30 August 2023
- There is one exception: In the case of specific measures to terminate residence, the immigration authority "may" issue the work permit.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

### What applies to refugees with a residence permit?

- If you have a residence permit, you have full access to the labour market. This means you have no restrictions

## Do you have any questions?

There are advice centres in the district of Eichstätt that can help you.

- [Job centre](#)
- [Employment Agency](#)
- [Immigration office](#)

## Unaccompanied refugee minors

Is a refugee under the age of 18? Has he or she travelled to Germany unaccompanied? Then they are considered an unaccompanied minor foreigner = **umA**. These young people are reported to the Youth and Family Welfare Office. The Youth Welfare Office talks to the young person and establishes their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The office takes the person to a youth centre.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

💡 The Youth Welfare Office will bring an interpreter to the interview.

💡 Does it say on your proof of arrival that you are not yet 18 years old? And the Youth Welfare Office says that you are older? Then you will receive a rejection notice from the Youth Welfare Office. This notice must contain a new date of birth. Only with this date can you have your documents changed at the Foreigners' Registration Office and the Social Welfare Office.

Some children and young people under the age of 18 come to Germany with relatives - for example with an uncle, aunt or older sibling. The accommodation centre reports this to the Youth Welfare Office. The Youth Welfare Office talks to the child and the relatives. It checks whether the child can stay there and whether a guardian is necessary. An interpreter is present at the meeting.

💡 The adult relatives can also apply for guardianship themselves at the [family court](#). The guardianship gives the relative full responsibility for the minor instead of the parents.

Further information can be found at [BAMF - Federal Office for Migration and Refugees - Unaccompanied minors](#).

## Amt für Familie und Jugend Lenting | Jugendamt

📍 [Bahnhofstraße 16, 85101 Lenting](#)


✉️ [@jugendamt@ira-ei.bayern.de](mailto:jugendamt@ira-ei.bayern.de)

☎️ [+498421703000](tel:+498421703000)


🌐 <https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...>

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## Amt für Familie und Jugend Eichstätt

 [Gundekarstraße 3, 85072 Eichstätt](#)

 [@jugendamt@ira-ei.bayern.de](mailto:jugendamt@ira-ei.bayern.de)

 [+498421703000](tel:+498421703000)

 <https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...>

### Family asylum and international protection for family members

#### You have been granted asylum in Germany.

A member of your family also needs asylum. You can submit an application. The member of your family will be granted the status of a person entitled to protection.

For the purposes of family asylum, members of families include


- Spouses or registered partners,
- Your minor or unmarried children,
- the parents of minor or unmarried children,
- other adults who have custody of minor or unmarried children,
- the underage or unmarried siblings of minors.

 Parents must have custody of their children. They must therefore be able to look after their children.

Do you want to bring your husband or wife to Germany? You must already be married in your country of origin. Then your husband or wife can also be granted asylum. The marriage must be recognised by Germany. The application for asylum must be submitted before or at the same time as your application. You must be entitled to protection.

#### Your child was born in Germany.

You have already applied for asylum? You have subsequently had a child in Germany? A separate asylum application can be made for your child. You or your partner must still be in the asylum procedure. Please inform the Federal Office for Migration and Refugees about the birth. The foreigners authority can also inform the Federal Office. The asylum application is then automatically deemed to have been submitted. The parents can submit their own reasons for asylum for their child. If they do not do this, the same reasons apply as for the parents. Here too, an appeal is possible in the event of a negative decision by the Federal Office.

 To protect the child, underage children are not and must not be returned separately from their parents in the event of a negative decision.

Further information can be found directly at the BAMF.

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


#### Asylum counselling

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Have you applied for asylum? Then you can seek advice at the asylum counselling centre. You can also go to the counselling service if you are a new immigrant with permanent residence status.

Asylum seekers and refugees can seek advice on everyday matters. The counsellors help with the following topics:

- Asylum procedure - information and answers to questions
- Information about German law
- Help and advice with questions about authorities
- Finding local services
- Orientation on site
- Advise and help with everyday problems
- Advice on integration programmes (such as language courses)
- Advice on questions about family reunification
- Refer people to other specialised services
- Advise on voluntary return or onward migration
- They are contact persons for volunteers. They answer specialised questions about the asylum procedure

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

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

## Information on the war in Ukraine

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

Here you can find out what is important at the moment - for example, what the current [situation](#) is. You can also find rules here if you want to enter Germany or if you need a visa. We have already written down some important questions and answers for you:

#### I am in Germany without a visa - what can I do now?

If you come from Ukraine, you do not currently need a visa to come to Germany. From the day you arrive, you can stay here for up to 90 days without special permission. You can even stay in Germany without a special residence permit until **4 March 2027**.

During the 90-day visa exemption period, you can consider whether you would like to stay in Germany for longer. There are various options for this:

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).

2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.
3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

## **Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2026?**

Your residence permit will be automatically extended and will then be valid until 4 March 2027. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

### **What happens when you arrive in Germany?**

When you come to Germany, there are a few important steps that you have to take one after the other. This is how it works:

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.
- Finally, you apply for a permit so that you can stay in Germany for longer.

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

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

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

## **Should people from Ukraine apply for asylum?**

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

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

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


## Information portal of the German government

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](#)


## Embassy of Ukraine in Berlin

 [+493028887128](#)

 [Albrechtstraße 26, 10117 Berlin](#)

## Reason for fleeing queer: Queer Refugees Germany

The project "Fluchtgrund queer: Queer Refugees Deutschland" helps queer refugees in Germany. It connects people, gives advice and offers support.

The website  "[Queer Refugees Welcome](#)" is aimed at lesbian, gay, bisexual, trans\*, inter\* and queer people. It offers clear information and practical help.

On the website you will find:

- Addresses of advice centres in your area,
- Information on asylum, health and protection from discrimination,
- contacts for helpers and organisations.
- The website is available in several languages.

You can view everything important there, organised by topic. Have a look at these links:

 [queerrefugeeswelcome.de](#)

 [queer-refugees.de](#)

 [prideplanet.de](#)

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The services strengthen queer refugees and make their everyday life in Germany easier.

## **Payment card**

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

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

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

## **What is the payment card?**

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

## **Who gets the payment card?**

- All adults who receive benefits under the Asylum Seekers' Benefits Act (AsylbLG) receive a payment card.

## **Where can I get my payment card?**

- If you receive benefits, the social welfare office will send you a letter with all the information and an appointment to collect it.
- If you are applying for benefits for the first time and they are approved, you will receive a payment card right from the start.
- There may be differences depending on where you live. Ask at your local authority.

## **Where can I shop with the payment card?**

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

## **Are there any problems with certain transactions?**

- Yes, certain transactions are not possible.
- For example, you cannot use the payment card with money transfer services such as Western Union, MoneyGram or PayPal.
- In special cases, contributions (e.g. for mobile phone contracts, VAG or Deutsche Bahn) can be transferred or collected. You must then provide the necessary proof in good time.

## **Can I withdraw cash with the payment card?**

- Yes, you can withdraw cash.
- You can withdraw cash from ATMs. You can also withdraw cash at the till in many shops.
- You can withdraw €50 per person per month, regardless of where you live.
- In some federal states you can only withdraw cash twice a month.

## Germany - Standards, values and integration

### Information about Germany

Flag of Germany



Flags of Bavaria



Germany is a country in the centre of Europe. It is a special state because the people of Germany have a say in many important decisions. This is called democracy. In a democracy, the people - that is, all the people together - decide what happens in the country.

Germany is also a constitutional state. This means that everyone must abide by the rules - including the government. Nobody is simply allowed to do what they want. If someone doesn't think something is right, a court can help.

Germany is also a welfare state. This means that everyone should be able to live well. If someone is out of work or needs help, the state helps.

### How Germany came about

Germany as we know it today has existed since 24 May 1949, when the Federal Republic of Germany was founded. After the Second World War, Germany was initially divided into two parts:

- The Bundesrepublik Deutschland (BRD) in the west
- The Deutsche Demokratische Republik (DDR) in the east


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In 1990, both parts became one country again. Since then it has been called Bundesrepublik Deutschland again. The capital used to be Bonn, today it is Berlin.

## Where you live

You live in Freistaat Bayern. Bavaria is one of 16 [federal states](#) that make up Germany. Each Bundesland has its own rules - but they all adhere to the most important laws for the whole of Germany.

## What everyone in Germany should know

In this chapter, we would like to show you how life in Germany works and which rules are important. After all, all people living in Germany should abide by the most important principles. The rules are set out in the  [Basic Law](#) (Grundgesetz) - this is the most important law in Germany.

The Basic Law states, for example:


Everyone is free and self-determined.

No one may be treated less favourably because of

- the colour of his skin,
- his religion or language,
- his age,
- their gender or origin,
- a disability or
- because he or she loves differently from others.

This means that everyone is worth the same.

## Would you like to find out more about Germany?

You can get to know your new home country better through videos and texts on the website  [Handbook Germany](#).

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

 You can get to know Germany better with videos and texts.

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

- German, English
- English
- Arabic
- Dari
- Turkish
- Turkish French

- Pashto
- Russian
- Ukrainian

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

💡 The information is translated into 9 different languages.

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

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

## **Prohibited symbols, signs and organisations**

- **Islamism and Islamist terrorism**

This overview does not claim to be complete and is not exhaustive. The following organisations and their symbols and signs are banned.

[🌐 Prohibited organisations and symbols in Islamism and Islamist terrorism](#)

- **Right-wing extremism**

This overview does not claim to be complete and is not exhaustive. The following organisations and their symbols and signs are prohibited.

[🌐 Right-wing extremism: Symbols, signs and banned organisations](#)

- **Left-wing extremism**

The overview does not claim to be complete and is not exhaustive. The following organisations and their symbols and signs are banned.

[🌐 Banned organisations and symbols in left-wing extremism](#)

- **Foreign-related extremism**

The overview does not claim to be complete and is not exhaustive. The following organisations and their symbols and signs are prohibited.

[🌐 Prohibited organisations and symbols in foreign extremism](#)

## **History and customs**

### **District of Eichstätt - History and customs**

[🌐 History](#): You are interested in your new home. Then you've come to the right place. Here you will find everything about the history of the district of Eichstätt and the coat of arms.

Which locations, museums, parks and other sights are worth a visit?

Here we reveal what you should see and experience in the district of Eichstätt:

- [🌐 Erlebe.Bayern | Travel magazine for leisure and holidays in Bavaria](#)
- [🌐 Museums and galleries in Eichstätt - City of Eichstaett](#)
- [🌐 Tourist Information Eichstätt - City of Eichstaett](#)
- [🌐 Excursion destinations in the district of Eichstätt Sights in the town and surrounding area](#)
- [🌐 Altmühltal Nature Park](#)

## Basic Law, human rights and the rule of law

### The Basic Law

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

🌐 You can download the Basic Law in eight languages here. [Brochure: The Basic Law](#)

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

### Universal Declaration of Human Rights

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

There are 30 fundamental rights. The three most important are

- All people are of equal value.
- Everyone is entitled to their own opinion.
- Everyone has the right to peace and security.

### Rule of law

Germany is a constitutional state. This means that all people are equal before the law and the government must abide by the law. People elect their representatives, who make important decisions.

If someone is treated unfairly, independent courts decide. Only courts may impose punishments, such as fines or imprisonment. There is no death penalty.

The police provide security and everyone is free to practise their religion as long as no laws are violated.

It is forbidden to incite hatred or violence or to jeopardise democracy. Anyone who does so can be punished or deported.

### LGBTQIA+ rights

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## Homosexuality / Sexual identity

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

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

The SBGG will make it easier for transgender, intersex and non-binary people to have their gender registration and first names changed. The law will come into force in its entirety on 1 November 2024.

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

[!\[\]\(9546b0febe99b7895ce5bd72f5d30cde\_img.jpg\) General Equal Treatment Act \(AGG\)](#) and [!\[\]\(a7c45cfecdb270bdb1f7d01214e21fac\_img.jpg\) Act on Self-Determination with regard to Gender Registration \(SBGG\)](#)

## Transgender, non-binary and intersex people / gender identity

In Germany, all people have equal rights, regardless of their gender. This means that people in Germany can be neither female nor male, they can then state their gender as "diverse" or "unspecified". Trans\*people are allowed to live openly in Germany and receive medical treatment, they are allowed to harmonise their gender. None of these people may be discriminated against either. You can find information on this at [!\[\]\(6ea148e68b8eeb631cc290a248ae35e3\_img.jpg\) here](#).

## Religious freedom

Freedom of religion applies in Germany. The Basic Law guarantees that every person is free to practise their faith as long as the Basic Law is not violated. Discrimination on the grounds of religion is prohibited, for example when looking for a job. Freedom of religion also means respecting the beliefs of others. State and religion are separate, there is no state church.

This means that

- All people are free to choose and practise their religion.
- Everyone is also allowed to say that they are not religious.
- People of different religions are allowed to marry.
- A marriage is only legally valid before the registry office; religious weddings alone are not legally binding.

What is not permitted is

- Placing religious rules above the law, for example multiple wives or slaughtering without permission.
- Boys may only be circumcised if their welfare is not jeopardised.

Many people in Germany are committed to dialogue between religions so that everyone can live together peacefully. The state remains neutral and protects religious freedom as long as democracy and the separation of state and religion are upheld.

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## Personal freedom

In Germany, all adults are allowed to make their own decisions about their lives. It doesn't matter whether someone is a woman or a man, young or old, has a disability, what skin colour or religion the person has.

Everyone is allowed to do what they want - but only if they comply with the law and do not harm or restrict other people.

This means, for example:

- Every person is allowed to decide for themselves what they wear and what they eat.
- Adults are allowed to drink alcohol, but children and young people are not.
- Women and men can decide for themselves whether they want to get married - and also who they want to marry.
- They are also allowed to divorce if they no longer want to stay together.
- Couples who are not married are still allowed to live together and have children.
- People of different religions are allowed to marry and have children.
- Contraception is permitted. Every person is allowed to decide for themselves.
- Men are allowed to love men and women are allowed to love women. Such couples are also allowed to marry.
- Everyone is allowed to decide for themselves where and how they want to live.
- If you do not have a German passport and have applied for asylum, this right may sometimes be restricted.
- Sex is only permitted if both people agree to it.
- Sex with children is forbidden.
- Each person may own their own property. Women and men have equal rights to inheritance.

Important:

You have many freedoms.

But: Your freedom ends where you violate the freedom or dignity of other people or break the law.

## Freedom of expression

### All people are allowed to

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

**This means, for example:**



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

**This is not permitted in Germany:**



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

**Equal rights for men and women**

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

**This means, for example:**




- Girls and boys go to school together and receive the same lessons. They take part in sports lessons together
- Women are allowed to study or learn a trade. In principle, all professions are open to women.
- Women take on responsibility in society, e.g. as police officers, doctors, teachers or in public offices and authorities. Their instructions must be followed.
- Women decide for themselves whether to go to work or not. They can dispose of the money they earn themselves.

- Women do not have to ask their husbands, parents or other family members for permission to work, open an account or conclude contracts.
- Women are allowed to dress as they wish.
- Women decide for themselves if, when and whom they want to marry.
- Mothers are particularly protected. They must and may not work for six weeks before and eight weeks after giving birth. They may not be dismissed because of their maternity.
- The tasks and roles in the family are not prescribed.
- Women take part in public life. They attend cultural, political or sporting events, restaurants and bars.
- Women can vote and be elected to political office.
- Women and men are equal in inheritance law. Daughters as well as sons.
- Sexual touching, comments or requests are only permitted if everyone involved agrees. A "stop" or "no" must always be respected.

### **This is not permitted in Germany:**



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

 [Here](#) you can find information from the Bavarian State Ministry of Justice on the subject of equality in several languages.

### **Labour and wages**

In Germany, women often earn less money than men. There are two reasons for this: Many women work in jobs that are poorly paid, for example in care or kindergarten. And sometimes women are paid less than men for the same work. Many women also do a lot of work at home: they look after the household, the children or care for sick relatives. They don't get paid for this. But it's still real work - it's just that it's often not recognised. Many people used to think: The man earns the money, the woman does the housework. But today, many women also work and want to earn a good wage. If you want to work in Germany, it helps a lot to speak German well. The BAMF offers courses for this - especially for women and parents. You will also learn about childcare and school.

You can find out more at your local [migration advice centre](#), [immigration office](#), [employment agency](#), [job centre](#) or directly from the schools that offer integration courses.

### **FGM - female genital mutilation**

Female genital mutilation (FGM) is prohibited in Germany. Since September 2013, FGM has been punishable by imprisonment. Parents are also not allowed to leave the country to have their daughter circumcised abroad. This is also prosecuted under German criminal law. Girls and young women can apply for asylum if they are threatened with being circumcised.

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

- Incontinence,
- pain,
- heavy bleeding,
- complications during sexual intercourse and childbirth,
- infertility,
- Risk of HIV and hepatitis infection,
- blood poisoning and tetanus,
- states of shock,
- psychological trauma,
- depression.

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

If you are affected or threatened by FGM, contact the helpline at 📞 +49 (0) 116016. . The helpline staff are there for you day and night and in various languages.

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

## **Pregnancy counselling and abortion**

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

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

- For counselling, you can contact the [youth welfare office](#) of the district of Eichstätt or visit the 🌐 [Familien App](#).
- The [health department](#) of the district of Eichstätt will also support you with questions via the 🌐 [pregnancy counselling](#) service.
- The 🌐 [Caritas Eichstätt](#) also offers 🌐 [pregnancy counselling](#) .

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

must be certified by a doctor.

💡 Are you under 18 years old? Do you want to terminate the pregnancy? Then your mother or father must usually give their consent. Are you over 16 years old? Then the doctor may decide that you no longer need your parents' consent. Are you under 16 years old? Then you usually need the consent of one of your parents. Are you unable or unwilling to tell your parents about the pregnancy? Then contact a counselling centre. The staff there will help you.

## Who pays the costs of an abortion?

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

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

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

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

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth". With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs for the counselling and the birth yourself. If you would like a "confidential birth", you can contact the counselling centre around the clock at ☎ +49 (0) [8004040020](tel:8004040020) or online at the counselling centre ☎ "[Hilfetelefon für Schwangere](#)". Counselling is free and anonymous. The counsellors there speak many languages. Alternatively, you can also contact any clinic. The staff there know what to do.

### **Staatlich anerkannte Schwangerenberatungsstelle Eichstätt**

📍 Grabmannstraße 2, 85072 Eichstätt

☎ +49 (0) 842170512

🌐 <http://www.schwanger-in-bayern.de/> **Staatlich anerkannte Beratungsstelle für**

### **Schwangerschaftsfragen**

📍 Gundekarstraße 3, 85072 Eichstätt

☎ +49 (0) 8421702502

[@schwangerschaftsberatung@lra-ei.bayern.de](mailto:@schwangerschaftsberatung@lra-ei.bayern.de)

[Schwangerschaftsberatung | Gesundheitsamt Eichstätt](#)


## Catholic advice centre for pregnancy issues for asylum seekers


Counselling is available in German and English. On request, a professional translator can be involved in the counselling.


Offers:

- Counselling on all questions relating to pregnancy
- Counselling in crisis situations
- Counselling for parents with babies after birth up to the age of 3
- Mediation of financial aid
- Family midwife support
- Open family midwife consultation ( Ingolstadt, Schrankenstr. 1a)
- Birth preparation course ( Ingolstadt, Schrankenstr. 1a)

### Ingolstadt

 Schrankenstr. 1a, 85049 Ingolstadt

 +49 (0) 8419375560 Registration


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


External counselling: Max Immelmann Kaserne


Consultation fortnightly without telephone registration

### Eichstätt


 Kardinal-Preysing-Platz 3, 85072 Eichstätt


 +49 (0) 8419375560 Registration

 Counselling: Mondays 08:30 to 12:00


 [Counselling centre for pregnancy issues of the Sozialdienst katholischer Frauen e.V. Ingolstadt \(SkF\)](#)

### State-recognised counselling centre for pregnancy issues Diakonie Ingolstadt - Women's advice


 Schulstraße 14, 85049 Ingolstadt


 +49 (0) 8413708303

 <http://frauenberaten-in.de/> Catholic counselling centre for pregnancy issues

 Schrankenstraße 1, 85049 Ingolstadt

 +49 (0) 8419375560 **Pro Familia Ingolstadt e.V.** Counselling centre for pregnant women, family planning, contraception, couples, sexuality and female genital mutilation

 Holzmarkt 2, 85049 Ingolstadt (Responsible for the district of Eichstätt)

 +49 (0) 8413792890

 <http://www.profamilia.de/angebote-vor-ort/bayern/ingolstadt.html>

### Domestic violence

People from your family or your environment should support you. But sometimes they hurt you. This is called violence. Violence can be physical, such as hitting or kicking. It can be sexual, such as unwanted touching. Or psychological, for example through insults, threats or control.

If someone close to you is violent towards you, this is called domestic violence. This often happens at home, but also in other places. It also includes stalking, i.e. constant following or watching.

All forms of violence are prohibited in Germany. The police are allowed to help if they find out about it. Many women experience domestic violence. One in four women is affected. Many of those affected are ashamed or hope that the violence will stop. But it often gets worse.

You are not alone. There are many organisations that can help. You can contact the [help hotline for violence against women](#). You can get support there - safely and free of charge.

## Children's rights

Children and young people have rights

There is an important United Nations treaty called the "Convention on the Rights of the Child". It also applies in Germany and protects all children and young people under the age of 18. German laws also ensure that children can live safely and well.

What does that mean?

- All children have the same rights, regardless of where they come from, the colour of their skin or whether they have a disability.
- Every child has the right to a name, a birth certificate, a family and a nationality.
- The state helps if any of these are missing.
- Children should live with their parents if it is safe to do so.
- Parents must take good care of their children and protect them.
- Children who have fled from other countries receive special protection and help.
- Children are allowed to go to school - school is free.
- Children are allowed to have their own opinion and say what they think.
- From the age of 14, children are allowed to decide for themselves which religion they want to follow.
- Children should grow up healthy and happy. If necessary, the state helps with food, clothing or housing.
- Children of unmarried parents have the same rights as all other children.



What is forbidden?

- Children must not be neglected or mistreated.
- Children must not be beaten or injured in any other way.
- Children under the age of 13 are not allowed to work. Older children may only work very little and this must not harm them.
- Children must not be abducted or trafficked.

- Sexual violence against children is strictly prohibited.

Children's rights are divided into four main groups:

1. Right to life and proper development - Every child needs food, drink, visits to the doctor and is allowed to go to school and play.
2. Equal treatment - All children are equally important and must not be discriminated against.
3. Welfare of the child - Children should grow up safe, healthy and protected.
4. Co-determination - Children are allowed to express their opinions and adults must listen to them.

If children have problems, feel unfairly treated or experience violence, there are people and authorities who can help them, for example the [youth welfare office](#). You can find a clear explanation of the 10 important children's rights here:  [German/Arabic](#) and  [German/Persian](#). You can also find support [here](#).

## Counselling and support

### What are counselling centres?

You can go to a counselling centre if you have questions or problems. There you will receive help from trained staff. Counselling is free of charge and confidential. This means that the staff are not allowed to pass anything on if you do not want them to. You can often remain anonymous and not give your name. Feel free to ask if the staff speak any languages other than German and English. Sometimes you need an appointment. You can arrange this in advance by telephone. If you can't find the right advice centre straight away, ask. Counselling centres usually know each other well and can help you further.

### Counselling centres for addiction, mental health, illness, disability, old age and women

In the district of Eichstätt, there is a lot of help for people with mental health problems or addiction. This means that if someone is often sad, feels bad or can no longer talk to others well, they can get help there. Support is also available if someone has problems with alcohol, medicine or drugs. This help is very important. So that people can become healthy and happy again.

It's not just people with problems who get help. Their relatives also receive support. Relatives are people who are important to the person. For example, parents, siblings or friends. They often listen well, but sometimes they also need advice and discussions with professionals. That is why there are centres in the district of Eichstätt. They are there for relatives.

There are many offers. They help people. For example:

- Help: If someone is having a difficult time and is feeling very sad or anxious.
- Support with problems with alcohol, medicine or drugs.
- Leisure activities: Where you can meet other people and have fun.
- Counselling: Where you can talk about your worries and problems.
- Self-help groups: Where people help and listen to each other.

- Counselling centres: Which also help with other problems.

So everyone in the district of Eichstätt can get the help they need.

## Addiction and mental health problems

### Counselling centres for the mentally ill and their relatives

#### Caritas Kreisstelle Eichstätt | Sozial-Psychiatrischer Dienst

📍 Pfahlstraße 17, 85072 Eichstätt

☎ +49 (0) 842150870

@[spdi@caritas-eichstaett.de](mailto:spdi@caritas-eichstaett.de)

🌐 [Sozial-Psychiatrischer Dienst der Caritas Eichstätt](#)

#### Krisen Dienst Psychiatrie Ober-Bayern

📍 Würzstraße 1, 81371 München

☎ 00498006553000

@[info@krisendienst-psychiatrie.de](mailto:info@krisendienst-psychiatrie.de)

🌐 [Oberbayern - Krisen-Dienste Bayern](#)

### Counselling for addiction problems. Alcohol, medication, drugs, eating disorders

#### Blaues Kreuz Eichstätt | Psychosoziale Beratung und Behandlungsstelle

📍 Gabrielistraße 9, 85072 Eichstätt

☎ +49 (0) 84219088133

@[suchtberatung.eichstaett@blaues-kreuz.de](mailto:suchtberatung.eichstaett@blaues-kreuz.de)

🌐 [Blaues Kreuz Eichstätt](#)

#### Kreuz-Bund Diözesan-Verband Eichstätt e.V.

📍 Roseneckstraße 3, 85049 Ingolstadt

@[info@kreuzbund-eichstaett.de](mailto:info@kreuzbund-eichstaett.de)

🌐 [Kreuzbund Eichstätt](#)

### Illness, disability and old age

### Outpatient nursing care, care for the elderly and family care, mobile social assistance service

#### Caritasverband für die Diözese Eichstätt e.V. | Sozial-Station

📍 Residenzplatz 14, 85072 Eichstätt

☎ +49 (0) 842150901

@[zentrale@caritas-eichstaett.de](mailto:zentrale@caritas-eichstaett.de)

🌐 [Caritas-Sozialstation Eichstätt](#)

### Social psychiatric service

#### Caritas-Kreisstelle Eichstätt | Sozial-Psychiatrischer Dienst

📍 Pfahlstraße 17, 85072 Eichstätt

+49 (0) 0842150870  
[@spdi@caritas-eichstaett.de](mailto:spdi@caritas-eichstaett.de)  
[Sozial-Psychiatrischer Dienst der Caritas Eichstätt](#)

### **Krisen-Dienst Psychiatrie Ober-Bayern**

Würzstraße 1, 81371 München  
00498006553000  
[@info@krisendienst-psychiatrie.de](mailto:info@krisendienst-psychiatrie.de)  
[Oberbayern - Krisendienste Bayern](#)

## **Human support for seriously ill and dying people and their relatives**

### **Malteser Hilfsdienst**

Bahnhofplatz 18, 85072 Eichstätt  
+49 (0) 842198070  
[@malteser.eichstaett@malteser.org](mailto:malteser.eichstaett@malteser.org)  
[Malteser-Hilfsdienst Eichstätt](#)

## **Counselling and help for victims of war and military service, the disabled and pensioners as well as the elderly**

### **Sozialverband VdK Sozialverband Kreis Ingolstadt-Eichstätt Bayern e.V.**

Paradeplatz 21, 85049 Ingolstadt  
+49 (0) 8413796380  
[@kv-ingolstadt@vdk.de](mailto:kv-ingolstadt@vdk.de)  
[VdK Bayern - Sozialverband Kreis Ingolstadt-Eichstätt](#)

### **Bayerische Krebsgesellschaft | Außen-Sprechstunde in Eichstätt**

Weißbürger Straße 17, 85072 Eichstätt  
+49 (0) 84122050760  
[@kbs-ingolstadt@bayerische-krebsgesellschaft.de](mailto:kbs-ingolstadt@bayerische-krebsgesellschaft.de)  
[Außensprechstunde in Eichstätt](#)

### **Regens Wagner | Offene Hilfen Eichstätt**

Westenstraße 34, 85072 Eichstätt  
+49 (0) 84219353559  
[@offene-hilfen-eichstaett@regens-wagner.de](mailto:offene-hilfen-eichstaett@regens-wagner.de)  
[Beratung und Information - Offene Hilfen Eichstätt | Regens Wagner](#)

## **Counselling for women**

There is a lot of help for women in the district of Eichstätt. If women have problems or do not feel safe, they can get support there. For example, if they are afraid or have experienced violence. There are people who want to listen and help. are you pregnant? Counselling for pregnant women in the district of Eichstätt. You can find more information [here](#).

### **Staatlich anerkannte Beratungsstelle für Fragen bei Schwangerschaft**

Gundekarstraße 3, 85072 Eichstätt  
+49 (0) 8421702502

[@schwangerschaftsberatung@lra-ei.bayern.de](mailto:@schwangerschaftsberatung@lra-ei.bayern.de)

[Schwangerschaft Beratung](#)

### **Bundesinstitut für Öffentliche Gesundheit (BIÖG). Familienplanung**

+49 (0) 22189920

[Kontaktformular: Kontakt - familienplanung.de](#)

[Familienplanung](#)

### **Frauenhaus Ingolstadt. 24/7**

+49 (0) 841309700

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

Virtual Assistant: [Virtuelle Beratungsstelle: Assisto Web](#)

[Frauenhaus Ingolstadt](#)

## **Specialist centre against sexual violence in the district of Eichstätt**

The specialist centre against sexual violence in the district of Eichstätt will help you if you have experienced sexual violence. This means if someone has done something to you that you did not want and that has hurt you. The specialist centre will listen to you and give you advice.

You can always turn to the specialist centre if you need help. There are people there who will listen to you and want to support you. The specialist centre is there for you so that you feel safe and can get help.

## **WEICHE - Fachstelle gegen sexualisierte Gewalt**

[Bahnhofstraße 16, 85101 Lenting](#)

[@weiche@lra-ei.bayern.de](mailto:@weiche@lra-ei.bayern.de)

+49 (0) 1738648697

<https://www.landkreis-eichstaett.de/landkreis/weiche-fachstelle-gegen-sexualisi...>

## **Return to the home country**

### **Return to your home country**

### **Central return counselling**

Do you want to return to your home country? Are you in the asylum procedure and have received a negative decision from the BAMF? Are you under a tolerated stay order? Do you want to return despite having a residence permit? You don't know how to get your passport back? Or do you need financial help for your return journey?


Zentrale Rückkehrberatung (ZRB) can advise you on how to leave the country voluntarily. After the counselling, you decide for yourself whether you want to leave the country voluntarily or not.


[Zentrale Rückkehrberatung Südbayern \(zrb-suedbayern.de\)](#)

You can get counselling. The counselling helps with many topics:

- Passport and travel documents:  
You will get help if you need papers for travelling.
- Travelling expenses:  
You will get help if you don't have money for travelling.
- Money support:  
For example, if you are ill or have a disability.
- Information about your home country:  
You get info about what the situation is like in your country now.
- Offers for training and learning:  
Help is available so that you can learn something new and work later.
- Important for you if you live in Eichstätt:  
The return counselling service for Eichstätt is in Augsburg. You can get help there.

### **ZRB Südbayern in Augsburg**


 [Lange Gasse 4, 86152 Augsburg](#)

 +49 (0) 8215089632

 [info@zrb-suedbayern.de](mailto:info@zrb-suedbayern.de)

 [ZRB Südbayern in Augsburg](#)

### **A new start at home**

 [Startfinder](#) advises people who have returned to their country of origin and need help there. For example, how to find a job after returning or how to set up your own business. The counselling teams also offer information on medical and psychosocial help, childcare and education and finding accommodation.

Counselling for these countries:

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

 [Homepage | Startfinder](#)

Information is also available here:

 [Information portal on voluntary return and reintegration \(returningfromgermany.de\)](#)

### **Important information on the Internet**

There are many websites with important information on the Internet. They are particularly useful for people who have come to Germany to work or seek protection. There you will find tips on applying for jobs, training and looking for work. There is also information on migration and asylum procedures.

### **We recommend the following websites:**

 [Homepage Basiswissen Asyl](#)

This site provides an overview of various topics relating to life in Germany. They are relevant for refugees and their supporters. You will find a collection of further materials and publications. There is a multilingual section on many of these topics.

For example:

- How does an asylum procedure work?
- What rights apply at work?
- How does vocational training work?
- What childcare options are available for children from refugee families?

💡 The information is available in various languages.

#### 🌐 [Portal „Dazu gehören – Integration in Bayern“](#)

The portal is intended for immigrants, locals and volunteers. This website provides information about living together in Bavaria, contact points and useful links. Here you will find practical examples of integration.

For example:

- Information on living together in Bavaria,
- Contact points for immigrants,
- important terms relating to asylum and integration,
- migration and work.

### **Refugee and integration counselling in the district of Eichstätt**

There is help and counselling available in the district of Eichstätt. The refugee and integration counselling service provides support with questions about everyday life, [authorities](#), [language](#), [housing](#) and [work](#). The aim is to support and strengthen people as they arrive and integrate into their new environment. There are several centres for this purpose.

### **Caritas Eichstätt | Flüchtlings- und Integrationsberatung**

📍 [Burgstraße 8, 85072 Eichstätt](#)

✉️ [kreisstelle@caritas-eichstaett.de](mailto:kreisstelle@caritas-eichstaett.de)

☎️ [+49842150880](tel:+49842150880)

🌐 <https://www.caritas-kreisstellen.de/alle-kreisstellen/eichstaett/unsere-dienste...>

### **Malteser Hilfsdienst e. V. | Flüchtlingshilfe**

📍 [Bahnhofplatz 18, 85072 Eichstätt](#)

✉️ [janka.boehm@malteser.org](mailto:janka.boehm@malteser.org)

☎️ [+498421980788](tel:+498421980788)

🌐 <https://www.bistum-eichstaett.de/fluechtlingshilfe/>

### **Landratsamt Eichstätt | Flüchtlings- und Integrationsberatung**

📍 [Bahnhofstraße 16, 85101 Lenting](#)

✉️ [l.Scheruebl@lra-ei.bayern.de](mailto:l.Scheruebl@lra-ei.bayern.de)

+49 (0) 8421704539

<https://www.landkreis-eichstaett.de/landkreis/integration/uebersicht/fluechtlin...>

## Kolping-Bildungswerk | Sprach-, Integrations- und Alphabetisierungskurse

Burgstraße 8, 85072 Eichstätt

@kolping-bw-eichstaett@bistum-eichstaett.de

+49842150591

<https://www.kolping-bildung-eichstaett.de/berufseinstieg-schulbegleitung/integr...>

## Jugendmigrationsdienst Eichstätt | Flüchtlings- und Integrationsberatung

Pfahlstraße 14, 85072 Eichstätt

@info.eichstaett@cjd.de

+4984219003839

<https://www.jugendmigrationsdienste.de/jmd/eichstaett>

You can find an overview of all BAMF advice centres at [BAMF-NAVI](#) and as a map at [BAMF-NAVI - Beratungsstellen](#).

### Integration guides

Integration guides are people who help refugees and immigrants. They show people how to find their way around Germany.

Many integration guides work on a voluntary basis. This means that they do not receive any money for their help.

Integration guides help with filling out forms, for example. They go with you to public offices or doctor's appointments. They explain how life, school and work work in Germany. They listen carefully and give good advice.

Many integration guides can speak several languages. This helps to avoid misunderstandings.


The aim of integration guides is to make all new people feel welcome in Germany. They should be able to participate well in society.

The Malteser organisation in the diocese of Eichstätt also has integration guides. These people help on a voluntary basis. This means that they help voluntarily and without pay.

For example, they help children with their homework. They help young people to find a job. They also offer creative activities, such as painting or handicrafts.

The support is based on what the refugees need and what the helpers are good at.

## Landratsamt Eichstätt | Integrationslotse

 [Bahnhofstraße 16, 85101 Lenting](#)

 [@integration@lra-ei.bayern.de](mailto:@integration@lra-ei.bayern.de)

 [+498421704504](tel:+498421704504)


 <https://www.landkreis-eichstaett.de/landkreis/integration/uebersicht>


### Help groups in the district of Eichstätt


In some places there are helper groups. These are groups of people who want to help others. For example, people who have fled from another country or are new to the neighbourhood. The helpers do this voluntarily, i.e. they help because they like doing it. They help with many things in everyday life and are often very important for the people who need help.

### Here you can find a list of the helpers' groups and voluntary offers of help

#### Asylum help group Hepberg


 Blaschkestraße 9, 85120 Hepberg


 +49 (0) 1723587334

 [@nicole.lorenz8@gmail.com](mailto:@nicole.lorenz8@gmail.com)

 [Hepberg](#)


#### Asylum help group Kösching


 +49 (0) 84568522

 +49 (0) 1721326478

 [@asylbewerberkoesching@gmail.com](mailto:@asylbewerberkoesching@gmail.com)


#### Neighbourhood help of the city of Beilngries


 +49 (0) 84617058936

 +49 (0) 1729158928

 [@nh.beilngries@t-online.de](mailto:@nh.beilngries@t-online.de)


#### Helferkreis Asyl Kipfenberg


 Evangelische Kirche Kipfenberg

 +49 (0) 1721326478

 [@heike.reinhardt-berthold@lra-ei.bayern.de](mailto:@heike.reinhardt-berthold@lra-ei.bayern.de)


#### Helferkreis Asyl Gaimersheim

 Marktplatz 3, 85080 Gaimersheim

 +49 (0) 845832440


 [@asylangelegenheiten@gaimersheim.de](mailto:@asylangelegenheiten@gaimersheim.de)

#### Helferkreis Asyl Stammham

 +49 (0) 8405925615

 [hk-stamm-ham@t-online.de](mailto:hk-stamm-ham@t-online.de)

#### Asylum help group Dollnstein "People help people"

 Mühlbergweg 5, 91795 Dollnstein

+49 (0) 8422986867

### **Böhmfeld support group**

Susanne Schipper

+49 (0) 691078

## **Recognition and qualification counselling**

Recognition counselling helps people who have learned a profession in another country.


There you will find out:

- How can you show what you have learnt?
- What documents do you need?
- What do you need to do step by step?

If you know these things, it will be easier to work in your profession in Germany.

 [Anerkennungsberatung und Qualifizierungsberatung](#)

 [IQ-Anerkennungsberatung in Bayern](#)

**MigraNet** IQ Anerkennungs- und Qualifizierungsberatung Augsburg  [+498214551090](tel:+498214551090) 

Telephone consultation hours:

Monday 10:00 - 12:00

Tuesday 14:00 - 16:00

Thursday 10:00 - 12:00

 [Registration in German](#)

 [Registration in English](#)

**bfz**

 <https://www.bfz.de/beratung-berufsanerkennung-in-bayern>

### **bfz Ingolstadt**

Frank Bienert

Anerkennungsberater

+49 (0) 8419815200

 [frank.bienert@bfz.de](mailto:frank.bienert@bfz.de)

 [Ingolstadt - www.bfz.de](http://www.bfz.de)

  [Beratungstermin - www.bfz.de](#)

## **Pregnancy counselling**

Are you pregnant and need information? Do you need help? There are many organisations that can help you. You can find information on pregnancy counselling under [Pregnancy counselling and abortion](#).

## Migration counselling for adult immigrants

People who come to Germany from another country and want to make a fresh start can go to the migration counselling service. There they receive help to find their feet. For example, they learn German, get answers about school or work and find out how life in Germany works, such as how to find a flat. There are also special advice centres for people from other European countries or for returnees who used to live in Germany:

- Individual counselling, talks with the whole family or with important people
- Help to find a German course or an integration course
- Support if you are already attending a language course
- Help to find childcare for your children during the course
- Counselling if you have problems with your feelings or in life
- Help with arguments or if there are problems
- Support if you need to speak to the authorities
- Explanations of what social benefits you can get and how to apply for them
- Information on how to find a job or a flat
- Help with legal and financial issues
- Co-operation with other places that can help even more

## Caritas-Kreisstelle Eichstätt | Migrationsberatung für erwachsene Zugewanderte

 [Weißenburger Straße 17, 85072 Eichstätt](#)

 [@kreisstelle@caritas-eichstaett.de](mailto:kreisstelle@caritas-eichstaett.de)

 [+49842150137](tel:+49842150137)

 <https://www.caritas-kreisstellen.de/alle-kreisstellen/eichstaett/unsere-dienste...>

## KoKi - Coordinating child protection centre in the district of Eichstätt

KoKi is a counselling centre for families in the district of Eichstätt. When a child is born, a lot changes in life. Parents are happy, but also have many questions or worries. KoKi helps you quickly, easily and free of charge. Counselling is available if you are pregnant or have just had a child, if you feel overwhelmed, are ill or have problems with money, work or housing. KoKi supports you if you don't have anyone to help you, if you don't know who to turn to, if you need help in everyday life with your child or support in dealing with the authorities and other agencies.

## What does KoKi offer?

- We help parents and families with young children. They have many problems.
- We look after young families. We pay particular attention to children aged 0 to 3.
- We help parents when they can still do something themselves.
- Our partners work with families. They are services, organisations and professions.

We work closely with them.

These include clinics, doctors, midwives, counselling centres, therapy centres, youth welfare services, authorities, institutions, day care centres, schools, churches and associations.


Early help: We help you quickly and easily.

Our services are:


- Family midwives
- Household coaching
- Mobile parent counselling
- Parental counselling

### **Important to know:**

- All our services are free of charge.
- We do not talk to anyone about you - everything remains confidential.
- You can also receive counselling anonymously (without giving your name).

 [Click here](#) to go to KOKI in the district of Eichstätt.

### **Koordinierende Kinderschutzstelle im Landkreis Eichstätt**

 [Bahnhofstraße 16, 85101 Lenting](#)

 <https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...>

### **Counselling in the event of discrimination**

#### **Experiences with discrimination**

#### **What is discrimination?**

- Discrimination means that people are treated unfairly because, for example, they have a different skin colour, a disability or wear a headscarf.
- This is forbidden in Germany - but it still often happens.

#### **Where can discrimination happen?**

- When looking for accommodation
- At school or work
- In authorities, doctors' surgeries or during leisure time
- Even with the police

#### **What can you do?**

- You do not have to accept discrimination.
- You have the right to defend yourself - even in court.
- This right applies to all people, regardless of where they come from or what residence status they have.

### **Was that discrimination?**

- Sometimes people are unsure whether something was discrimination.
- Others may find it "not bad".
- A counselling centre will help you to classify it.

### **You can find out there:**

- Whether it was legally discriminatory
- What steps you can take
- How you can deal with the experience

### **Counselling for discrimination**

The **Antidiskriminierungsstelle des Bundes** counsels all people in Germany.

☎ +49 (0) 30185551855

📅 Monday: 13:00 - 15:00

Wednesday and Friday: 09:00 - 12:00

💡 Counselling is free of charge, anonymous on request and in German.

### **Further contact points:**

- Migration counselling
- Youth migration services (they often offer help in different languages)

### **What can you do?**

- Ask for the service card and write down the name.
- Ask other people to observe the situation.
- You can file a criminal complaint - directly with the public prosecutor's office (not with the police).
- A complaint must be filed within 3 months.

### **Lesbian, gay, bisexual, trans\* and inter\* (LGBTI)**

Many different people live together in Germany. They have different religions, come from different countries and don't always think the same way. Nevertheless, all people have the same rights. They should live together peacefully and amicably.

This also includes people with different sexual orientations or gender identities. This means, for example, that women can love women and men can love men. There are also people who do not feel like a man or a woman. In Germany, there are three genders: male, female and diverse. People who are transgender are allowed to change their name and gender.

Many LGBTI people - that is, lesbian, gay, bisexual, transgender or intersex people - have fled to Germany. They were treated badly or persecuted in their home country.

Have you fled and are you lesbian, gay, bisexual, transgender or intersex? Then you can get help. There are many groups in Germany that help LGBTI people. You can get information, support and meet other people there. You can find important contacts and information at the LSVD's "Queer Refugees Deutschland" project.

### **Lesben- und Schwulenverband in Deutschland (LSVD)**

Projekt "Queer Refugees Deutschland"

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

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

### **People with disabilities**

In Germany, almost one in ten people has a severe disability. Many other people have health problems or are chronically ill. For example, there are people who are blind or deaf. Some people are shorter or cannot walk well. Some have difficulties with certain tasks.

Nevertheless, all people should be able to participate well in society. There is special help for this, which is called inclusion. People receive support at work, and children are given special support even before they start kindergarten. This support is called early intervention.


### **Early intervention**


Early intervention is for young children who have or could develop a disability. It also helps children who develop more slowly than others. For example, through language support, visual training or movement therapy. Early intervention is available from birth to school age. It is important so that disabilities are prevented or are less severe.



Your [paediatrician](#) can help you find early intervention. You can also contact the [local health authority](#).

### **Severely disabled people**

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. This card gives you advantages, such as lower taxes or cheaper or free travel on buses and trains. The exact benefits depend on the type and degree of disability. You can apply for the card at the pension office.

The family guide provides valuable information [at](#) . You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

 [Here](#) you can find the Eichstätt district commissioner for the severely disabled, who is responsible for equal opportunities for people with disabilities.

You can also find information on the inclusion of people with disabilities in the Eichstätt district's  [family app](#) and at  [Caritas](#).

### **Problems with inclusion**


People with disabilities often have problems with integration. They are not disabled, but are hindered, for example by ATMs that are too high, stairs without a ramp or small lettering that is difficult to read. If you see someone who needs help, please ask if you can help. You can find [advice centres on disability and inclusion](#) here.

## **WEICHE - Specialist centre against sexualised violence**

**"Sexual violence" refers to all sexual acts that are not voluntary.**

- Sometimes children do not understand what is happening or they do not want it.
- This can happen whether someone touches the body or not.
- Often the person doing it has more power than the child.
- It is forbidden to do such things with children under the age of 14.
- Even if the child says "yes", it is still forbidden and wrong.


## **Information for children**

More information for children can be found at  [www.trau-dich.de](http://www.trau-dich.de) (supported by the BFSFJ and the BZgA)

- [Children have special rights.](#)
- You can protect your rights.
- If an adult or child is being funny, trust your instincts.
- Get help, because nobody is allowed to hurt you.
- You decide what is good for you.
- **You are allowed to get help and tell bad secrets.**
- Think about which adults believe you and can help you.

The WEIche will help you and you can get information. We are happy to help you and we take you seriously.

There is telephone help for girls and boys.

The child and youth helpline is called  ["Nummer gegen Kummer"](#).

## **Information for young people**

Girls and boys can experience sexual violence. You can make your own decisions about your sexuality.

Nobody is allowed to force you.

- touch you, harass you
- force you to kiss
- force or pressure you to have sex
- force you to watch porn
- Someone is harassing you on your mobile phone. Is someone sending you intimate photos or videos?

- 
- and much more

Trust your feelings.

- Trust your feelings when something seems strange.
- Your feelings are important.
- Ask someone for help if you feel unsure.
- We listen to you and believe you.
- You can call or drop by, even without saying your name.
- It's good to get help.
- There is a telephone helpline for girls and boys called "Nummer gegen Kummer".

### **Information for adults**

- Sexual assault can happen anywhere.
- It can affect people of any age.
- Both men and women can be affected.
- Women and men can come to us at any time.
- No matter what kind of sexual violence they have experienced.
- We also help if the violence happened a long time ago.

### **Information for relatives**

- Sexual violence not only hurts the person affected, but also the people in the family.
- Family members often feel helpless and don't know what to do.
- They worry a lot.
- Relationships in the family can change.
- Parents and children can have problems with each other.
- Siblings sometimes feel different than before.
- The people affected need support from others.
- The WEIche helps families with this.

### **Counselling from the WEIche**

Our counselling is

- confidential
- anonymous
- free of charge
- outreach
- individual
- one-off or longer-term

We believe those affected and respect their boundaries.

- We believe those affected and pay attention to what they want.
- We listen carefully and respect your wishes.
- You always remain in control.
- We help when sexual violence leaves you speechless.
- You can talk about what happened and your feelings.
- We support you in feeling better and regaining your strength.

### **Psychosocial process support from the WEIche**

- Have you experienced sexual violence?
- Are you considering making a complaint?
- Have you already contacted the police?
- Is the trial imminent?


### **Witnesses to a criminal offence can get help from a psychologist.**

Psychosocial trial counselling helps children, young people and adults. It provides care, information and support during the investigation and criminal proceedings. Criminal proceedings should be less stressful for those affected.


### **Psychosocial court counselling:**

- can be used before, during or after the court hearing
- Explains: Who does what in criminal proceedings
- Accompanies you to the interviews and the court hearing on request
- Provides support during waiting times
- can arrange further help
- is free of charge
- **does not** offer legal help or a lawyer
- **does not** talk about the incident and the statement.

### **WEICHE - Fachstelle gegen sexualisierte Gewalt**

 [Bahnhofstraße 16, 85101 Lenting](#)

 [@weiche@lra-ei.bayern.de](mailto:weiche@lra-ei.bayern.de)

 [+49 \(0\) 1738648697](tel:+49(0)1738648697)

 <https://www.landkreis-eichstaett.de/landkreis/weiche-fachstelle-gegen-sexualisi...>

### **Death**

#### **A death - what to do?**

When a person dies, it is very sad. Nevertheless, there are important things you need to do.

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Here we explain the first steps.

## 1. act immediately

If a person dies at home, call a doctor. The doctor will write a death certificate. The death certificate is very important. Call the emergency services: 📞 **+49 (0) 112** if you are not sure.

## 2. contact a funeral parlour

Then call a funeral parlour. These are people who take care of the funeral. They also help with paperwork.

## 3. contact the registry office

You must report the death to the [registry office](#) within 3 days.  
You will need

- the death certificate
- the identity card of the deceased person
- the birth certificate or marriage certificate

You will then receive a death certificate.  
You will need this for many other steps.

## 4. further important steps

Cancel the deceased person's contracts.  
For example: rent, electricity, mobile phone, insurance.

Inform

- the bank
- the [health insurance company](#)
- the [residents' registration office](#)
- The [social welfare office](#) (if necessary)

## 5. get help

A death is often difficult to come to terms with. It is good to talk to other people. You can get help, for example, from

- Bereavement counselling
- counselling centres
- Your place of faith

## Important

Ask the authorities whether you can get money from the state.  
For example: social burial or help with the costs.

This is only possible if you have little money.

Counselling centres in the event of bereavement are

#### **Malteser Hilfsdienst e.V. | Sterbebegleitung**

📍 Bahnhofplatz 18, 85072 Eichstätt

☎ +49 (0) 842150901

@[office.eichstaett@malteser.org](mailto:office.eichstaett@malteser.org)

🌐 [Sterbebegleitung](#)

#### **Malteser Hilfsdienst e.V. | Trauerbegleitung**

📍 Bahnhofplatz 18, 85072 Eichstätt

☎ +49 (0) 8421980777

☎ +49 (0) 8421980715

@[malteser.eichstaett@malteser.org](mailto:malteser.eichstaett@malteser.org)

🌐 [Trauer](#)

#### **Bistum Eichstätt | Ehe-, Familien- und Lebensberatung**

📍 Kanalstraße 16-18, 85049 Ingolstadt

☎ +49 (0) 84193151811

@[efl.ingolstadt@bistum-eichstaett.de](mailto:efl.ingolstadt@bistum-eichstaett.de)

🌐 [Bistum Eichstätt: Ingolstadt](#)

#### **Hospizverein Ingolstadt e. V.**

📍 Levelingstraße 102

☎ +49 (0) 841171111

☎ +49 (0) 84117175

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

🌐 [www.hospizverein-in.de](http://www.hospizverein-in.de)

## Health

### Emergency numbers - SOS

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

### Emergency contacts

- **Police** ☎ **+49 (0) 110**
- **Fire brigade, rescue service** ☎ **[+49 \(0\) 112](#)**
- **Ambulance, emergency doctor** ☎ **[+49 \(0\) 112](#)**

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

### Important information for an emergency call

- **Who is** calling (your name)?
- **Where** has something happened (address)?

- **What** has happened?
- **How many** injured or sick people are there?
- **What kind** of illnesses or injuries are there?
- **Wait** for further questions!

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

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

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

## General information on health

Do you have an acute illness? Are you in pain? In Germany you are entitled to basic medical care. Some [vaccinations](#) are recommended by the state. You can get these vaccinations. Some examinations are recommended. They are intended to prevent illness. You can have these examinations. Some examinations are very important for your health. You can get these free of charge from doctors. See a doctor if:

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

💡 You still have medication? Alternatively, do you have the package leaflet for your medication? Bring these with you to your doctor's appointment. Have you already been to a doctor or hospital because of the illness? Please also bring the findings with you.

👤 Do you have a residence permit? Then you must register with a regular health insurance company. There you will receive an insurance card. This entitles you to services from doctors.

## Hospital and emergency room

### Medical on-call service

If you are ill and cannot wait until the next day, for example in the evening, at night or at the weekend, you can call or visit the medical on-call service. A doctor there will help you with important examinations and treatments.


You can call here 📞 **+49 (0) 116117**

Ask for a doctor on call.

But not for emergencies!

### Life-threatening emergency or accident


This is a very serious situation in which your life or the life of someone else is at great risk. For example, if someone is seriously injured, bleeding heavily, poisoned or can no longer breathe properly.


Call the emergency number  [+49 \(0\) 112](tel:+490112)

## Hospital and emergency room

The emergency department is a special part of the hospital. If it is very urgent and you need help quickly - for example after an accident or if you are in severe pain - go there first. The doctors in the emergency department will take care of you immediately.

### Notaufnahme Eichstätt - Kliniken im Naturpark Altmühltal


 Ostenstraße 31, 85072 Eichstätt


 +49 (0) 8456710

 [Notaufnahme - Kliniken im Naturpark Altmühltal](#)

Direct access to the emergency room via separate emergency room entrance, access via "Grabmannstraße".

### Notaufnahme Kösching - Kliniken im Naturpark Altmühltal


 Krankenhausstraße 19, 85092 Kösching


 +49 (0) 8456710

 [Notaufnahme - Kliniken im Naturpark Altmühltal](#)

Direct access to the emergency room via separate emergency room entrance, access via "Am Krautacker".


### Notaufnahme - Klinikum Ingolstadt GmbH


 Levelingstraße 21, 85049 Ingolstadt

 +49 (0) 8418802750

 [Klinik für Akut- und Notfallmedizin - Klinikum Ingolstadt](#)

### Notaufnahme Klinik Dr. Maul GmbH

 Östliche Ringstraße 4, 85049 Ingolstadt

 +49 (0) 84193580

 [Klinik Dr. Maul - Privatklinik für Allgemein- und Unfallchirurgie, Gynäkologie in Ingolstadt](#)

You should bring this with you:

- Health insurance card
- Medication plan
- Allergy passport
- Vaccination card
- Pacemaker or stent card

## Emergency dental service

If you have a severe toothache or a dental problem that can't wait - for example in the evening, at night or at the weekend - you can call or go to the dentist's emergency service. A dentist there will help you quickly and treat your pain or problem.

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

## Pharmacy emergency service

Sometimes you need medication, but the normal pharmacy is already closed - for example at night or on a Sunday. Then there is the pharmacy emergency service. This means that a pharmacy is still open and will sell you important medication.

Search  [here](#). You will need to enter your postcode.

## Visit to the doctor

### Free choice of doctor

There are many different doctors in Germany. You are free to choose your doctor.


## General practitioners and specialists

You can choose your own family doctor. General practitioners set their own opening hours. Make an appointment.

General practitioners carry out important examinations. They are your first point of contact in the event of illness. They decide on necessary medication. They decide whether a specialist examination is necessary.

If necessary, your GP will refer you to a specialist. They can carry out specialised examinations.

**If the practice is closed, the medical on-call service can help  +49 (0) 116117**

 You can search for emergency service practices [here](#). These are doctors who can also help outside opening hours.

## Paediatricians and paediatricians

Paediatricians examine children. There are prescribed examinations for children. These are important for your child's health. They are intended to prevent illnesses in children. Children must also be immunised. They prevent children from getting certain diseases. The prescribed examinations are called "U-Untersuchungen". They are always at a certain time. They are free of charge. Please consult a paediatrician for more information.

## Dentists and dentists

If you have a toothache, go to a dentist.

## Gynaecologists (gynaecologists)

It is important that a gynaecologist examines women regularly. This enables doctors to recognise diseases early enough. This is called a check-up. You can also discuss the topic of contraception there.

## Urologists

It is important that a urologist regularly examines men. This enables doctors to recognise diseases of the urinary tract and reproductive organs early enough. This is called a preventive examination. During the examinations, you can also discuss issues such as pain, infections or other complaints.

### Nierenzentrum Eichstätt

📍 Bahnhofplatz 26, 85072 Eichstätt

☎ +49 (0) 8421707420

🌐 <http://www.nierenzentrum-eichstaett.de/>

💡 Do you need help finding a suitable doctor? Ask your [support group](#). Alternatively, ask the counsellor at your accommodation.

💡 Are you looking for asylum? Are you ill? Do you need to see a doctor? Then you will receive a treatment voucher from the [social welfare office](#). With this, the doctor's visit is free of charge for you.

💡 Do you need an operation? Is it not an emergency? Then the [social welfare office](#) must authorise your stay in [hospital](#). Apply for authorisation before you go to the hospital. Your doctor will issue you with a medical certificate. The social welfare office will only cover medically necessary interventions.

## Team Sozialhilfe

- 📍 [Bahnhofstraße 16, 85101 Lenting](#)
- @ [sozialwesen@lra-ei.bayern.de](mailto:sozialwesen@lra-ei.bayern.de)
- ☎ [+498421704500](tel:+498421704500)
- 🌐 <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>

There are many doctors' surgeries in the district of Eichstätt. There are different doctors' surgeries depending on where you live. Below is a list with a selection of doctors in the town of Eichstätt. There may also be medical practices in your town. All information without guarantee.

## City of Eichstätt

### General practitioner

#### Dr. med. univ. Markus Edelhoff

📍 Am Anger 3, 85072 Eichstätt

☎ +49 (0) 8421707660

🌐 <http://www.hausarztpraxis-edelhoff.de/>

#### Dr. med. Florian Weinhofer

📍 Pedettstraße 38, 85072 Eichstätt

☎ +49 (0) 8421708300

🌐 <http://www.praxis-weinhofer.de/>

#### Dr. med. Sabine Wunderlich

📍 Pedettstraße 10, 85072 Eichstätt

+49 (0) 84212864

**Dr. med. Petra Werner**

Domplatz 5, 85072 Eichstätt

+49 (0) 842190720

**Dr. med. Margret Bauer**

Luitpoldstraße 16, 85072 Eichstätt

+49 (0) 842197440

**Dr. Fritz Scheithe**

Luitpoldstraße 14, 85072 Eichstätt

+49 (0) 842197730

<https://dr-scheithe.de/>

**Hausarztpraxis Dr. Boretzki**

Bahnhofplatz 26, 85072 Eichstätt

+49 (0) 84211650

<http://praxisboretzki.de/>

## **Dermatologist**

**Dr. med. Georg Womes**

Am Anger 1, 85072 Eichstätt

+49 (0) 84219376033

<http://www.hlza.de/>

**Praxis Hautarzt Alexander Klotz Dermatologie, Allergologie, amb. Onkologie,  
Operationen**

Marktgasse 6, 85072 Eichstätt

+49 (0) 84215900

## **Gynaecologist**

**Dr.med. Regina Schuchardt**

Weißenburger Str. 14, 85072 Eichstätt

+49 (0) 84219355555

<http://dr-schuchardt.de/>

## **Internist**

**Dr. med. Elmar Schuchardt**

Weißenburger Str. 14, 85072 Eichstätt

+49 (0) 8421935555

<http://www.dr-schuchardt.de/>

**Internistisches Zentrum Eichstätt**

Weißenburger Str. 13, 85072 Eichstätt

+49 (0) 8421983010

<http://www.internistisches-zentrum-eichstaett.de/>

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**Dr.med. Erwin Attenberger Facharzt für Innere Medizin Endokrinologie u.  
Diabetologie**

📍 Weißenburger Str. 13, 85072 Eichstätt

☎ +49 (0) 84213099

🌐 <https://www.internistisches-zentrum-eichstaett.de/>

**Paediatrician**

**KiJuMed Eichstätt Dr. med. Andrea Kraus**

📍 Weißenburger Str. 20, 85072 Eichstätt

☎ +49 (0) 842199530

🌐 <http://www.xn--kijumed-eichsttt-8nb.de/>

**Dr. med. Malte Bräutigam**

📍 Westenstraße 2, 85072 Eichstätt

☎ +49 (0) 84213360

🌐 <http://www.kinderarzt-eichstaett.de/>

**Ear, nose and throat specialist**

**HNO Praxis Eichstätt**

📍 Domplatz 16, 85072 Eichstätt

☎ +49 (0) 84212554

🌐 <http://www.hno-eichstaett.de/>

**Kidney centre**

**Nierenzentrum Eichstätt**

📍 Bahnhofplatz 26, 85072 Eichstätt

☎ +49 (0) 8421707420

🌐 <http://www.nierenzentrum-eichstaett.de/>

**Oral and maxillofacial surgeon**

**MKG-Chirurgie Eichstätt**

📍 Bahnhofplatz 26, 85072 Eichstätt

☎ +49 (0) 8421965170

🌐 <http://www.ihre-mkg.de/>

**Oral surgeon**

**Nicolaus Brummer**

📍 Römerstraße 30, 85072 Eichstätt

☎ +49 (0) 842190030

🌐 <https://www.brummer-oralchirurgie.de/>

**Make an appointment**

Do you have statutory health insurance? And you need an appointment with a specialist or a psychotherapist?

The service centre will arrange an appointment for you:

## Appointment Service Centre Bavaria

+49 (0) 92178776555020 (Appointments with specialists)

+49 (0) 9218809940410 (Appointments with psychotherapists)

Monday, Tuesday and Thursday: 08:00 to 17:00, Wednesday and Friday: 08:00 to 13:00


## Medicines and pharmacies




If you need medication, go to your doctor. You will be given a prescription that you can use to pick up the medication at any pharmacy. Pharmacies are usually open from Monday to Saturday, but the times vary. If you urgently need medication at night or at the weekend, there are emergency services. You can find these on a sign at the pharmacy or on the internet.

Some medicines, such as antibiotics, can only be obtained with a prescription. Even then, you often have to pay part of the cost yourself. This also applies to physiotherapy and other treatments. A green prescription means that you have to pay for the medication yourself. If you need a lot of medication, talk to your health insurance company, perhaps you can be exempted from the co-payment.

You can buy medication without a prescription at the pharmacy or drugstore at any time. These are, for example, remedies for colds or pain. These medicines usually cost less.

If you are an asylum seeker in Germany, you can get many medicines without paying extra. Ask your doctor. Without a prescription, you will always have to pay yourself.

 [Pharmacies \(flyers in 12 languages\)](#) are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy (often 09:00 - 18:00). If you need urgent medication at night or at the weekend, you will find a sign at every pharmacy with the name and address of the pharmacy that is open for emergency service. You usually have to ring the doorbell of the pharmacy on emergency duty and someone will open the door for you.

You can find the pharmacy with emergency service in the district of Eichstätt  [here](#), throughout Bavaria  [here](#) and throughout Germany  [here](#) (enter postcode or town).

## Health insurance

In Germany, everyone must have health insurance. If you have a residence permit, you must register with a health insurance company. There you will receive an insurance card. With this card you will receive the same benefits as everyone else in Germany.

If you fall ill abroad, you will receive basic care in many doctors' surgeries and hospitals there. Your health insurance company will provide information on this.


You can choose a general practitioner. If you need a specialist, your GP will give you a referral.



 If you go to hospital, a therapist or a doctor, please take your insurance card with you.

## Insurance card

The insurance card is very important. You can go to the doctor with it. The doctors' work is paid for by your insurance. The card is also your insurance throughout Europe. It is called European Health Insurance Card (EHIC). You can use it to go to the doctor in all EU countries.

💡 Are you travelling to a country outside the EU? Then you should take out additional insurance. Insurance for abroad protects you while travelling. It's called international health insurance.

Would you like to understand the German healthcare system? On this  [website](#) you will find information. This information is available in German and English.

 [Here](#) you will find all the important information about health insurance. The guide explains the German healthcare system. It is also available in  [other languages](#).


👤 As a refugee or asylum seeker, you are not yet covered by health insurance. You need a health insurance voucher. You can use this to go to the doctor. You can obtain these licences from the [social welfare office](#).

The most common health insurance schemes in Germany include the following. There are many other health insurance companies.

#### **AOK Bayern Geschäftsstelle Eichstätt**

📍 Römerstraße 21, 85072 Eichstätt

☎ [+49 \(0\) 842197100](#)


 [AOK in der Nähe | AOK Eichstätt](#)

#### **Techniker Krankenkasse (TK)**

📍 Nördliche Ringstraße 19, 85057 Ingolstadt

☎ +49 (0) 8004225585

☎ [+49 \(0\) 8002858585](#)

 [TK Ingolstadt - Die Techniker](#)

#### **BARMER**

📍 Ludwigstraße 30, 85049 Ingolstadt

☎ +49 (0) [+33 \(0\) 31010](#)

 [BARMER Krankenkasse in Ingolstadt | BARMER](#)

#### **DAK-Gesundheit**

📍 Bahnhofstraße 3, 85051 Ingolstadt

☎ +49 (0) 8419567420

 [Servicezentrum Ingolstadt](#)

#### **Electronic patient file (ePA)**

Since 15 January 2025, there has been a new digital patient file in Germany called the electronic patient file. It stores important health data, for example what your doctor knows about your health, what medication you are taking or what examinations you have had.

All people with statutory health insurance will automatically receive this patient file. If you do not want this, you can object.

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Doctors and you can access the data quickly and easily. Only people you authorise are allowed to see the data. This keeps your data secure.

## **How can insured persons refuse to set up an EPR? What deadlines apply?**

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

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

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

### **Contents of the EPC:**

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

### **Access rights:**

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

### **Use and accessibility:**

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

### **Legal regulations:**

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

### **Advantages:**

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

### Challenges:

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

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

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

- 🌐 [FAQ of the Association of Statutory Health Insurance Physicians](#)
- 🌐 [Questions and answers on the electronic patient file \(ePA\) by the KBV](#)
- 🌐 [Information from the consumer advice centre about the ePA](#)

### Information for migrants and foreigners

#### Healthcare system in Germany

The healthcare system in Germany helps you to stay healthy or get healthy again. If you are ill, you can go to the doctor or hospital and get help there. There are many hospitals, pharmacies and people who look after your health.

Health insurance is there to cover the costs. It ensures that you don't have to pay for everything yourself.

You can find lots of important health information on the Internet, also in different languages.

#### 🌐 [Health guide for asylum seekers](#)

- Here you can find information about the healthcare system in Germany, what to do in the event of illness and what support is available - for example from the health insurance fund, social counselling or interpreter assistance.

#### 🌐 [Doctors of the world - advice centre](#)

- Here you will find information pages in many languages and important flyers.

Flyer 🌐 ["Sexual health: Information for refugees in Upper Bavaria":](#)

- Sexual health and sexual self-determination
- Pregnancy and birth
- Protection against gender-based violence

Flyer 🌐 ["Health: Information for refugees in Upper Bavaria":](#)

- Rights in the asylum procedure
- The German healthcare system
- Mental health

### [Health portal](#)

- Lots of information on topics such as
  - Contraception
  - addiction
  - nutrition

### [Visit to the women's doctor](#) (film in different languages)

### [Information on various topics](#) (ethno-medical centre)



Guide to various topics, for example

- Diabetes
- vaccination
- Trauma, depression
- Maternal health

### [Information for patients on many diseases](#)

- Asthma
- Flu
- Dementia

Health vocabulary

-  [Take Care project](#) (guide for migrants)
-  [Picture-word book](#)

### [Further information in many different languages](#)


- Medication
- Emergency vocabulary
- Medical history forms
- Important telephone numbers

## **Other important information**

### **Vaccinations**

The doctor will inform you about immunisations. Many immunisations are free of charge. You will receive a vaccination card. This contains all the immunisations you have already had. The immunisation record is not a passport.

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

 You and your children should have [these immunisations](#) (immunisation calendar in various languages).

## Pharmacies


- You can get medication at the pharmacy.
- Pharmacies have a red "A" above the door.

You have to pay for some medicines, for example

- Nose sprays
- Headache tablets
- For some medicines you don't have to pay anything or pay less:  
You need a prescription from a doctor.  
Adults usually have to pay extra money.

 [Here](#) you can find pharmacies in the district of Eichstätt

## Opening hours


- Monday to Friday from 09:00 to 18:00
- Saturday from 09:00 to 12:00
- Emergency service at night and on Sundays:  [Pharmacy emergency service in the district of Eichstätt](#)

You can find more information here:  [Multilingual guide to the German healthcare system](#)

## Information for refugees

### What is medical assistance?

In Germany, you have the opportunity to see a doctor if you are ill or have a complaint.

 Doctors must be able to speak to you. Please clarify before medical treatment whether you can communicate with the doctor. If not, please take a trusted person with you to translate the treatment.

In exceptional cases, you can apply for the costs of an interpreter to be covered. This must be requested in advance. If necessary, please speak to the [social welfare office](#) in good time (before the appointment).

### Which doctor can you go to?

### If you live in decentralised refugee accommodation, in shared accommodation or privately

If you do not yet have a health insurance card: You must apply for a health treatment voucher from the [social welfare office](#).

You can go to these doctors with the health treatment voucher

- General practitioner
  - Gynaecologist
  - Paediatrician
  - dentist
  - ophthalmologist
1. You must make an appointment with a [doctor of](#) your choice in the district of Eichstätt.
  2. Then inform the [Social Welfare](#) Office of your appointment in good time.
  3. The Social Welfare Office will examine your case and then issue a medical treatment voucher.

💡 You may only see another specialist if the above-mentioned doctors issue you with a corresponding referral.

## How do you get a health insurance card?

Under certain conditions, you can obtain a health insurance card after 18 months. The Social Welfare Office will check the requirements for this without being asked, see [§ 2 AsylBLG](#).

## Medical aids, therapies and operations

Sometimes people need medical aids, for example

- a wheelchair,
- a corset,
- therapy, for example physiotherapy
- an operation, for example because of a broken bone.

The doctor must issue a prescription for medical aids and therapies. For an operation, the doctor must write a doctor's letter explaining the diagnosis and your need.

If you do not yet have a health insurance card, you must submit an application to the [social welfare office](#) with this prescription/doctor's letter.

The Social Welfare Office will check whether the required treatment can be covered and will usually contact your doctor directly. You will often also be asked to obtain a cost estimate or to consult an expert.


💡 In the event of illness, the [social welfare office](#) can only cover the costs that are absolutely necessary

- to treat acute illnesses and pain or
- to avert considerable damage to health or
- to avert danger to the general public.

## Support services for women and men

### Help hotline for violence against women

The violence against women helpline helps women. The counsellors provide advice on all forms of violence against women. Do you need help where you live? Then the counsellors will refer you to suitable local facilities. Online counselling is also possible via the website.

 **+49 (0) 116016**

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

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 an interpreting service via the website. This costs you nothing. The conversation with the counsellors will be translated into German sign language. It can also be translated into written language. Counselling is possible in many languages via interpreters:

- Albanian
- Arabic
- Bulgarian
- Chinese
- Chinese
- French, Italian
- Italian
- Farsi/Dari
- Kurmanji
- Polish
- Portuguese
- Romanian
- Russian
- Spanish
- Turkish
- Ukrainian
- Vietnamese

### **breastcare app**

Breast cancer is the most common type of cancer worldwide. In Europe, around one in eight women will develop breast cancer in her lifetime. In Germany, this figure is around 70,000 women a year. The earlier breast cancer is detected, the better the chances of recovery. Around a quarter of cases could be prevented by a healthy lifestyle. The breastcare app explains everything you need to know about breast cancer and early detection in an easy-to-understand way. It also shows how important a healthy lifestyle is. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

### **The breastcare app**

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions

- explains risk factors and symptoms and provides specific tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centres, integration officers or support services that women can turn to with questions
- tells stories of affected women that are encouraging


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

## Help hotline for violence against men

The violence against men helpline helps men who experience violence. The counsellors provide information on all types of violence against men. If you need help where you live, they will put you in touch with suitable organisations. Online counselling is also available on the website.

You can get help with the following problems:

- Domestic violence
- Sexualised violence
- Psychological violence
- Stalking
- Bullying
- Abuse in childhood
- Violence in public spaces
- Digital violence
- Forced marriage

 **+49 (0) 8001239900**

 [Hilfetelefon Gewalt an Männern](#)

The discussions are confidential. If you wish to remain anonymous, this is not a problem. You do not have to give any personal details on the phone or on the website. If you have hearing difficulties, you can book a free interpreting service via the website. The conversation will be translated into German sign language or written language. With interpreters, counselling is possible in many languages.

- German, English
- English, German
- Turkish

## Contraception and family planning

### Family planning/contraception

If you

- do not want to get pregnant or
- want to protect yourself from sexually transmitted diseases

you must use a contraceptive during sex. For example, condoms.

There are many different contraceptives. Some cost more money than others. The contraceptives work differently. Find out more! If you are not sure which contraceptive is right for you, ask a doctor.

 You can find information on contraception in many languages [here](#)

#### **ATTENTION:**

Only condoms can protect you from AIDS and other diseases!

No contraceptive is 100% safe!

### **Costs for contraception**

For women under the age of 23, your health insurance will pay for contraception. You only have to pay a small amount yourself.

If you have little money, the district of Eichstätt can cover the costs of contraception. You must submit an application to the social welfare office.

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

### **Vaccinations**

#### **Vaccination counselling from the public health department**

Free vaccination advice in the district of Eichstätt. We are happy to help you so that you know which vaccinations are good for your health. On the following page you will find vaccination counselling from the District Office.

 [General vaccination advice | Eichstätt health authority](#)

#### **Gesundheitswesen im Landkreis Eichstätt | Gesundheitsamt**

 [Gundekarstraße 3, 85072 Eichstätt](#)

 [@gesundheitswesen@lra-ei.bayern.de](mailto:gesundheitswesen@lra-ei.bayern.de)

 [+498421702500](tel:+498421702500)

 <https://www.gesundheitsamt-eichstaett.de/startseite>

#### **STIKO recommendation of combination vaccinations for children up to 12 years of age**

In Germany there is the Standing Committee on Vaccination (STIKO). It is an independent and voluntary committee of experts. It develops immunisation recommendations for the population.

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STIKO currently recommends the following combination vaccinations for children up to the age of 12:

### **1.6-centre vaccine**

The 6-vaccine is against these diseases:

- Diphtheria
- Tetanus (tetanus)
- Polio (polio)
- Whooping cough (pertussis)
- Haemophilus influenzae type b (Hib)
- Hepatitis B

There are also other combinations. For example, the vaccination is also available without Hib and / or hepatitis B.

When is this vaccine used?

The 2+1 vaccination schedule is planned. This means that there are three part vaccinations.

1. Vaccination: approx. at the age of 2 months (from the 8th week of life)
2. Vaccination: 8 weeks after the 1st vaccination (approx. 4 months of age)
3. Vaccination: 6 months after the 2nd vaccination (approx. 11 months of age)

It is advisable to have the vaccination booster:

- At the age of 5-6 years: renewed 6-fold vaccination
- At the age of 9 to 17 years: re-vaccination against diphtheria, polio and whooping cough
- After that, immunisation can be renewed every 10 years.

## **Information on the individual diseases**

### **Diphtheria**

Diphtheria is a bacterial infectious disease. Diphtheria affects the mucous membranes of the throat and the skin.

### **Tetanus (lockjaw)**

The tetanus bacterium often hides in the soil. Small wounds or bites from splinters and thorns are sufficient for the bacterium to enter the body.

### **Poliomyelitis (polio)**

Approximately 95% of those infected do not realise they are infected. About 5 % have a fever, sore throat and headache. In the worst cases, paralysis of the muscles can occur. It mainly affects the muscles for breathing, speaking and swallowing.

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## Whooping cough (pertussis)

The disease has flu-like symptoms. The symptoms last for about two weeks. In the following four to six weeks, coughing fits occur, which can lead to vomiting.

## Haemophilus influenzae type b (Hib)

The rather unknown disease "Hib" can be particularly serious for infants and small children. Possible consequences are meningitis and epiglottitis.

## Hepatitis B

The risk of contracting hepatitis B is relatively low for infants without a family history of the disease (i.e. other family members with a known history of the disease). Nevertheless, the STIKO recommends vaccination. Especially as there is a high risk of chronic forms of the disease following an illness. Chronic means that the disease develops slowly and lasts a long time.

## 2 MMR and MMRV combination vaccine

This vaccine covers the diseases mumps, measles and rubella and also chickenpox. These diseases are very contagious. Germany therefore has the Measles Protection Act. Children in certain institutions must have immunity against measles. Everything you need to know about the law and vaccination can be found on the pages on the [Measles Protection Act](#).

## Information on the individual diseases

### Mumps

Mumps is characterised by inflammation and swelling of the parotid glands. Around 1/3 of young children who contract the disease do not develop any symptoms themselves, but are infectious to other people.

### Rubella

Rubella is dangerous for pregnant women. Infection can damage the woman's unborn child during the first four months of pregnancy. A high number of vaccinated people can prevent the disease from spreading. This is why the vaccination recommendation is not only aimed at girls and women who wish to have children.

### Chickenpox (varicella)

Chickenpox is extremely easily transmitted. Any contact with an infected person leads to infection. The consequences of chickenpox are fever and fatigue in the first few days. This is followed later by a skin rash with blisters on the face, body, arms and legs. Mucous membranes and the hairy scalp can also be affected by the rash.

Seek advice from the [vaccination counselling service at the public health department](#).

## Measles Protection Act in certain facilities

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## What is measles?

Measles is an infectious disease. It is very contagious. Almost all people without immunity become infected after contact with a person with the infectious disease.

In some people, measles can lead to serious complications. These people include

- Children under the age of five
- Adults over 20 years of age
- Pregnant women

The most common symptoms:

- Middle ear infection
- Pneumonia
- Diarrhoea

## Measles Protection Act

In Germany, all children should be immune to measles. The Measles Protection Act stipulates that all children in the following facilities must have a measles vaccination or measles immunity:

- Day care centres
- Day care centres
- school
- Children's home (from 4 weeks stay)
- Accommodation for refugees

This applies to children from the age of one.

Parents must provide proof. This can be

- Proof of immunisation (vaccination record)
- Proof of measles infection (via blood test at the paediatrician's practice)

Staff in these facilities must also be vaccinated against measles or be immune. This does not apply to persons born before 1970.

Further information can be found here:

 [Measles - Federal Ministry of Health | BMG](#)

## When is the vaccination given?

The measles immunisation consists of two vaccinations:

1. Vaccination: Between the 11th and 14th month of life (at the earliest after the 9th month of life)
2. Vaccination: before the 2nd birthday at the latest

There should be at least four weeks between the two vaccinations.

The measles vaccine is a combination vaccine. This means that you are vaccinated against measles, mumps and rubella at the same time. This is why the vaccination is also called the MMR vaccination.

Sometimes vaccination is also given against chickenpox (medical term: varicella). In this case it is an MMRV vaccine.

Further information on the measles vaccination can be found at

 [Masernschutz.de](https://www.masernschutz.de)

## Further STIKO vaccination recommendations

There are many diseases. There is a vaccination against many diseases. It is intended to protect against the (serious) disease.

Many diseases can be vaccinated against in Germany. The STIKO recommends some vaccinations.

STIKO is an abbreviation for: Standing Vaccination Commission. The STIKO is an independent body. It consists of experts. They make recommendations on vaccinations. The members of STIKO work on an honorary basis.

The vaccination recommendations are usually updated once a year.

There are vaccinations that you only have once. And there are vaccinations that you need to have refreshed. It's not easy to keep an overview.

There is a vaccination calendar from the STIKO. It provides an overview of recommended vaccinations. And when it's best to have them. The vaccination calendar contains the recommended vaccinations for

- Babies
- children
- adolescents
- adults

It is available in many different languages:

-  [German](#)
-  [Arabic](#)
-  [Arabic](#)
-  [Farsi](#)
-  [Farsi French](#)
-  [Portuguese](#)
-  [Russian](#)
-  [Spanish](#)
-  [Turkish](#)

-  [Ukrainian](#)

## German language

### General information on language

The official language in Germany is German. In order to integrate in Germany, find a job and generally get by, you need to learn German. Here you will find opportunities and contact points for appropriate language courses. There are various ways to learn German. Your residence status has an influence on which option you can choose. As long as you do not yet speak German well enough yourself, you will need help. You can also find contact persons for this here.

### Language levels

If you are learning German, there are six levels: A1, A2, B1, B2, C1 and C2. A1 is for beginners, C2 means that you speak German almost as well as a native speaker.

These levels show how good your German language skills are. They are valid throughout Europe and help with learning, at work or with the authorities. It is important that you know your own level in order to improve.

### What do the levels mean?

- A1 and A2 (basic level): You can understand simple words and sentences and communicate in everyday life, for example when shopping.
- B1 and B2 (intermediate level): You can express yourself well in conversations and understand more complicated texts and conversations.
- C1 and C2 (upper level): You speak very well, can understand difficult texts and express yourself clearly and precisely. C2 is almost like a native language.

### Language skills

Your language level is tested in five areas: Speaking (conversational and connected), Comprehension (listening and reading) and Writing. You may have different strengths in these areas.

### Why is this important?

A certain language level is often required for work, training or public authorities. You should state your level in applications and, if possible, enclose a language certificate. You will receive this if you pass a language test.

### Tip for learning German

Practise a lot: speak German, read texts, listen to the radio or watch TV in German. This will help you improve faster.

### Language courses

## Initial orientation courses

### German courses for initial language orientation

These courses are aimed at language beginners. You will learn basic German and find out more about life in Germany. The course will help you to find your way around in everyday life.

A course comprises 300 units of 45 minutes each. The topics are varied:

- Health and medical care
- work
- Kindergarten and school
- living
- Local orientation, transport and mobility

The focus is on oral communication. The aim is for you to be able to communicate quickly in everyday life.

### Who can take part?

These courses are primarily for asylum seekers with unclear prospects of staying. If there are still places available, recognised asylum seekers with good prospects of staying can also take part.

- Pupils do not attend an initial orientation course.
- Anyone who has a place on an integration course can switch to it.

The participants have different educational backgrounds. Anyone can take part in the courses, regardless of their educational background.

💡 The course is free of charge.

### Further information

German is spoken on the course, there are no interpreters.

Please contact a [migration advice centre](#). They will help you find a suitable course.

### Integration courses

The integration course is an offer for all immigrants who will live in Germany permanently and speak little or no German. You will learn German on the course. And learn a lot about German society and culture. This enables you to integrate better and participate in society.

You can find detailed information in several languages on the [BAMF website](#) 🌐.


There is important information about the integration course [here](#) 🌐, such as an overview of the forms and applications.

There is also information on special types of courses and integration courses for asylum seekers and tolerated persons. If you are looking for an integration course, you can find all the

offers for the district of Eichstätt on the portal  [BAMF-Navl](#).


**Please note:** The integration courses are not for children and young people who are still attending school.

## Where can I find integration courses in the district of Eichstätt?

You can find the current providers of integration courses in the district of Eichstätt at  [here](#).

## Who can attend an integration course?

 You can find detailed information [here](#) and  [here](#).


Important information on the initial orientation courses for asylum seekers with unclear prospects of remaining in Germany can be [found here](#) .


## What do I need to consider?

- Authorisation to attend: If you would like to attend an integration course, you can apply for a certificate of eligibility from the BAMF
- the obligation to attend: If you are an asylum seeker or a recognised person, you may be obliged to attend an integration course (by the Aliens Office, Social Welfare Office or Job Centre).
- the placement test: Before the course, you take a placement test with the course provider so that you can join the appropriate module.

## How is the course organised?



The integration course has two parts, a language course and an orientation course:

Language course: 600 hours of German lessons (or 900 hours for integration course with literacy). The language course ends with the examination:  [German Test for Immigrants \(DTZ\)](#), language level B1 (or A2).


Orientation course: 100 hours. You will get to know Germany and receive important information about the country's laws, politics, culture and history. The course ends with the exam:  [Living in Germany](#).

If you pass both exams, you will receive the  ["Integration Course Certificate"](#).

## Vocational language support

You can find information on the courses for job-related language support (German for the job) [at](#) . If you are looking for a "German for work" language course, you can find all the courses on offer in the district of Eichstätt  [here](#).

## How much does an integration course cost?

- Participants without a BAMF authorisation certificate (self-payers) pay €390 per module (= 100 hours). If you have successfully completed the course, you can get half of the paid fee back. Here you can find the  [application for reimbursement of the cost contribution \(50 per cent\)](#).

- Participants with a BAMF eligibility certificate pay €195 per module (= 100 hours). Recipients of unemployment benefit II or social assistance and participants with a very low income can be exempted from the costs entirely. 🌐 You can find the [application for cost exemption](#) here.
- [Jobcentre](#) customers are automatically exempt from the costs.
- 🌐 You can find more information [here](#)

💡 The [job centre](#), the [social welfare office](#) or the [immigration office](#) can oblige you to take part in an integration course.

💡 You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the Federal Office for Migration and Refugees (BAMF).

💡 Do you need help with the application? Then contact your [migration advice centre](#). They will also help you choose an integration course provider.

## Vocational language courses (DeuFöV)

### Vocational language support

Vocational language courses help migrants and refugees to prepare for the labour market. The courses build on integration courses and improve job-related German language skills.

🌐 You can find detailed information [here](#)!

### Basic courses

These courses promote language skills for the labour market. There are three levels:

- B1 to B2
- B2 to C1
- C1 to C2

Participants learn job-related terms and phrases. Each course ends with an exam. A certificate improves your chances on the labour market.

### Specialised courses

There are also special courses for:

- People who have their qualification recognised in the healthcare sector
- Professions in trade, technology and retail
- People with A1 or A2 level who have not reached B1

### Who can take part?


These courses are aimed at:



- People with a migration background who want to speak German better
- People who have attended an integration course or speak German at A1 to C1 level

- Jobseekers or people who receive support according to SGB II or SGB III
- People who are looking for an apprenticeship or have already started one
- People who have their vocational qualification recognised

After the course, participants will speak German at C1 level. At the end there is an exam with a certificate.

## Enrolment


If you want to take part, you need an authorisation or commitment. This is issued by the [job centre](#) or [employment agency](#). The  [Federal Office for Migration and Refugees \(BAMF\)](#) can also issue them.

In cooperation with  [Kolping-Bildungswerk Diözesan verband Eichstätt e. V.](#), the Eichstätt [job centre](#) offers vocational language courses, such as the  [vocational language course with target language level B2 500 UE \(with bridge element\)](#).

Type of qualification: [B2](#) "Deutsch-Test für den Beruf" (DTB)

The provider is:

## Kolping-Bildungswerk | Sprach-, Integrations- und Alphabetisierungskurse

 [Burgstraße 8, 85072 Eichstätt](#)

 [@kolping-bw-eichstaett@bistum-eichstaett.de](mailto:kolping-bw-eichstaett@bistum-eichstaett.de)

 [+49842150591](tel:+49842150591)


 <https://www.kolping-bildung-eichstaett.de/berufseinstieg-schulbegleitung/integr...>

## Voluntary language courses without a certificate


In addition to the official German courses, there are many opportunities to practise German in the district of Eichstätt. These groups are run by volunteers. These are mostly people whose mother tongue is German. Sometimes they are also teachers who are no longer working. Anyone can come to these groups, regardless of their residence status. However, you will not receive any certificates for these language courses.

## Voluntary language courses

### Malteser Hilfsdienst e. V. | Flüchtlingshilfe

 [Bahnhofplatz 18, 85072 Eichstätt](#)

 [@janka.boehm@malteser.org](mailto:janka.boehm@malteser.org)

 [+498421980788](tel:+498421980788)

<https://www.bistum-eichstaett.de/fluechtlingshilfe/>

## Caritas Eichstätt | Flüchtlings- und Integrationsberatung

[Burgstraße 8, 85072 Eichstätt](#)

[@kreisstelle@caritas-eichstaett.de](mailto:kreisstelle@caritas-eichstaett.de)

[+49842150880](tel:+49842150880)

<https://www.caritas-kreisstellen.de/alle-kreisstellen/eichstaett/unsere-dienste...>

## Caritas-Kreisstelle Eichstätt | Migrationsberatung für erwachsene Zugewanderte

[Weißenburger Straße 17, 85072 Eichstätt](#)

[@kreisstelle@caritas-eichstaett.de](mailto:kreisstelle@caritas-eichstaett.de)

[+49842150137](tel:+49842150137)

<https://www.caritas-kreisstellen.de/alle-kreisstellen/eichstaett/unsere-dienste...>

You can find more information here:

## Fachbereich Integration

[Bahnhofstraße 16, 85101 Lenting](#)

[@integration@ira-ei.bayern.de](mailto:integration@ira-ei.bayern.de)

[+498421704504](tel:+498421704504)

<https://www.landkreis-eichstaett.de/landkreis/integration/uebersicht>


## 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](#).


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


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


 [Mein Deutschbuch](#): Comprehensive offer for learning the German language. The website is aimed at learners and teachers, A1-B2.

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

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

 ["The City of Words"](#): App and website for playful vocabulary learning without prior knowledge in German, English, French and other languages.

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

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

## Online study

Many refugees and asylum seekers would like to study at a university, but often have problems due to high costs and a lack of certificates. Kiron Higher Education offers a solution: tuition fees are not an issue and good certificates are not required. The first two years are taught online in English, with subtitles in many languages. In the third year, students go to a face-to-face university. During their studies, students can learn German and receive further support and counselling.

 [Website Kiron](#)


You can find more information about the online language programme here


- [Online programmes of the Goethe-Institut](#)
- [Online offers, apps and programmes](#)
- [Online offers in the district of Eichstätt](#)

## Translation agencies and interpreters

### Find an interpreter

You don't speak German very well yet. You have to go to a public authority. Then you need an interpreter. An interpreter is also helpful when you go to a [doctor](#). Or at parents' evenings at school. Or at nursery school. You will then understand better what people want to say to you.

 Some authorities and organisations have their own interpreters. The authorities can use them in counselling sessions. You make an appointment. Please always ask whether an interpreter will be provided free of charge.

 Official documents such as certificates, marriage or birth certificates may only be translated by state-certified translators in Germany. These translations can be very expensive. It is best to check carefully beforehand whether you really need a certified translation and compare the translation prices.

## Interpreters

Some authorities and organisations have their own interpreters. When you make an appointment, please always ask whether an interpreter will be provided free of charge.

Volunteer interpreters work confidentially.

💡 Important: The interpreters cannot advise you, they only translate!

💡 Documents such as certificates, marriage certificates or birth certificates must be translated by state-certified translators in Germany. Only then will an office or authority accept them. These translations can be expensive. It is best to check carefully beforehand whether you really need a certified translation. Compare the prices. If you are at the [employment agency](#) or [job centre](#), ask whether a translation will be paid for and what you need to do.

You can search for state-certified interpreters in this database: 🌐 [Interpreter and translator database](#)

- [Volunteer Agency Ingolstadt](#)

## Interpreting on the subject of health

[Doctors](#) must be able to speak to you. Please clarify before medical treatment whether you can communicate with the doctor. If not, please take someone you trust with you to translate during your treatment.

## Verein öffentlich bestellter und beeidigter Dolmetscher und Übersetzer Bayern e.V

You can find an overview of interpreters in Bavaria here: 🌐 [VbdÜ - Interpreters and translators in Bavaria](#)

## Support and learning materials (libraries)

### Libraries

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

💡 Search instructions:

To search, click on 🌐 [library search engine](#),  
Click on "Zweigstellen" to see all library locations,  
Then click on "Trefferliste anzeigen"

Ort: 85072

Bitte wählen Sie eines der folgenden Kriterien, um die gewünschten Bibliotheken für Ihre Auswertung herauszufiltern:

Stichwort

- Status (DBS)
- Bibliothekstyp
- Unterhaltsträger
- Bestandsgrößenklasse
- Bundesland
- Regierungsbezirk
- Kreis
- Einwohnerzahl
- Leitung
- Fachstelle
- Zweigstellen
- System (UB)

Suche verfeinern

Neue Suche

Treffer: 8

		DBS-ID	Kurzname	Typ	DBS	Name	Ort
		AY534	Eichstätt UB	RegB	-	Staats- und Seminarbibliothek	Eichstätt
		AY546	Eichstätt Diözesanarchiv	SpB	-	Bibliothek des Diözesanarchivs	Eichstätt
		BK122	Eichstätt Abtei St. Walburg	SpB	-	Abtei St. Walburg. Bibliothek	Eichstätt
		DJ943	Eichstätt Salesianisches Inst.	SpB	-	Salesianisches Institut	Eichstätt
	<input checked="" type="checkbox"/>	EC850	Eichstätt DiözesanB	ErgB	✓	Austauschbücherei der Diözese Eichstätt	Eichstätt
	<input checked="" type="checkbox"/>	PA781	Eichstätt StB	ÖB	✓	Bücherei der Stadt Eichstätt und des St. Michaelsbundes	Eichstätt
	<input checked="" type="checkbox"/>	SB005	Eichstätt UB	UB	✓	Universitätsbibliothek Eichstätt-Ingolstadt	Eichstätt
		XY699	Eichstätt FSt (Kath.)	FSt	-	Diözesanstelle für Büchereiarbeit im Bistum Eichstätt	Eichstätt

- Have you found a suitable library? Click on the arrow on the far left to see the address.
- You can find the website, the media catalogue, the map with the location and the name of the library in the line.

## Online services of the Goethe-Institut

### [Offers from the Goethe-Institut for practising German](#)

#### DEUTSCH ÜBEN

Would you like to practise German? Here you will find films and exercises, games and apps for practising German.

[PRACTISE GERMAN FREE OF CHARGE](#)

#### Digital offers for preparing for Germany

Here you can practise German free of charge and find out about life in Germany.

#### IN DEUTSCHLAND LEBEN

Are you going to Germany soon or are you already there? Here you will find information about living and working in Germany and answers to the most frequently asked questions.

[Offers from the Goethe-Institut on "Living in Germany"](#)

#### DEUTSCHLAND SEHEN UND HÖREN

Would you like to get to know Germany in different ways? Here you can watch videos and listen to podcasts. You will find stories from people who have come to Germany.

[SEE AND LISTEN TO GERMANY](#)

#### LERN DEUTSCH

Lern Deutsch - Die Stadt der Wörter is an online game at language level A1. The game can be played without downloading on a desktop or in an app on a tablet or smartphone, in single or multiplayer mode.

[LEARN GERMAN](#)

#### DEUTSCH AM ARBEITSPLATZ

Online exercises for communication at work.

[GERMAN AT THE WORKPLACE](#)

## Online offers, apps and programmes

### Learn German with digital programmes

There are many programmes on the internet and in app stores to help you learn German. Many of them cost nothing. Here are some examples:

#### Online programmes

- 🌐 [Deutsche Welle](#): Here you will find learning materials for beginners and advanced learners.
- 🌐 [vhs Lernportal](#): The portal is well suited for people who are just starting out.
- 🌐 At the [Goethe-Institut](#): You get professional exercises and courses.
- 🌐 [Lunes learning app](#): This app makes learning fun and easy.
- 🌐 [TandemPartners](#): Practise the language with people who speak German as their mother tongue.
- 🌐 [lernox](#): The platform offers exercises for every learning level.
- 🌐 [DuoLingo](#): Learn with short exercises and have fun at the same time.
- 🌐 [Learn German online](#): This service makes learning flexible and easy.
- 🌐 [German at work](#): You can practise the language you need for your job.

#### Apps for smartphones

- 🌐 [Serlo ABC](#): This app helps you learn to read and write.
- 🌐 [Einstieg Deutsch](#): Simple exercises for beginners.
- 🌐 [Arrive](#): This app helps refugees learn German.
- 🌐 [FunEasyLearn](#): You can expand your vocabulary through games.
- 🌐 [50 Languages](#): Learn German in small steps.
- 🌐 [Navi-D](#): The app guides you safely through the learning process.
- 🌐 [Deutschtrainer A1](#): Learn the basics of the German language.

#### Programmes for translating texts

- 🌐 [deepl.com](#): This programme translates accurately and free of charge
- 🌐 [Google Translator](#): You receive fast and multilingual translations.
- 🌐 [Microsoft Translator](#): Translate texts or spoken language.
- 🌐 [babelfish.de](#): Translate into many languages with this tool.

#### Online offers in the district of Eichstätt

Would you like to learn German or speak it better? Here you will find many offers on the Internet to help you learn German. There are courses for those who are just starting out and for people who can already speak German a little better. These are called levels A1 to C2.

Many of these courses are free of charge. That means you don't have to pay any money. However, some courses or extra things cost money.

It is also important to note that these courses are not official integration courses. This means that you will not receive an official confirmation or certificate. Nevertheless, the courses can help you to speak and understand German better.

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## VHS Lernportal



[VHS](#)

Target group: A1-B2

Free of charge

## Lingua.com



Target group: A1, A2, B1, B2

Free Basic, Premium €9.90 per month

## Loecsen



Target group: A1, A2, literacy offer

Free of charge

## Ankommen



Target group: A1

Free of charge

## Neue Deutsche Welle



Target group: A1-C1

Free of charge

## Language Guide



Target group: A1

Free of charge

## Deutsch Info



Target group: A1, A2, B1, B2 and job-specific learning

Free of charge

## Mein Deutsch Buch



Target group: A1, A2, B1, B2

Free of charge

## German Institute



Target group: A1-C1

Grammar/conversation courses free of charge; evening courses €320, intensive courses €450

## Goethe Institut



Target group: A1-C1

German exercises free of charge; language courses 439-899 € with teacher, without teacher 259

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### **Jicki Sprachduschen**

 [jicki.de/German](https://jicki.de/German)

Target group: A1, A2

Free of charge (only German-Ukrainian vice-versa)

### **Mondly**

 [Mondly](https://www.mondly.com)

Target group: A1, A2

Free Basic; Premium €9.99 per month

### **DaFür**

 [For this](https://www.dafuer.com)

Target group: A1-C1

Free of charge

### **DUO Deutschunionline**

 [German-uni](https://www.duo-german-uni.com)

Target group: A1-C2

Course with teacher for €375; course without teacher for €150

### **Youtube**

 [Youtube](https://www.youtube.com)

 [Youtube](https://www.youtube.com)

Target group: A1-B2

Free of charge

### **Meine Berufs Erfahrung**

 [My-professional-experience](https://www.my-professional-experience.com)

Target group: Profession-specific learning platform

Free of charge

### **Audio Lingua**

 [Audio-lingua](https://www.audio-lingua.com)

Target group: Practising German, knowledge of German required

Free of charge

### **Speaky**

 [Speaky](https://www.speaky.com)

Target group: Practising the language

Free of charge


### **Tandem: Sprach Austausch**

 [Tandem](https://www.tandem.net)

Target group: Language practice

Free Basic, Premium includes some advantages

### **Slow German**

 [Slowgerman](https://www.slowgerman.com)

Target group: practising the language

Free podcast, premium area with vocabulary lists and tests €4 per month

## HelloTalk



Target group: Practising German, knowledge of German required

Free of charge

## Children, youth and family

### Basic information on children, youth and family

In Germany, children, young people and families are under special protection, which begins during pregnancy and applies until the age of 18. Children must not be brought up by force, as violence in education is prohibited. Every child must go to school. Authorities ensure that children are protected from harm by their environment. Families are legally protected - regardless of whether they consist of a mother and father, two mothers or fathers, adopted children or single parents.

### Family app district of Eichstätt

#### Welcome to the Eichstätt district family app!

In the app you will find helpful information, offers and contacts for everyday family life, whether with a baby, toddler or teenager.

The Eichstätt district family app is a free digital service for parents and families. You will find important information about pregnancy, childcare, school, counselling and leisure - all in one place. There is also a calendar of events with offers for families. The app works directly in the internet browser, without any installation, and is easy to use. So you always have all the important information to hand - even when you're on the move.

It only takes a few clicks to download the website to your mobile phone:

Step 1: Call up  <https://familienapp-eichstaett.de/> via your mobile phone browser.

Step 2:

- For APPLE: Click on the Action/Share icon at the bottom centre and select Go to home screen from the menu.
- For ANDROID: Select the three dots at the top right of the screen. Then select Add to home screen or Install app.

Step 3: Confirm the installation and you will be able to find the Family app on your home screen.

If you cannot find any information on a question, topic or offer of help, please contact us at [@FamApp@lra-ei.bayern.de](mailto:FamApp@lra-ei.bayern.de).

### KoKi - Coordinating child protection centre in the district of Eichstätt

KoKi is a counselling centre for families in the district of Eichstätt. When a child is born, a lot changes in life. Parents are happy, but also have many questions or worries. KoKi helps you quickly, easily and free of charge. Counselling is available if you are pregnant or have just had a

child, if you feel overwhelmed, are ill or have problems with money, work or housing. KoKi supports you if you don't have anyone to help you, if you don't know who to turn to, if you need help in everyday life with your child or support in dealing with the authorities and other agencies.

### **What does KoKi offer?**


- Counselling by family midwives (also after the birth).
- Household coaching: help in everyday life, for example with tidying up or cooking.
- Mobile parent counselling: We come to your home.
- Parental counselling: Someone accompanies you through difficult times

### **Important to know:**

- All our services are free of charge.
- We don't talk to anyone about you - everything remains confidential.
- You can also seek counselling anonymously.

 [Click here](#) to go to KOKI in the district of Eichstätt.

## **Koordinierende Kinderschutzstelle im Landkreis Eichstätt**

 [Bahnhofstraße 16, 85101 Lenting](#)

 <https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...>

### **The family guide**

Aktion Mensch has published a guide for families. The guide is for 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. The information is in simple and easy-to-understand language. It covers many areas of life:

- School and work
- Leisure activities and accessibility
- Rights and housing
- counselling
- Health and care insurance
- and much more

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

### **Pregnancy and birth**

#### **Pregnancy and birth**

Pregnant women in Germany enjoy special protection. They can seek counselling and receive medical care from a doctor. The state also helps with new purchases for the child. It is important that pregnant women visit their gynaecologist regularly and have check-ups. They will be given

a maternity pass, an important document containing all the information about the pregnancy and the health of mother and child, which they should always carry with them.

## Midwife

Midwives support women and their families from the beginning of pregnancy to the end of the breastfeeding period. They provide advice during pregnancy, support during labour and help with breastfeeding afterwards. They also take care of the woman's physical and emotional recovery. Every woman can benefit from the help of a midwife, and health insurance companies usually cover the costs.


 [Website Midwives' Association](#)


## Delivery and aftercare

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there for a midwife or obstetrician for aftercare. 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 present 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, called U1 to U9 and J1. Your child will be examined regularly until the age of six. The paediatrician monitors your child's development. The U1 and U2 examinations usually take place in the clinic. For further examinations, you should make an appointment with the paediatrician.

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

Click here for [pregnancy counselling](#).

## Childcare

### Day care centre

Kita is the abbreviation for child day-care centre. Your child can attend a Kita when it is at least one year old and can be looked after there until it is 12 years old. At the day care centre, teachers look after your child and they learn many important things. Some centres also accept

children under the age of one.

The fees for the day care centre or day care are often paid by the city or district. You must submit an application to the youth welfare office for this.

Crèche, kindergarten and after-school care are different types of daycare centres for different age groups.

At the daycare centre, your child can learn German, discover new things and socialise with other children. They will make friends and get to know the German culture. This is important for the future and helps with school preparation.

Unfortunately, there are not always enough places near your home or accommodation. You should therefore ask the youth welfare office or the childcare centre in your accommodation for a place.

## Crèche

The crèche is a facility for children aged 1 to 3 years. In the crèche, the children are supported in their development by specially trained staff in small groups. Attention and care from the carers are particularly important here.


## Kindergarten

The kindergarten is a facility for children from the age of 3 until they start school. In the kindergarten, the children can play, paint, do handicrafts and learn with other children. In the last year of kindergarten, the children also have regular pre-school lessons to prepare them for starting school. There are private and public kindergartens. Whether attending kindergarten costs you anything depends on the kindergarten and where you live.

## (Primary) school children up to the age of 12

There are also after-school care options for school children aged 6 to 12. There are many different childcare models, such as after-school care, lunchtime care or all-day school. In all models, children are supported in completing their homework. In addition, leisure activities are not neglected. You can find out which childcare model is available for (primary) school children in your town from your primary school or from the youth welfare office.

### Day care centres in the district of Eichstätt

You can find an overview of all daycare centres in the district of Eichstätt [here](#)  in the district's family app.

- [📱 Day care centres \(0-3 years\)](#)
- [📱 Day care centres \(3-6 years\)](#)
- [📱 All-day care for primary school children](#)
- [📱 Day care centres](#)
  - [📱 Child day care 0-3 years](#)
  - [📱 Child day care 2-6 years](#)

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## Assumption of contributions for day care centres

Does your child attend a day care centre or day care?

The Youth Welfare Office can cover the costs.

This depends on your income. You must have little money.

The costs are paid from the month in which the application is received.

Retroactive payment is not possible.

The childcare costs are paid in full if you receive these **social benefits**:

- Citizen's allowance
- Assistance with living expenses
- Basic old-age pension
- Reduced earning capacity
- Benefits according to the Asylum Seekers Benefits Act
- Child supplement according to the Federal Child Benefit Act
- Housing benefit

If you **do not** receive these **social benefits**, the Youth Welfare Office will check your income. It will check whether it will pay all or part of the childcare costs.

### Note for Bürger-Geld recipients.

Do parents need more than 30 hours of childcare per week?

Are they not working?

Then they must provide evidence.


If they cannot, the office will only pay for 30 hours.

Parents must pay for more hours themselves.

### 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. Parents who live separately can also claim parental allowance. They can apply for parental allowance if they have a settlement or residence permit in Germany. You can find more detailed information in German, English, Turkish and Russian at  [here](#).

The pregnancy counselling service of the Eichstätt district [health authority](#) also provides advice on parental allowance.

Counselling

- by telephone
- via video chat (Big Blue Button)
- in presence according to hygiene conditions

## Gesundheitswesen im Landkreis Eichstätt - Elterngeld

📍 Gundkarstraße 3, 85072 Eichstätt

☎ +49 (0) 8421702502

✉ [@schwangerschaftsberatung@lra-ei.bayern.de](mailto:schwangerschaftsberatung@lra-ei.bayern.de)

🌐 [Schwangerschaftsberatung | Gesundheitsamt Eichstätt](#)

Further links:

🌐 [Parental allowance application](#)

🌐 [Parental allowance and parental leave - BMBFSFJ](#)

🌐 [Parental allowance online application](#)

## Child benefit

Families receive child benefit to cover the basic needs of their children. The entitlement lasts until the child reaches the age of 25. All parents with a settlement or residence permit in Germany are entitled to child benefit. You must apply for child benefit yourself at the Federal Employment Agency. This agency pays child benefit for every child from birth until at least the age of 18. You can find more detailed information in German, English, Turkish and Russian at [here](#).

You can apply for child benefit using the online procedure.

🌐 You can find information on the online procedure [here](#).

🌐 You can obtain [forms](#) from the [Federal Employment Agency](#).

- 🌐 [Child benefit application from birth](#)
- 🌐 [Application for child benefit for children when they reach the age of majority](#)
- 🌐 [Notification to the family benefits office](#)

## Parental contribution for kindergarten and childcare

- If your child is in kindergarten, crèche, after-school care or day care, the youth welfare office can cover all or part of the costs.
- This depends on how much money your family has.
- The costs are covered from the month in which you submit the application to the office - not retroactively.

### Who can get help?

- Families in the district of Eichstätt who have little money and can hardly afford the costs.
- If you receive certain social benefits (e.g. citizen's allowance, housing benefit or child supplement), the office will cover the childcare costs without checking your income.

### What is important?

- If you need more than 30 hours of childcare per week but are not working, you must explain why the child needs more care.
- Otherwise, the office will only cover the costs for 30 hours of childcare per week.

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### **If you do not receive social benefits:**

- The office will check whether and how much it can pay you, with proof of income.

### **What do you need for the application?**

- A completed form.
- Proof of your income or social benefits.
- A contract with the childcare centre.

### **Costs for lunch**

- If you receive social benefits, the job centre or social welfare office will pay for lunch.
- Otherwise, the youth welfare office will check whether it will cover all or part of the costs. You do not need a separate application for this.

### **Applications**

- [!\[\]\(31bdd2f0f8510a4ef6c2075cff9a62bd\_img.jpg\) Application for education and participation - job centre](#)
- [!\[\]\(aa1f92201c8d69417ea2b89fdaeca658\_img.jpg\) Application for education and participation - social welfare office](#)
- [!\[\]\(5becdd35c0f070ecfb1fd91d05389abb\_img.jpg\) Application for payment of parental contributions for child daycare](#)

### **Further information**

- [!\[\]\(89c28bdc489faa7a9fb9b55c0e095752\_img.jpg\) Calculation examples](#)
- [!\[\]\(b63a0c86875a047e7872c9787b8c5cdd\_img.jpg\) Rent levels](#)

## **Amt für Familie und Jugend Lenting | Jugendamt**

[!\[\]\(0c004cc07066ff23adbc7f0453971ff8\_img.jpg\) Bahnhofstraße 16, 85101 Lenting](#)

[!\[\]\(92fc7c447bac4c5bb3edecfe09c074f7\_img.jpg\) jugendamt@ira-ei.bayern.de](mailto:jugendamt@ira-ei.bayern.de)

[!\[\]\(9b5daeab8dc12f1a67b90c36dfde8c3b\_img.jpg\) +498421703000](tel:+498421703000)

[!\[\]\(b2bdcedc2a871404cdba1a8559f6d1b4\_img.jpg\) https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...](https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...)

## **Amt für Familie und Jugend Eichstätt**

[!\[\]\(b33e32ab9a8284f6a5b8a0def4c511e9\_img.jpg\) Gundekarstraße 3, 85072 Eichstätt](#)

[!\[\]\(2ded0b49433f2dc7e7fda9a8d2c031f0\_img.jpg\) jugendamt@ira-ei.bayern.de](mailto:jugendamt@ira-ei.bayern.de)

[!\[\]\(d4b9978d5e749b19d6bce7a744c1e58f\_img.jpg\) +498421703000](tel:+498421703000)

[!\[\]\(0db40757cd8bedff860eeb0605655024\_img.jpg\) https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...](https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...)

### **Package for education and participation (BuT)**

### **What are benefits for education and participation?**

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This is money for children and young people from low-income families. The parents receive the money for certain services that help the children and young people. Especially for events at daycare centres and schools.

Benefits from the education package are usually cash benefits or benefits in kind (in the form of vouchers). You will receive these from your town or municipality.

## **Who can receive benefits for education and participation?**

Parents can apply for benefits for education and participation. They can do this for all children living in the household. To qualify, parents must receive one of the following benefits:

- Housing benefit
- child supplement
- citizen's allowance
- social welfare
- Asylum seeker benefits

You do not receive any of the above benefits? Are you unable to cover your child's specific educational and participation needs? Then you may be entitled to benefits from the education package in accordance with SGB II. You can enquire at the relevant [job centre](#).

Pupils in need of assistance up to the age of 25 receive benefits for education. These pupils must attend a general school or vocational school. They should also not receive a training allowance.

Children in need of assistance in daycare centres and childminders also receive part of the educational benefits

Children and young people up to the age of 18 receive benefits for participation. Support for small children is also possible.

## **What benefits are involved?**

### **Benefits for education**

School trips and school excursions

The actual costs of one-day excursions at school or daycare centres.

It is possible to collect statements via schools for one-day excursions and the actual costs of trips lasting several days for classes and daycare centres.

For school trips, the money can be paid directly to the children or their parents.

### **Personal school supplies**

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Personal school supplies totalling €174 in the calendar year 2023 are recognised, namely €116 for the first half of the school year and €58 for the second half of the school year, up to the 10th school year.

School supplies include, for example, a school bag, sports kit, materials for writing, arithmetic and drawing.

If you have several school children, you will receive the money for each child.

## School transport

The actual cost of travelling to school for pupils.

This benefit is provided as a cash benefit unless the local transport company is billed directly.

## Learning subsidies

The actual costs of learning support, such as tutoring

However, you should first speak to your child's teacher. They must certify the need for support.

## Lunch for school, daycare centre and after-school care

Lunch at all-day schools, after-school care centres or daycare centres at no extra cost to parents

Benefits for participation

Parents can receive money for their children's participation in cultural, sports and leisure activities; for example, if the children:

- Take music lessons,
- are members of a sports club,
- attend courses at adult education centres,
- go to a museum, theatre or musical.

Parents can receive €15 per month for each child.

## Where and how can the benefits for education and participation be applied for?


There are two ways to apply for education and participation benefits:

1. Do you receive social assistance, child supplement or housing benefit? Then you must submit the application to the local authority. This is, for example, the municipality, the district or the city administration. You can find your respective [contact for the application for education and participation](#) on the website of the Federal Ministry of Labour. First select your federal state from the list and then the city or district in which you live.
2. Do you receive citizen's allowance? Then you must submit the application to the [job centre](#) where you live.

You can obtain **application forms** from your local contact person. Alternatively, you can visit the website of the job centre where you are applying for benefits.

## Possibility of counselling

### Bildung und Teilhabe

 [Bahnhofstraße 16, 85101 Lenting](#)

 [@sozialwesen@lra-ei.bayern.de](mailto:sozialwesen@lra-ei.bayern.de)


 [+498421704500](tel:+498421704500)

 <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>

If you have any questions about the application process, the "Education and Participation" counselling team will be happy to help.

How to contact the BuT counselling service:

 [Website BuT-Beratung](#)

 [030577130040](tel:030577130040)

 [@info@but-beratung.de](mailto:info@but-beratung.de)

Counselling is free of charge. Counselling is also available in English, Arabic, Russian and Turkish.

### Juvenile court assistance

Juvenile court assistance helps young people. It supports young people aged 14 to 18 and also young adults aged 18 to 21.


What does youth court assistance do?

- It works with the youth court.
- It advises young people and their parents about the proceedings.
- It provides help and support during the criminal proceedings.
- It checks whether youth welfare is possible.
- The court receives information about the young person's upbringing and social environment - i.e. what their personal situation is like.
- It issues conditions and directives, for example social support services or social training courses, and ensures that these are complied with.
- It works together with other institutions, for example with the probation service, schools and independent organisations.

 [Youth court assistance | District of Eichstätt](#)

 [Juvenile court assistance | Eichstätt family app](#)

**Amt für Familie und Jugend Lenting | Jugendamt**

 [Bahnhofstraße 16, 85101 Lenting](#)

 [@jugendamt@lra-ei.bayern.de](mailto:jugendamt@lra-ei.bayern.de)

 [+498421703000](tel:+498421703000)

 <https://www.landkreis-eichstaett.de/buergerservice/themen/amt-fuer-familie-und-...>

## Youth social work at schools (JaS)

JaS is a co-operation between youth welfare and schools.  
Youth social work at schools helps young people at school.


- Youth social work at schools is voluntary. It is free of charge. It takes place at the school.
- The counselling service has special data and confidentiality protection.
- The counselling is for pupils, parents and teachers.
- Counselling takes place at school. Counselling can also take place at home.
- Pupils get help with problems at school. Pupils get help with problems with friends. Pupils get help with problems in the family. Pupils receive counselling for conflicts.
- JaS works together with other organisations. These include [counselling centres](#) and [authorities](#). Examples are the [Employment Agency](#) and the [Youth Welfare Office](#).


Pupils receive support and encouragement. Their personal and social development is important.


- They learn social skills.
- They learn to resolve conflicts.
- They learn to act independently.

Parents receive help with parenting issues. They are also referred to other counselling centres. These help at all age levels. From primary school to puberty and adolescents.


JaS offers group work in the classroom or in small groups. There are also projects on current topics. Vocational help is important in secondary and vocational schools.

 Frau Burger

 Gundekarstraße 3, 85072 Eichstätt

 +49 (0) 8421703057

 [t.burger@lra-ei.bayern.de](mailto:t.burger@lra-ei.bayern.de)

 [Jugendsozialarbeit an Schulen | Landkreis Eichstätt](#)

## Disability, inclusion, care and pensions

### General information

Across Germany, around 9.8% of people have a disability. People with disabilities should be able to live a self-determined life.

Anyone who is physically, mentally or emotionally disabled has a right to help. Or who are at risk of such a disability. It is forbidden by law to discriminate against people because of their disability.

People with disabilities want to have the same opportunities as others. They want to be independent and be able to cope with everyday life without outside help.


The district of Eichstätt provides advice and support:


- People with disabilities
- Self-help groups
- People with illnesses that last longer than 6 months
- People who need care
- and their families

The  [Local Disability Officer of the district of Eichstätt](#) and the [Health Department](#) are there for you.

General information about rights and support for people with disabilities can be found here:

 [Handbook Germany](#): The information is available in 9 languages.

 [Equality centre for EU employees](#): Overview of various supports for people with disabilities. The information is available in 11 languages.

 [EUTB](#): Counselling for people with disabilities or chronic illnesses

## Disability and inclusion advice centres

Many people have a disability or are ill. This can vary greatly: Some people cannot see or hear. Others have problems walking or need help with certain tasks.

In Germany, people with disabilities must not be disadvantaged. They receive help and support so that they can live well.

Inclusion means that everyone belongs. Everyone is allowed to take part. Even if they have a disability. Even small children with a disability receive help. This help is called early intervention. It helps children to develop well.

A special ID card is important for people with a severe disability. This card is called [the !\[\]\(cb4faba74273235719a95650e53904f4\_img.jpg\) severely disabled person's pass](#).

People receive this card if they have a severe disability - i.e. if the degree of disability is 50 or more.

The card has a number of advantages:

For example:


- You can travel cheaper or for free on buses or trains.
- You have to pay less tax.


The benefits you get depend on how severe your disability is and what type of disability you have.

You can apply for the card at the Bavarian Family and Social Centre. Advice centres can help with this. They can also provide you with information about work, housing and your rights. They will also help you with other applications.

The information is often available in several languages. Information can be found at  [here](#).


 **[Zentrum Bayern Familie und Soziales - Servicezentrum München](#)**

 Bayerstraße 32, 80335 München


 +49 (0) 89189660


 Montag bis Freitag 08:00 - 12:00 Uhr

 [@Mail](#)

You can also find advice centres in the city of Eichstätt at  [here](#).


 **[Beauftragte für die Belange von Menschen mit Behinderung - Landkreis Eichstätt](#)**


 Gundekarstraße 3, 85072 Eichstätt

 +49 (0) 8421705601

 [@Mail](#)


 **[Behindertenbeirat der Stadt Eichstätt](#)**

 Marktplatz 11, 85072 Eichstätt


 +49 (0) 84218939759

 [@Mail](#)

 **[Kommunale Beauftragte für Menschen mit Behinderung](#)**


 Landratsamt Eichstätt Außenstelle Gemmingenstraße


Gemmingenstraße 4, 85072 Eichstätt

 +49 (0) 8421705612 ; +49 (0) 8421701071

 [@Mail](#)


 **[EUTB Oberbayern Nord - Eichstätt](#)**


 Gundekarstraße 3, 85072 Eichstätt

 +49 (0) 84199471406 ; +49 (0) 17621411504

 [@Mail](#)


 **[Caritasverband für die Diözese Eichstätt e.V.](#)**


 Residenzplatz 14, 85072 Eichstätt

 +49 (0) 842150901

 [@Mail](#)

 **[Der Behindertenbeauftragte der Bayerischen Staatsregierung](#)**

 Winzerer Straße 9, 80797 München


 +49 (0) 8912612799


 [@](#)

[Mail](#)

 **[Overview of disability counsellors in Germany](#)**


 **[Autismus - Selbsthilfegruppe Ingolstadt](#)**

 +49 (0) 8454914164

 +49 (0) 8413051465 (Selbsthilfekontaktstelle)

 [@Mail](#)

 **[autkom - Autismus Kompetenzzentrum Oberbayern gemeinnützige GmbH](#)**

 Lannerstraße 3, 85049 Ingolstadt

+49 (0) 8945225870

[@Mail](#)

### **AWO Sozialtherapeutische Einrichtung**

Nürnberger Straße 32b, 85055 Ingolstadt

+49 (0) 84199332350

### **[Beratungsstelle Barrierefreiheit der Bayerischen Architektenkammer](#)**

Waisenhausstraße 4, 80637 München

+49 (0) 8913988080 (jeden 1. Freitag im Monat in Ingolstadt)

[@Mail](#)

### **[Bezirk Oberbayern - Servicestelle](#)**

Prinzregentenstraße 14, 80538 München

+49 (0) 89219821010

[@Mail](#)

## **Procedural guides for children and young people with disabilities**

Inclusion means that all people are equally important - including people with a disability. Everyone should be able to participate in society. Inclusion is an opportunity for people to showcase their abilities.

In Germany, the system for assistance is often complicated. The Kinder- und Jugendstärkungsgesetz (KJSG) wants to make this easier. It brings together various forms of help.

Procedural guides help people to find their way through the social system. They provide support in finding solutions so that inclusion works well.

The procedure guides help and advise.

- Children, adolescents and young adults
- Parents, carers and representatives

If you have or will soon have a disability, you need support throughout the process.

We can help you with benefits from the youth welfare office, district and rehabilitation organisations.

We can also refer you to support networks in your region.

Counselling is voluntary, free of charge and confidential.

At the beginning there is an interview. We will ask you:

- What impairments do you have?
- What problems do you face in society?
- What wishes or problems do you have?

We then assess your need for help.

We will refer you to the right organisation and give you information about other agencies in your region.

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Depending on your needs, we can arrange contacts and obtain information for you.

 [Procedure pilot centre for Region 10 | District of Eichstätt](#)

## **Family education in the district of Eichstätt and the Gaimersheim family support centre**

### **What is family education?**

Family education means supporting parents and families in bringing up their children. Raising children is often a joy, but sometimes there are also questions or uncertainties.

Family education helps exactly where parents need support. It recognises that families need different kinds of help in different life situations.

Family education also prepares young people for how to live well together - for example as a couple or with children.

### **Family education can be many things:**

- Leisure activities for families
- Information on parenting topics
- Open meetings, for example parent cafés
- Discussions and counselling when parents have questions

### **Why is family education important?**

Parents have many questions, for example

- How is my child developing?
- How much time can my child spend watching TV or using a mobile phone?
- How can I combine family and work well?
- What can I do if there are problems?
- Many parents want to help their children to become happy and strong.
- They want to teach them important values and bring them up well.

### **To do this, parents need**

- good information
- advice and support that suits their lives

That's why family education exists.

### **Family support centres in the district of Eichstätt**

Here families can find:

- a meeting place to get to know each other and exchange ideas

- Information on family services
- Help from specialists for parenting and everyday life
- There are regular open meetings for parents and children, courses for parents and lectures on parenting topics.

The family support centres are currently being set up.

The first family support centre will open in Gaimersheim on 1 April 2025.

### **Familienstützpunkt Gaimersheim**

📍 Martin-Ludwig-Straße 5, 85080 Gaimersheim

☎ +49 (0) 15252371859

✉ [@familienzeit@gaimersheim.de](mailto:@familienzeit@gaimersheim.de)

✉ [@melanie.kaehni@gaimersheim.de](mailto:@melanie.kaehni@gaimersheim.de)

📍 [Familienstützpunkt - Markt Gaimersheim](#)

📍 [Here](#) you can find information about family education through family support centres in the district of Eichstätt in German.

### **German-Turkish parents' associations**

The German-Turkish Parents' Associations help families who come from Germany and Turkey.

- The associations work together with other parents' associations.
- They want to solve the problems of children and young people.
- The associations ensure that children learn two languages and receive a good education.
- They support children so that they grow up healthy and happy.
- The association helps children in daycare centres, at school and in their free time.

There is an association in Eichstätt and one in Lenting.

### **Deutsch-Türkischer Elternverein e. V. Eichstätt**

👤 Frau Hayriye Gümüs

📍 Buchtal 73, 85072 Eichstätt

☎ +49 (0) 84213741

📍 [Deutsch Türkischer Elternverein e.V.](#)

### **Deutsch-Türkischer Elternverein Lenting**

👤 Frau Serife Erol

☎ +49 (0) 1624312047



✉ [@DTE.IN.El@outlook.de](mailto:@DTE.IN.El@outlook.de)

📍 [Deutsch-Türkischer Elternverein Lenting](#)

## **Living together, leisure, mobility and housing**

### **Living**

#### **General information on the topic of "Finding a flat"**

Finding a flat is difficult. Unfortunately, this is the case everywhere. You need patience and will probably have to search for a long time. You can find general information about finding accommodation and housing in several languages in the  [handbook Germany](#) and at the  [EU Equal Treatment Centre](#).

You are moving to a place in the district of Eichstätt. As soon as you have moved in, you must register at the town hall or the administration in the [residents' registration office](#).

## Rent and rental agreement

You have found a flat - congratulations! You are renting this flat from a person called the landlord or landlady. You sign a contract with this person, the tenancy agreement. This contract states that you are allowed to live in the flat.

The tenancy agreement regulates your rights and obligations - and those of your landlord or landlady. For example, you have to pay money every month. That means rent. Your landlord or landlady must let you use the flat and take care of repairs.

The tenancy agreement is an important document. It states how much rent you have to pay and what you are allowed to do in the flat, for example whether you are allowed to smoke or do laundry. If you don't understand something, it's better to ask - preferably before you sign the contract.

The rent consists of two parts: the net rent and the service charges. You also pay the service charges each month. These are used to pay for things like cleaning the stairwell, garden maintenance and rubbish collection. These costs are shared by everyone in the house. If you have a larger flat, you pay more.

Only you get the key to your flat. Take good care of it! If you lose the key, a locksmith will have to come - which can be expensive.

Sometimes the landlord or tradesmen need access to your flat, for example to repair something or to read the electricity or water meter. You must then be informed in advance, often by post or telephone.

## Do you want to give notice?

Germany protects tenants and landlords. You can't simply give notice overnight. You must give your landlord or landlady at least three months' notice. Always give notice of cancellation in writing. Have your cancellation confirmed. Do you need help? Then go to your [help centre](#). The tenants' association can also help. But you will have to pay money.

## House rules

In cities, several people often live in one house. Rules are needed so that they can live well together. These rules are laid down in the house rules (Hausordnung). Quiet hours are particularly important in Germany. Have a look at your house rules to see what time of day it has to be quiet. This is often the whole of Sunday. On other days, this is often from 10 pm. Make sure you are not too loud. Are people in the neighbourhood too loud? Then speak to them. Ask them to turn down the music or television.


## Housing benefit

You earn little money. Everyone in your household earns little money. Then you can get a subsidised flat. To do this, you need a Wohnberechtigungsschein (WBS). Under certain conditions, you are also entitled to housing benefit. You and your family receive money from the state. In this case, you do not usually need to apply for housing benefit.

You must apply for a certificate of eligibility for housing in the federal state or city (municipal administration, housing office) in which you are looking for social housing.

You have a notice of recognition from the Federal Office for Migration and Refugees (BAMF). Then you can generally obtain a WBS. Even if you have not yet been issued a residence permit.

## Team Wohngeld

 [Gundekarstraße 3, 85072 Eichstätt](#)



 [@wohngeld@lra-ei.bayern.de](mailto:wohngeld@lra-ei.bayern.de)

 [+498421704501](tel:+498421704501)


 <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>

## Energy and environment

You need gas and electricity for your home so that you can use various appliances. For example, you may cook with electricity or gas. Your washing machine needs electricity, as does your mobile phone. Some appliances consume more energy than others. That's why you should always pay attention to energy consumption when buying new appliances. Many appliances even consume electricity in standby mode, even though they are actually switched off. The best remedy for this is a switchable power strip. This allows you to disconnect several appliances from the power supply with a single click and thus save energy. In many houses, the heating works with gas. You often pay money to the supplier every month to cover the costs. Once a year, a precise recalculation is carried out. Sometimes you have to pay more, sometimes you get money back. If electricity and gas are expensive, it's good to save some money every month. That way, you'll have enough money if you have to pay extra.

 If you use energy sparingly, you will save money. It's also good for the environment. You can also [find](#) out how to heat, ventilate and save energy properly [at](#) .

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

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

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

## Buying new appliances

Always pay attention to the energy label when buying new appliances. This shows you how efficient the new appliance is. The energy label can be found on a wide variety of products.

For example, on light bulbs, washing machines, televisions and heaters. Energy efficiency classes and information on product features such as electricity and water consumption or volume make it easy to compare different appliances. Energy-efficient appliances can save several hundred euros per year.

💡 There is an app for the energy label. It helps to compare energy-relevant information on selected products. The app provides further information on the efficient use of appliances. The app is available free of charge in German and English at [Google Play](#) and the [Apple App Store](#).

## Broadcasting fees

Germany has public radio, television and online programmes. ARD, ZDF and Deutschlandradio offer this. Everyone pays money for this. This is called the licence fee.

The law stipulates that a licence fee must be paid for every home in Germany. However, only one person per home has to pay the licence fee. This costs €18.36 per month. The money must be paid to the ARD, ZDF and Deutschlandradio contribution service. Further information can be found in the following [information sheet](#). Alternatively, visit the [website for the licence fee](#). The website is available in several languages.

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

You can find the application for exemption at [here](#).

## Housing search checklist

### Are you new to the district? Or do you already live here but are now looking for a flat?

Then think carefully beforehand about what you are looking for.

The following questions, which you should answer before starting your search, will help you:

- Where should the flat be? Please note that your choice of location can significantly influence your chances of finding a flat.
- How high should the rent, service charges and deposit be? Please note that the amount of rent is limited if you are not working and are a customer of the job centre.
- How many rooms should the flat have? How big should it be?
- What should be near the flat? Shopping facilities, bus and train, daycare centre and school?

💡 The housing office does not rent out social housing.

### Search for suitable flats yourself on the Internet:

- [ww.immo](#) bilienscout24.de
- [www.meinestadt.de](#)
- [ww.immo](#) net.de

- [www.immowelt.de](http://www.immowelt.de)
- [www.immopool.de](http://www.immopool.de)
- [www.kleinanzeigen.de](http://www.kleinanzeigen.de)
- [www.immobilienscout24.de](http://www.immobilienscout24.de)

You can also register directly with various housing companies and be placed on a waiting list:

### **You will need the following documents to look for accommodation:**

- ID card, residence permit, fiction certificate and supplementary sheet to the residence permit or passport
- a current registration certificate
- a current credit report
- a current certificate that you have no rent debts
- if you are working, proof of income and your employment contract or
- the notice of authorisation for the citizen's allowance
- Voluntary: Wohnberechtigungsschein (WBS)

### **Checklist for finding accommodation**

1. prepare documents:

- Copy of your passport or identity card
- Proof of income (Einkommensnachweis) or notification from the [job centre](#)
- SCHUFA information (SCHUFA) (if available)
- Certificate of no rent arrears (Mietschuldenfreiheitsbescheinigung ) (if a flat was previously available)
- Guarantee (Bürgschaft) (if necessary)

2. find a flat:

- Use online platforms (see list above)
- Check notices in supermarkets or district centres
- Ask personal networks (e.g. friends, acquaintances, associations)
- Contact housing associations

3. write an application:

- Send a friendly message to the landlord with a brief introduction
- Compile all documents in a folder or PDF file
- Turn up on time for the flat viewing

4. check the contract:

- Rent (basic rent and ancillary costs)
- Deposit (usually two to three months' rent)
- Term and cancellation period

- Get help if anything is unclear (e.g. from the [migration advice](#) centre)

5. after moving in:

- Register your place of residence with [the residents' registration office](#) (within two weeks)
- Register the [licence fee](#) or apply for exemption
- Register electricity
- Contact landlord in case of damage or problems
- Observe [waste separation](#)

## Waste separation and deposit

Waste separation means that different types of waste are collected and recycled separately. In Germany, waste separation starts directly with the consumer. This means that every household has to sort its own waste and throw it into different bins and containers. The majority of waste in Germany is recycled and composted, which conserves resources and protects the environment. Basically, avoiding waste is still the easiest way to do something about the growing mountains of rubbish.

If you throw something in the wrong bin, the employees or sorting facilities at the recycling centres have to sort it again. If we all sort correctly, we can avoid this effort, reduce costs and do something for the environment.

## What goes in which bin?

Waste bins in Germany have different colours. The colours show you which waste is allowed in which bin. In large cities, the bins are often located right next to the house. In the countryside, you may have to drive to a recycling centre to find all the bins. Or you may have to wait for the next collection date for certain rubbish. In the meantime, you can store the rubbish in your garage or cellar, for example. You can find out when which waste is collected in the so-called "waste calendar", which you can find in your letterbox every year or collect from the town hall.

💡 Only certain types of waste may be thrown into each bin!


- Residual waste (Restmüll): Black bin
- Paper waste (Papiermüll): Blue bin
- Organic waste (Biomüll): Green bin
- Plastic or aluminium packaging: Yellow bag (Gelber Sack)
- Glass and cans: collection points and recycling centres


Recycling centres (Wertstoffhof)

- City of Eichstätt: 🗑️ [Recycling centre and recycling collection points - City of Eichstätt](#)
- All locations in the district of Eichstätt: 🗑️ [Recycling centres - district of Eichstätt](#)

📅 Collection dates in the town of Eichstätt: 🗑️ [Waste collection dates - town of Eichstätt](#)

📅 Collection dates in the district. Selection of locations: 🗑️ [Waste collection dates - Eichstätt district](#)

All information on waste in the district of Eichstätt:  [Waste management - district of Eichstätt](#)

**ATTENTION!** Problem waste such as poisons, liquid paint residues, alkalis, solvents, pesticides, cleaning agents, acids, sprays, fire extinguishers and waste oil must be disposed of separately!  [Information](#).

## **Caution - Fire hazard with lithium-ion rechargeable batteries and batteries!**

**ATTENTION!** Rechargeable batteries and batteries must not be disposed of in residual waste, paper waste, organic waste or the yellow bag! Batteries can be handed in at the checkout in some supermarkets. Rechargeable batteries must be disposed of at the recycling centre. This also includes smartphones, small tools, cameras, irons, toasters, kettles, blenders and so on!

Dispose of lithium-ion accumulators and batteries here!

- Wertstoffhof Eichstätt, Gundekarstraße 47
- Wertstoffhof Beilngrieß, Kelheimer Straße 46
- Wertstoffhof Gaimersheim, im Steinbruch an der Rackertshofener Straße
- Wertstoffhof Hitzhofen am Kompostierwerk Meier, An der Kompostierung 1, 85122 Hitzhofen
- Wertstoffhof Altmannstein, Bahnhofstraße 33

## **Do I have to separate my waste?**


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

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



In Germany, there is a so-called "Pfandpflicht" for certain beverage packaging. If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you return them empty later at the empties collection point in a supermarket (usually a vending machine), you get this money back. This is called a "deposit". There are two different types of these special bottles:

On **Einwegflaschen** (which are recycled) you will find a square sign with a can and a bottle surrounded by an arrow. This is the logo of Deutsche Pfand-System GmbH. You will receive a 25 cent deposit on bottles or cans with this symbol.

On **Mehrwegflaschen** (which are washed and refilled) you will find either no labelling at all, a "blauen Engel" or the word "Mehrweg(-Flasche)", "Leihflasche" or "Pfandflasche". You get a 15 cent deposit back on returnable bottles. For beer bottles it is 8 cents.

 Beverage cartons are deposit-free.

💡 If you don't have the time or inclination to return your deposit bottles yourself, you can also place them in a clearly visible place next to a rubbish bin on the street. There are many people in Germany who collect these bottles to earn a little extra money.

More information about waste separation in the Eichstätt district can be found at  [here](#) and  [here](#).


## Fire protection

A fire is a fire in a flat or house. A fire is very dangerous.

### Here's how you can protect yourself:

- Smoke alarms save lives: There must be a smoke alarm in every home. A smoke alarm makes a loud sound when smoke is present. Then you know: There is a fire!
- Never leave an open fire alone: Never leave burning candles alone. Cigarettes can also start a fire.
- Pay attention to electricity: Only use tested appliances. Switch off appliances when you go away.
- Cook safely: Never leave the cooker unattended. Oil can burn very quickly.

### What to do in case of fire?

1. Keep calm.
2. Leave the home.
3. Call the [fire brigade](#):  +49 (0) 112  
Say:
  - Where is the fire?
  - What is burning?
  - How many people are there?

#### Important:

Do not use the lift if there is a fire. Take the stairs!

### Publicly subsidised flats (social housing)

The state helps people who do not have enough money to find a flat on their own. Particular support is given to families with children, mothers or fathers who are alone, pregnant women, older people, people with a serious illness or disability and people without a home.





If your money is not too much, you can get a special voucher, the Wohnberechtigungsschein (WBS). This voucher is valid for one year in Bavaria. You can use the certificate to apply for a flat that is subsidised by the state. It is best to go to the landlord in person and bring a copy of the certificate with you.

Landlords advertise their vacant flats themselves - for example in newspapers, on the Internet or on notice boards. You can also contact certain organisations that will help you find accommodation.




## Stadt Eichstätt - Soziale Angelegenheiten

 Ute Wenzl  
 Marktplatz 11, 85072 Eichstätt  
 +49 (0) 84216001118  
 [@ute.wenzl@eichstaett.de](mailto:ute.wenzl@eichstaett.de)  
 [www.eichstaett.de](http://www.eichstaett.de)






## Wohnungsbaugesellschaft der Stadt Eichstätt mbH/Liegenschaftsamt

 Marcus Scheliga  
 Marktplatz 11, 85072 Eichstätt  
 +49 (0) 84216001142  
 [@marcus.scheliga@eichstaett.de](mailto:marcus.scheliga@eichstaett.de)  
 [Liegenschaftsverwaltung, Wohnungsbaugesellschaft der Stadt Eichstätt mbH - Stadt Eichstätt](#)



## St. Gundekar-Werk Eichstätt Wohnungs- und Städtebaugesellschaft mbH

 Winkelmannstraße 1, 85072 Eichstätt  
 +49 (0) 84219830020  
 [St. Gundekar-Werk Eichstaett - Wir bieten Lebensräume - Raum zum Wohnen und Leben](#)

## Oberbayerische Heimstätte Gemeinnützige Siedlungsgesellschaft mbH

 Herr Finsterbusch  
 Casinostraße 1, 85540 Haar  
 +49 (0) 89381805174  
 [@finsterbusch@oh-muenchen.de](mailto:finsterbusch@oh-muenchen.de)  
 [Oberbayerische Heimstätte](#)

## Baugenossenschaft Beilngries e.G.

 Seestraße 7A, 92339 Beilngries  
 +49 (0) 84618227


## Financial matters and contracts

### Basic information on contracts


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

### Insurances

#### Social insurances

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, occupational accidents 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 at  [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 a person without intending to do so? 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 private liability insurance? The  [consumer advice centre](#) also provides information on this topic.

## Mobile phone


The mobile phone market in Germany is very large. There are many providers and many different contracts and costs. There are generally two different mobile phone contracts in Germany: **Prepaid contract** and **fixed-term contract**.

- The prepaid contract has no fixed contract term. You top up your mobile phone with money and can use it to access the Internet or make calls. Please note that you need a valid ID document to open a prepaid card.
- With a fixed-term contract, there is a minimum contract period. This is usually 12 to 24 months. This contract is automatically renewed if you do not cancel it. If you do not want the contract to be renewed automatically, you must cancel in writing. Pay attention to the deadline.

 Do not sign any contracts if you do not understand them.

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

With both a fixed-term contract and a prepaid contract, you can choose between three options:

1. With a flat rate, you can make unlimited calls, send text messages and use the Internet up to a certain data volume
2. With an inclusive package, you have a fixed quota of units for making calls and sending text messages and a fixed data volume for using the Internet, for which you pay a fixed price. When your units are used up, you can book additional units or additional data volume. You will usually have to pay more for this.  **Please note:** With many providers, additional data volume is automatically added when your data volume is used up. This

additional data volume can cost a lot of money. It is therefore essential that you switch off the automatic rebooking of data volume (data automatic). You can do this via the online customer portal or your provider's hotline. Ask for written confirmation that you have switched off the automatic data volume.

3. You can also pay directly for every call, every text message and every use of the Internet. This is usually more expensive than with a flat rate or an inclusive package, but you only pay for what you actually use. And there are no hidden costs.

Below you will find selected mobile phone providers. There are more throughout Germany.

### Telekom

📍 WestPark, Am Westpark 6, 85057 Ingolstadt

☎ +49 (0) 8419815684

🌐 [Telekom Shop Ingolstadt](#)

🌐 [Mobilfunk: Telekom](#)

Other locations are:

📍 Am Stein 5, 85049 Ingolstadt

📍 Moritzstraße 19, 85049 Ingolstadt

### Vodafone

📍 Westpark, Am Westpark 6, 85057 Ingolstadt

☎ +49 (0) 1728218889

🌐 [Dein Vodafone-Shop in Ingolstadt, Am Westpark 6](#)

🌐 [Mobilfunk: Vodafone](#)

More locations are:

📍 Ludwigstraße 16, 85049 Ingolstadt

📍 Manching Str. 125, 85053 Ingolstadt

### freenet

📍 Westpark, Am Westpark 6, 85057 Ingolstadt

☎ +49 (0) 84198133949

🌐 [Der freenet Shop Ingolstadt Am Westpark | freenet-mobilfunk.de](#)

🌐 [Mobilfunk: Freenet](#)

### o2

📍 Am Westpark 6, 85057 Ingolstadt

☎ +49 (0) 84199357032

🌐 [o2 Shop Ingolstadt, Am Westpark 6](#)

🌐 [Mobilfunk: o2](#)

Further locations are:

📍 Theresienstraße 6, 85049 Ingolstadt

📍 Am Münzbergtor 1, 85049 Ingolstadt

📍 Ludwigstraße 28, 85049 Ingolstadt

You can find more information for refugees on mobile communications from the consumer advice centre 🌐 [here](#)

## Current account

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

With a current account you can:

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

## Opening an account

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

- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.  
**Always keep your card and PIN code separate!**
- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this case, you must ask your bank.
- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

☎ +49 (0) 116116

🕒 Around the clock - 24/7

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

The largest banks in the district of Eichstätt are as follows. There are branches of the individual banks in many places in the district of Eichstätt.

### Sparkasse Ingolstadt Eichstätt

📍 Weißenburger Str. 20-22, 85072 Eichstätt

☎ +49 (0) 8413044040

🌐 [Internet-Filiale - Sparkasse Ingolstadt Eichstätt](#)

🌐 [Here](#) you can find the individual branches of Sparkasse Ingolstadt-Eichstätt

### Volksbank Raiffeisenbank Bayern

📍 Domplatz 5, 85072 Eichstätt

☎ +49 (0) 842160090

🌐 [Here](#) you can find the individual branches of Volksbank Raiffeisenbank Bayern

### LIGA Bank eG

📍 Gutenberggasse 4, 85072 Eichstätt

☎ +49 (0) 842197500

🌐 [Filiale Eichstätt - LIGA Bank eG](#)

### HypoVereinsbank Eichstätt

📍 Marktplatz 10, 85072 Eichstätt

☎ +49 (0) 8937848000

🌐 [HypoVereinsbank Eichstätt SB-Standort](#)

## Taxes and tax returns

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

You pay taxes everywhere. When you go shopping, when you eat out, when you fill up with petrol. That's the **sales tax**. And when you work. That's **income tax**. Are you employed? Then your employer has already deducted your taxes. Are you self-employed? Then you have to pay tax on your income yourself.

## Tax identification number

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

💡 Do you need help with your tax return? It is best to contact your local income tax association. If you have further questions, the tax office can also help you.

## Internet and free hotspots

### Mobile Internet

You have mobile Internet on your mobile phone. This is very practical. You can search for something on the Internet while you are on the move. You can also search for an address. The Internet costs money. It is best to have a contract. This contract can be a fixed-term contract or a prepaid contract. You can find more information about this at 🌐 [here](#).

💡 You do not need internet to use Integreat.


### WLAN at home

If you want to have internet in your own home, you need a router. There are various companies that can sell you a router and a contract.


## Public, free WLAN hotspots in the district of Eichstätt

Free WLAN is available at several locations (hotspots) in the district of Eichstätt. You can surf the Internet there with your own device.

Public hotspots:

BayernWLAN:  [BayernWLAN](#). There you can enter your postcode and the available hotspots in your area will be displayed. For example, BayernWLAN hotspots are available in the following locations:

- Eichstätt city centre
- Public facilities
- In most municipalities and markets in the district.









 As an asylum seeker in Germany, you are not legally entitled to Internet access (WIFI) in your accommodation. Therefore, there is usually no WIFI (WLAN) in the accommodation centres. If there is a telephone connection in the accommodation, it is possible for you to conclude a contract for WLAN yourself. Talk to the people living in the accommodation about payment beforehand. Consider whether a contract that you can cancel at any time is better than a contract that is valid for a long time (e.g. 2 years). Before signing the contract, ask your accommodation provider whether Wi-Fi is technically possible at all and how you can give the technician access.


## 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

To get to your destination in the district of Eichstätt, you can use public transport (ÖPNV). These are buses from  [Verkehrsverbund Großraum Ingolstadt \(VGI\)](#) and trains from  [Deutschen Bahn \(DB\)](#) the  [Bayerische Regionalbahn \(BRB\)](#) and  [Agilis \(ag\)](#). You can also plan your journey on the providers' websites. Download the  [DB-App](#) the  [VGI-App](#) and  [BRB-App](#). All information on public transport in the district of Eichstätt can be [found at](#) .

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

### Tickets

Train tickets & offers from Deutsche Bahn:  [Train tickets & offers from Deutsche Bahn](#)

- Germany ticket:  [VGI - Verkehrsverbund Großraum Ingolstadt](#)
- Bavarian discount ticket:  [Ermäßigungsticket - Bahnland Bayern](#)
- VGI-FLEXI
-  [VGI-FLEXI for Beilngries, Denkendorf, Kinding, Kipfenberg and Plankstetten](#)

- [!\[\]\(a6213d777138e29fec64698df6576a1b\_img.jpg\) VGI-FLEXI for Schernfeld, Dollnstein and Mörsheim](#)

## Mobility providers, timetables and further information

- [!\[\]\(c70a861c373e19efa2cc84daa3fb2227\_img.jpg\) Mobilität / ÖPNV | Landkreis Kelheim](#)
- [!\[\]\(4f81e05c325bf3ad35609ec4bad51872\_img.jpg\) BRB](#)
- [!\[\]\(0419499b20743ca460b4edcf1be3332e\_img.jpg\) MoBY - Bahnland Bayern](#)
- [!\[\]\(d7f5138ab40dda45a8ab1cd190b742ea\_img.jpg\) ELKO-Tours GmbH - Ihr Partner im Ausflugsverkehr, Schulverkehr und ÖPNV](#)
- [!\[\]\(9b0c40548e6aa9655aea21b87fb3d8dd\_img.jpg\) Hegenberger Busbetrieb](#)
- [!\[\]\(a0ba919826501486c3c78d48fc9e43ac\_img.jpg\) Jägle Verkehrsbetriebe - Jägle GmbH](#)
- [!\[\]\(ec1970a7808733a9b384ff95de4762c6\_img.jpg\) Buslinien Merz](#)
- [!\[\]\(8dedc19b8607080ee99f24a5cb28c35e\_img.jpg\) Freizeitbus mit Fahrradanhänger - Naturpark Altmühltal](#)
- [!\[\]\(cdf922981895fa0cea98930058439890\_img.jpg\) Buchberger Reisen](#)
- [!\[\]\(0ae35c47cb1f6b1eb1f96681fcba0dd0\_img.jpg\) Regionalbus Augsburg](#)
- [!\[\]\(8134c37b90ea5ae6b3d989195490f745\_img.jpg\) Stadtwerke Eichstätt](#)
- [!\[\]\(07af16356678f958ec2505afd769c6d3\_img.jpg\) VGI - Verkehrsverbund Großraum Ingolstadt](#)

## Railway stations

There are several railway stations in the district of Eichstätt. Trains run through this district on the railway lines between Ingolstadt and Nuremberg. One train travels directly from Ingolstadt to Nuremberg and stops in Kinding. Another train travels from Ingolstadt to Nuremberg via Eichstätt and Treuchtlingen.

Between Eichstätt railway station and Eichstätt town


- Eichstätt railway station
- Wasserzell (near Eichstätt)
- Rebdorf-Hofmühle
- Eichstätt town

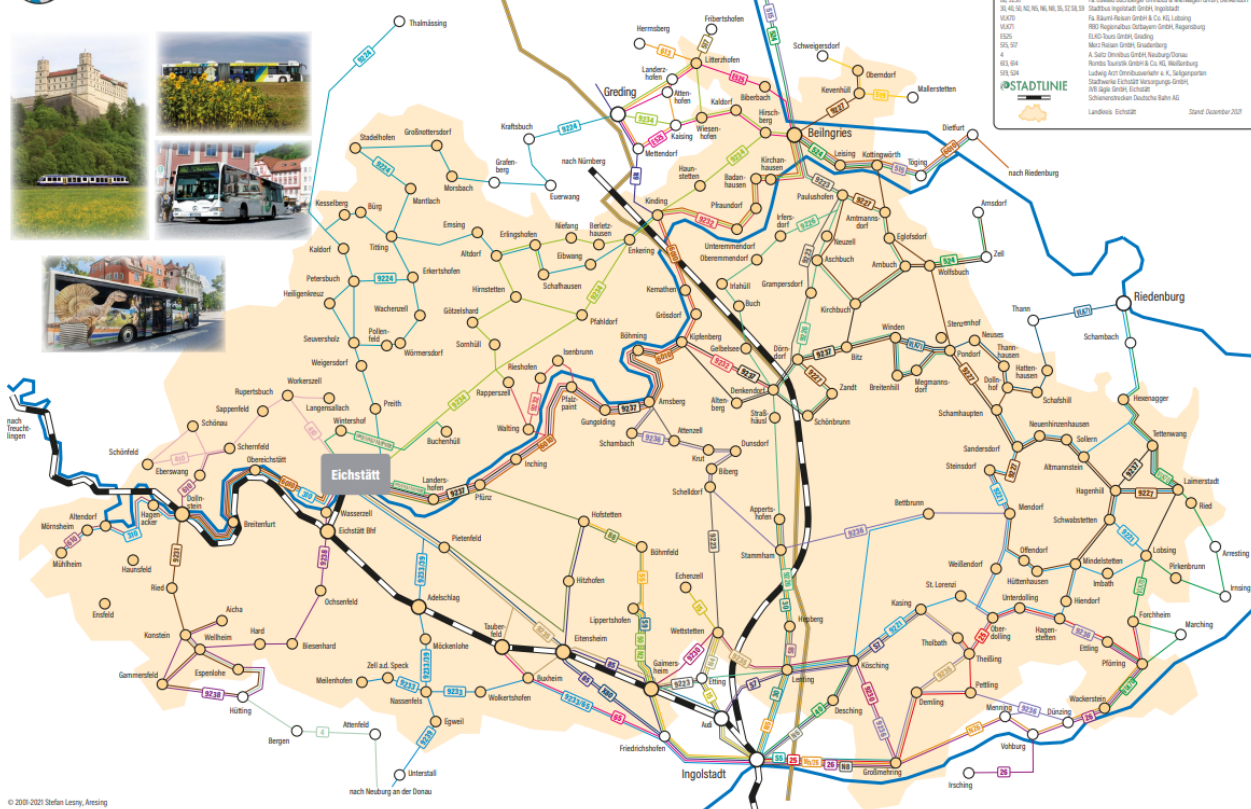
Between Ingolstadt and Treuchtlingen (or as far as Nuremberg)

- Eitensheim
- Gaimersheim
- Tauberfeld
- Adelschlag
- Eichstätt railway station
- Dollnstein

Between Ingolstadt and Nuremberg

- Kinding

 **VGI** Das Liniennetz im Landkreis Eichstätt



(Source: VGI Ingolstadt)

## Bicycle

Are you going to be living in the Eichstätt district for a long time? Then it's worth buying a bicycle. It's cheaper than travelling by public transport.

💡 Important traffic rules for cyclists (selection):

- Always ride on the right-hand side of the carriageway.
- Do not ride next to each other, but behind each other.
- If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel).
- Children up to the age of 11 may use the footpaths on bicycles.
- Using a mobile phone on a bicycle is prohibited.

💡 Purchase and repairs: Pay attention when buying. Your bike must be equipped as follows. This means it is roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (2 per bike)

- Reflectors on the pedals
- Bell
- Two independent brakes

### **Bicycle shop and repair:**

-  [Röll Trisport](#)
-  [Xterno Bikes](#)
-  [Dollnsteiner Fahrrad-Paradies e.K.](#)
-  [Fahrradservice Kroll](#)
-  [Radsport Heller - Rennrad, Gravelbike, Werkstatt und Bikefitting](#)
-  [Fahrrad Tenschert GmbH](#)
-  [Caliebe-Bike](#)
-  [Ski und Radl Sebald](#)
-  "Opa-Radl" workshop (+49 (0) 8458346486)

### **Important traffic rules**

You can find important traffic rules in a flyer from ADFC (Allgemeiner Deutscher Fahrrad-Club) Munich in 12 different languages:

-  [Albanian](#)
-  [Arabic](#)
-  [Arabic](#)
-  [English](#)
-  [Farsi](#)
-  [French, Italian](#)
-  [Italian](#)
-  [Kurdish](#)
-  [Russian](#)
-  [Spanish](#)
-  [Tigrinya](#)
-  [Turkish](#)
-  [Ukrainian](#)

 [Traffic rules in many languages - ADFC Munich](#)

### **Driving licence and driving a car**

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

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information on this page.

## Is my driving licence valid in Germany?

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

Would you like to drive yourself after six months? Then have your driving licence transferred.

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

💡 During your asylum procedure, all your documents will remain at BAMF. You will normally only get them back once your asylum procedure has been completed. As long as your driving licence is at BAMF, you are not allowed to drive yourself.

## How do I transfer my driving licence?

Contact your local driving licence authority or driving licence office. It can sometimes take a while before you receive a reply. The authority sometimes receives a lot of applications at once. Contact the relevant authority before your six-month driving licence expires. You must go to the driving licence office in person. You will need to present various documents there:

- ID card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or ophthalmologist)
- Confirmation of participation in a first aid course. You can find a course in your area at ASB or the Johanniter, for example.
- Your original foreign driving licence (an international driving licence is not sufficient). As a rule, you must also provide a certified German translation.
- A declaration that your foreign driving licence is still valid.

The driving licence office will then decide whether your driving licence can be converted without a test. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 It is a good idea to attend a driving school before taking the test. Germany has a lot of traffic rules and signs. However, unlike those who are getting their driving licence for the first time, you do not have to take driving lessons.

## How can I get a German driving licence?

To get a driving licence for the first time, proceed as follows:

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

## Can my driving licence be revoked?

If you disregard important traffic rules, you can lose your driving licence. A distinction is made here between a driving ban and the withdrawal of your driving licence.

- If you are banned from driving, you must surrender your driving licence to the fines office for several months. During this time, you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, it loses its validity. This means that you are no longer allowed to drive yourself and may not obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? Have you been driving drunk? Have you collected 8 penalty points? These are reasons to revoke your driving licence.

You receive penalty points for various offences, for example if you drive too fast. Penalty points are also known colloquially as "Punkte in Flensburg".

💡 Have you just obtained your driving licence? Then you are two years into your probationary period. You have violated traffic regulations during the probationary period. Then you have to attend an advanced training seminar. You may also have to undergo psychological counselling. Your probationary period will also be extended by a further two years. You do not take part in the advanced training seminar and the counselling? Then your driving licence will be revoked. Examples of a traffic offence are, for example, driving through red traffic lights, driving at night without lights, drunk driving. Wrong parking is not a traffic offence. In this case, you only have to pay the fine.

## Conversion of foreign driving licences

Information on this can be obtained from the [driving licence office](#) or at [Umschreibung von ausländischen Führerschein](#).

### For EU and EEA citizens


Your national driving licence is still valid after entering the country. An international driving licence alone is not sufficient.

A driving licence for the categories **C1, C1E, C, CE, D, DE, D1** and **D1E** driving licences are only valid in the Federal Republic of Germany until five years have passed since they were issued, even if they were issued for a longer period in your home country. If your driving licence would then no longer be valid from the moment you move your normal place of

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residence, you may still drive in Germany for another six months.

Driving with a licence that has expired under the law of the issuing state or under German regulations is punishable as driving without a licence.

You can find more information about this at the Eichstätt district vehicle registration and [driving licence office](#) at  [Umschreibung von ausländischen Führerschein](#).


## Public holidays, school holidays and time changeover

### Public holidays

No work is done on public holidays for religious or secular reasons. Shops and authorities are closed on these days.

The following public holidays are on the same date every year:


- 01.01. New Year
- 06.01. Epiphany
- 01.05. Labour Day
- 08.08. Peace Festival (only in the city of Augsburg)
- 15.08. Assumption Day
- 03.10. Day of German Unity
- 01.11. All Saints' Day
- 25.12. 1st Christmas Day
- 26.12. 2nd Christmas Day

Other public holidays change from year to year. You can find an overview of public holidays in Bavaria at  [here](#).


### School holidays

School holidays are the times of the year when pupils are off school. In Bavaria, the new school year begins every year in September.

- Autumn holidays: There is a week around All Saints' Day (public holiday).
- Christmas holidays: There are two weeks around Christmas and New Year (public holidays).
- Winter holidays: There is one week of winter holidays in February.
- Easter holidays: There are two weeks of holidays in spring
- Whitsun holidays: There are two weeks of holidays in early summer.
- Summer holidays: In summer, the school year ends at the end of July/beginning of August with six weeks of holidays.


You can find an overview of all upcoming public holidays and school holidays [here](#), for example .

### Religious holidays

Jewish, Muslim and Orthodox pupils are exempt from lessons on certain religious holidays. Information about this can be found  [here](#).

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

## Intercultural calendar

The  [intercultural calendar](#) provides an overview of the most important holidays of the different religious communities.

## Time changeover

There is also a time change in Germany. This means that

- The clock is set forward one hour from winter to summer time. The night of the time change is therefore one hour shorter. It is dark for longer in the morning. But it is light for longer in the evening.
- From summer to winter time, the clock is set back by one hour. The night of the time change is therefore one hour longer. It gets light earlier in the morning. But it gets dark earlier in the evening.

## The dates for the time change are

- Daylight saving time always begins on the last Sunday in March at 2 am. The clock is set forward from 2 o'clock to 3 o'clock.
- Winter time always begins on the last Sunday in October at 3 am. The clock is set back from 3 o'clock to 2 o'clock.

## The dates for the time changeover in 2025 and 2026 are

Start of winter time: 26.10.2025

Start of summer time: 29/03/2026


## Shopping

### Opening hours

Not all shops are always open for the same length of time. The opening hours vary.

### Opening hours from Monday to Saturday

- Most shops are open from Monday to Saturday. These days are also called "Werktage".
- Large shops are usually open between 7 am and 8 pm on weekdays. For example supermarkets or DIY stores. They do not take a lunch break.
- Smaller shops often have shorter opening hours.
- Sometimes there is a lunch break in smaller shops.

 You will find the opening hours advertised at each shop. You will usually find them on the front door. You can also ask a member of staff there at any time!

## On Sundays and public holidays

- Almost all shops are closed on Sundays and public holidays.
- Only some shops are allowed to be open. For example petrol stations. Sometimes you can also find a small selection of food or drinks there.
- There are special opening hours on some days. For example, on Christmas and New Year's Eve. The shops will let you know in advance. For example, through a notice on the entrance door.

💡 There are always Sundays open for business in individual municipalities. Shops are open on these Sundays as an exception. Sundays open for business usually only take place once a year.

## Weekly markets

In many municipalities there is a weekly market at the weekend. The best way to find out when and where these take place is to enquire at your local town hall.

## Shopping with little money

In addition to normal department stores and shops, there are also other places where you can buy things cheaply if you don't want to spend a lot of money. There are second-hand items that are still in good condition, for example furniture, clothes or bicycles.

You can often get such second-hand items from charitable organisations, second-hand department stores or second-hand goods exchanges. The items are resold there so that they can still be used.

You can find second-hand items here:

### City of Eichstätt:

#### Deutscher Kinderschutzbund

📍 Pfahlstraße 51, 85072 Eichstätt

☎ +49 (0) 84218780

✉ [@info@kinderschutzbund-eichstaett.de](mailto:info@kinderschutzbund-eichstaett.de)

🌐 [Kinderschutzbund Eichstätt](#)

#### Herz zauber Eichstätt - Outlet und Second Hand Brautmode

📍 Pfahlstraße 27, 85072 Eichstätt

☎ +49 (0) 84219375060

✉ [@info@herzzauber.de](mailto:info@herzzauber.de)

🌐 [Brautmoden, Brautkleider & Hochzeitskleider in Lenting / Ingolstadt](#)

#### H2 Eichstätt Sozialkaufhaus

📍 Gewerbegebiet Sollnau, Sollnau 23, 85072 Eichstätt

☎ +49 (0) 84219375250

✉ [@eichstaett@punds.info](mailto:eichstaett@punds.info)

🌐 [P&S Service - Startseite](#)

### Henry's

📍 Gabrielistraße 11, 85072 Eichstätt  
🌐 [Instagram @brk.kleiderladen.henrys](#)  
🌐 [BRK Kreisverband Eichstätt](#)

### Gaimersheim:

#### Caritas Markt

📍 Carl-Benz-Ring 18, 85080 Gaimersheim  
☎ +49 (0) 84149018628  
🌐 [@wohnheime.werkstaetten@caritas-ingolstadt.de](mailto:wohnheime.werkstaetten@caritas-ingolstadt.de)  
🌐 [Gebrauchtwarenmärkte](#)

### Tafel e. V.: Food for people in need

People who have little money and need help can get support from the organisation "Tafel e. V." (Tafel e. V.). The organisation collects good food that is left over and no longer needed. The organisation then passes this food on to people who need help.

In order to get food from the Tafel, you need a special card, the Tafel card (Tafelausweis). Simply enquire directly at your local food bank to find out how you can obtain the card.

#### Eichstätter Tafel e. V.

📍 Clara-Staiger-Straße 12A, 85072 Eichstätt  
☎ +49 (0) 1759354879  
🌐 [@info@eichstaetter-tafel.de](mailto:info@eichstaetter-tafel.de)  
🌐 [Eichstätter Tafel](#)

#### Tafel Ingolstadt e. V. - Außenstelle Kösching

📍 Klosterstraß 3, 85092 Kösching  
☎ +49 (0) 84133491  
🌐 [Tafel Ingolstadt e.V. | Hilfe finden](#)

You can find more information at 🌐 [Eichstätter Tafel](#).

### Online shopping

More and more people are shopping online. There are a few things to bear in mind.

💡 Remember that:



Online shopping does not only have positive effects. Packaging material and returns are a burden on the environment. And local shops can't keep up with the competition on the internet either. That's why many shops are closing. Local shops are empty. It is therefore worth considering what you order online or buy locally.


### What do you need to look out for?

#### Reputable online shop or fake shop?

Do you want to order something online? Then you should find out about the online shop beforehand. Because not all platforms are reputable. So-called fake shops offer cheap goods that you do not receive after payment or that you receive in poor condition.


## How can I recognise a dubious online retailer?

- Conspicuously favourable price. The goods in the online shop are remarkably cheap? This is not always a sign of a fake shop. But you should take a closer look.
- Conspicuous Internet address: A well-known website suddenly shows inconsistencies? The domain extension has been extended (for example, instead of ".de" it reads: ".de.com")? The Internet address contains the keyword "plants", but shoes are being sold? Then these are signs of a fake shop.
- No legal notice: Every online shop in the EU must have an  [legal notice](#). If the legal notice is missing, it is a sign of a dubious online shop. However, fraudsters also know this. Therefore, make sure that the legal notice includes the following: Address, representative person, e-mail address, reference to the commercial register. If these criteria are met, there is a good chance that you are dealing with a reputable shop.
- Missing general terms and conditions and cancellation conditions: GTCs are pre-formulated contractual terms and conditions. They are therefore rules that apply to every purchase from this online shop. If you cannot find any terms and conditions on the site, then you should be careful with this online shop. A reputable online shop will provide information about the cancellation conditions. You have a [right of cancellation](#) for every purchase at .
- Unsafe payment methods: The normal rule is: first the goods, then the payment. However, many shops also offer prepayment. Prepayment means that you transfer the money before the goods are dispatched. Are there many payment methods on offer? But in the last step you can only select "Vorkasse" as the payment method? Then be careful!
- False quality seals: Many fake shops use quality seals to gain the trust of potential customers. Do you see a quality seal on an online shop? Then click on it. If the quality seal is not linked to the corresponding website, then it is probably a fake.
- Missing or only positive customer reviews: Customer reviews on the online shop's site are not always meaningful. Often only positive reviews are published. The bad reviews are deleted. However, you can also search for customer reviews on other platforms.
- No encrypted connection: Pay attention to whether the online shop has an encrypted connection. Especially if you have to enter your data or bank details.
- Insufficient product descriptions: Does the product description match the goods or services on offer? If not, it could be a fake shop.
- Shortcomings in the offer: Before making a purchase, you should be informed about delivery times and shipping costs. Be careful if this is not the case.
- Lack of contact options: Avoid online shops that only offer an email address or a chargeable telephone number as a contact option.

You can easily check whether an online shop is reputable with the fake shop finder from the consumer advice centre at  [Fakeshop-Finder](#).

## Tips for safe online shopping

- Be careful when providing your details. Of course, the online shop needs your name and address for delivery. But sometimes other information is also requested. Think about whether you really want to provide this information.
- Choose online shops carefully. Pay attention to the criteria listed above.
- Compare the prices with offers in the shop. Not everything is cheaper on the Internet.
- Pay attention to the total price: Is the price shown really the final purchase price (including taxes, customs duties and delivery costs)?
- Contact customer service if you are unsure about something.
- Read the experiences and reviews of other customers.
- Check again before you place the order: What products are in your basket? What are the delivery costs? Are there any additional taxes if the product comes from outside the EU?
- Print out your order or purchase contract, the product description and the terms and conditions and cancellation policy or save them on your computer. This way, the online retailer cannot change anything afterwards.


 [Here](#) you can find further information on safe online shopping in German and English (including an explanatory video in German).

## Leisure and exchange

### Libraries


You can borrow books and other media from a library. For example, CDs or materials for learning. You can take the items home with you. To do this, you need a library card. You can get one at your local library.

You can also study or read quietly in the library. Ask your local library for more information.

You can use the  [library search engine](#) at Deutschen Bibliotheksstatistik (DBS) to search for libraries in your area.

### Library of the city of Eichstätt and the St. Michaelsbund

 Pedettstraße 4D, 85072 Eichstätt

 +49 (0) 8421905643

 [poststelle@eichstaett.de](mailto:poststelle@eichstaett.de)

 <https://buecherei.eichstaett.de/>

Opening hours:

Tuesday 11:00 - 14:00 + 16:00 - 18:00


Wednesday 09:30 - 11:30 + 16:00 - 18:00

Thursday 16:00 - 18:00

Friday 15:00 - 18:00

### Public bookcase of the city of Eichstätt

The public bookcase of the city of Eichstätt is located directly at the old railway station building of Eichstätt Stadt station.

 Bahnhofplatz 15, 85072 Eichstätt

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### **Bücherei Beilngries**

📍 Eichstätter Straße 1, 92339 Beilngries

☎ +49 (0) 8461606696

✉ [@poststelle@beilngries.bayern.de](mailto:poststelle@beilngries.bayern.de)

🌐 <https://www.beilngries.de/freizeit/a-z/stadtbuecherei-868/>

Opening hours:

Tuesday 10:00 - 11:30

Wednesday 15:30 - 17:00

Thursday 17:30 - 19:00

Saturday 10:00 - 11:30

Sunday 10:45 - 12:00

### **Catholic public library**

📍 Katholisches Pfarramt, Kirchweg 2, 85122 Hitzhofen

☎ +49 (0) 845838003

✉ [@hitzhofen@bistum-eichstaett.de](mailto:hitzhofen@bistum-eichstaett.de)

🌐 <https://hitzhofen.bistum-eichstaett.de/buecherei/>

Opening hours:

Tuesday to Thursday 8:00 - 11:30 a.m.

### **Library Gaimersheim**

📍 Obere Marktstraße 1, 85080 Gaimersheim

☎ +49 (0) 8458324442

✉ [@info@gaimersheim.de](mailto:info@gaimersheim.de)

🌐 <https://gaimersheim.de/buecherei/>

Opening hours: Monday

Monday 14:00 - 18:00

Tuesday 08:30 - 11:30

Wednesday 14:00 - 18:00

Thursday 14:00 - 19:00

Friday 14:00 - 18:00

### **Library Kösching**

📍 Klosterstraße 3, 85092 Kösching

☎ +49 (0) 84568522

✉ [@info@buecherei-koesching.de](mailto:info@buecherei-koesching.de)

🌐 <https://webopac.winbiap.de/koesching/index.aspx>

Opening hours:

Tuesday 14:30 - 18:30

Wednesday 09:00 - 11:00

Thursday 14:30 - 18:30

Sunday 10:00 - 12:00

### **Library Buxheim**


📍 Kirchenring 13, 85114 Buxheim

+49 (0) 4583440542  
[@buecherei-buxheim@t-online.de](mailto:@buecherei-buxheim@t-online.de)  
<https://pfarrei-buxheim.de/buecherei/>

Opening hours:

Monday 14:00 - 18:00  
Tuesday 08:30 - 11:30  
Wednesday 14:00 - 18:00  
Thursday 14:00 - 19:00  
Friday 14:00 - 18:00


### **Library Mindelstetten**

 Mayer-Platz 1, 93349 Mindelstetten  
+49 (0) 840493947140  
[@buecherei@mindelstetten.de](mailto:@buecherei@mindelstetten.de)  
<https://www.mindelstetten.de/buecherei/>

Opening hours:

Monday 15:00 - 17:00  
Friday 16:45 - 18:00

### **Community library Nassenfels**

 Weingartenweg 3, 85128 Nassenfels  
[@gemeindebuecherei.nassenfels@gmx.de](mailto:@gemeindebuecherei.nassenfels@gmx.de)  
<https://buechereinassenfels.wixsite.com/website>

Opening hours

Tuesday 18:00 - 19:00  
Friday 18:00 - 19:00


### **Lenting library**

 Rathausplatz 1, 85101 Lenting  
+49 (0) 84561899  
[@buecherei.lenting@gmx.de](mailto:@buecherei.lenting@gmx.de)  
<https://www.lenting.de/buecherei-1>

Opening hours: Monday

Monday 16:30 - 18:30  
Wednesday 17:30 - 19:30  
Thursday 09:00 - 11:00  
Friday 15:30 - 17:30

### **Etting library**

 St.-Michael-Straße 2, 85055 Ingolstadt  
<https://www.pfarrei-etting.de/buecherei.html>

Opening hours:

Sunday 10:30 - 11:30 a.m.  
Tuesday 15:00 - 17:00

Wednesday 17:30 - 18:30

### Library Wellheim

📍 Wittmeßstraße 25, 91809 Wellheim

☎ +49 (0) 84279850961

@ [leseinsel-wellheim@altmuehl.net](mailto:leseinsel-wellheim@altmuehl.net)

🌐 <https://opac.winbiap.net/wellheim/index.aspx>

Opening hours:

Tuesday 10:00 - 12:00 + 16:00 - 18:00

Saturday 10:00 - 12:00

### Oberdolling library

📍 Hauptstraße 1, 85129 Oberdolling

☎ +49 (0) 8404929120

@ [buecherei.oberdolling@oberdolling.de](mailto:buecherei.oberdolling@oberdolling.de)

🌐 <https://www.oberdolling.de/buecherei/>

Opening hours:

Tuesday 16:00 - 17:30

Thursday 17:30 - 19:00

## Eichstätt-Ingolstadt University Library

The library of the [Catholic University of Eichstätt-Ingolstadt](#) has several locations (branch libraries). Most of them are located in Eichstätt, one is in Ingolstadt (Economics).

📷 The opening hours are variable and can be viewed on the [website](#).

### Zentralbibliothek Eichstätt

📍 Universitätsallee 1, 85072 Eichstätt

☎ +49 (0) 84219321492

@ [bibliothek@ku.de](mailto:bibliothek@ku.de)

🌐 <https://www.ku.de/bibliothek/>

### Teilbibliothek 1 Ulmer Hof

📍 Pater-Philipp-Jeningen-Platz 6, 85072 Eichstätt

☎ +49 (0) 84219321414

@ [bibliothek@ku.de](mailto:bibliothek@ku.de)

🌐 <https://www.ku.de/bibliothek/>

### Teilbibliothek 2 Aula

📍 Ostenstraße 1, 85072 Eichstätt

☎ +49 (0) 84219321389

@ [bibliothek@ku.de](mailto:bibliothek@ku.de)

🌐 <https://www.ku.de/bibliothek/>

### Teilbibliothek 3 Hofgarten

📍 Hofgarten 1, 85072 Eichstätt

☎ +49 (0) 84219321327


@ [bibliothek@ku.de](mailto:bibliothek@ku.de)

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## [Teilbibliothek 3 "Hofgarten", Historische Bestände - KU](#)

### **Zweibibliothek Ingolstadt**

 Auf der Schanz 49, 85049 Ingolstadt

 +49 (0) 84193721809

 [bibliothek@ku.de](mailto:bibliothek@ku.de)

 <https://www.ku.de/bibliothek/>

### **Offers for senior citizens**

More and more older people are living in Germany. In 2020, around 18.3 million people in Germany were over the age of 65. This figure continues to rise every year. Today, older people make up more than 22% of the entire population.

Many older people need care or help in the home. The older someone is, the more likely it is that he or she will need assistance. Some older people live alone. As a result, they sometimes have fewer social contacts.

However, social contact is very important for mental health. That's why it's good when there are programmes for senior citizens.

### **Here you can find help and services for older people in your neighbourhood.**

The senior citizens' guide (Seniorenwegweiser) for the district of Eichstätt contains lots of useful information. It is aimed at older people who want to stay active. The guide contains addresses for help at home and suitable accommodation for the elderly. Medical and psychological facilities are also listed. These help with everyday life and problems.

There are several places where you can obtain the guide:

- in your municipality
- at the information desk in the Eichstätt service centre
- at the district administration office, in the demography and care department

## [Senior citizens' guide for the district of Eichstätt](#)

### **Religious practice**

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

Contact with a community is important. Here you can celebrate worship together. It makes it easier to socialise with your fellow human beings. There are various groups or meetings for this purpose. You can find information on the community's website. Give them a call or introduce yourself in person.

### **Catholic parishes:**

📍 [Catholic Church Eichstätt](#). The history of the diocese of Eichstätt dates back to the 8th century. In 740, the monk Willibald came to Eichstätt from England to convert the people. He later became a bishop and founded a monastery, which became the origin of the diocese. Willibald's siblings, Wunibald and Walburga, helped him in his work and ran a monastery in Heidenheim. Today, Willibald's remains are in 📍 [Eichstätt Cathedral](#), and 📍 [Walburga](#) was also buried in Eichstätt.

In the 11th century, an Eichstätt bishop, Gebhard I, was even elected pope and was called Victor II. From around 1300, the bishops of Eichstätt ruled over a large area around the middle Altmühl - the Hochstift Eichstätt.

Eichstätt remained strongly Catholic during the Reformation. This is why the town was destroyed during the Thirty Years' War. After the destruction, many new buildings were erected in the 📍 [Baroque style](#), which greatly embellished the town. This development continued until secularisation. You can find out more about the history of the Diocese of Eichstätt at the 📍 [Diocesan Museum](#).

📍 [Eichstätt - city of churches and monasteries](#): The city of Eichstätt is a centuries-old episcopal seat. There are many churches and monasteries. 📍 [Here is](#) a list of all the churches, chapels and monasteries. 📍 [Click here](#) for the Eichstätt parish association. There is also a list of churches on the website.

There is at least one church in every [village](#) in the district of Eichstätt.

## Parish offices of the Eichstätt parish association:

### Dompfarramt Eichstätt, Mariä Himmelfahrt

📍 Pater-Philipp-Jeningen-Platz 4, 85072 Eichstätt

☎ +49 (0) 84211632

✉ [@stadtkirche.eichstaett@bistum-eichstaett.de](mailto:@stadtkirche.eichstaett@bistum-eichstaett.de)

🌐 <http://www.bistum-eichstaett.de/pfarrei/eichstaett-dom/>

### Katholische Pfarrei Eichstätt, Heilige Familie

📍 Pater-Philipp-Jeningen-Platz 4, 85072 Eichstätt

☎ +49 (0) 84211632

✉ [@stadtkirche.eichstaett@bistum-eichstaett.de](mailto:@stadtkirche.eichstaett@bistum-eichstaett.de)

🌐 <http://www.bistum-eichstaett.de/pfarrei/eichstaett-heilige-familie/>

### Katholisches Pfarramt Obereichstätt, St. Johannes Ev.

📍 Pater-Philipp-Jeningen-Platz 4, 85072 Eichstätt

☎ +49 (0) 84211632

✉ [@stadtkirche.eichstaett@bistum-eichstaett.de](mailto:@stadtkirche.eichstaett@bistum-eichstaett.de)

🌐 <http://www.bistum-eichstaett.de/pfarrei/obereichstaett/>

### Katholisches Pfarramt Eichstätt-Rebdorf

📍 Pater-Philipp-Jeningen-Platz 4, 85072 Eichstätt

☎ +49 (0) 8421632

✉ [@stadtkirche.eichstaett@bistum-eichstaett.de](mailto:@stadtkirche.eichstaett@bistum-eichstaett.de)

🌐 <http://www.bistum-eichstaett.de/pfarrei/eichstaett-rebdorf/>

### Katholisches Pfarramt Eichstätt, Heilig Geist

📍 Bahnhofplatz 3, 85072 Eichstätt

☎ +49 (0) 842193770

<http://www.bistum-eichstaett.de/pfarrei/eichstaett-heilig-geist/>

Pilgrimage sites of the diocese of Eichstätt: [Pilgrimage sites](#)

### Protestant parishes:

[Evangelical Lutheran parish of Eichstätt](#). The Evangelical-Lutheran church in Eichstätt was consecrated in 1887. It was later given the name Erlöserkirche. The history of the Protestant community in Eichstätt is still relatively young. Especially in a town that was strongly Catholic in character. Protestants only moved to Eichstätt at the beginning of the 19th century. For a long time, they did not have their own church. From 1845, they were allowed to use the upper town hall for their services. Two years later, in 1847, the congregation was able to purchase the former Welden canonry. In 1886, construction work began on today's Church of the Saviour, which was built as a three-aisled basilica. [Click here](#) for the website of the Eichstätt Protestant parish.

### Jewish community:

At the end of the 13th century there is the first evidence of Jewish life in Eichstätt. In 1292, an official document mentions a Jewish man from Eichstätt. Only a few years later, in 1298, there were serious acts of violence against Jews. People from Eichstätt were also killed. This is recorded in an old memorial book from Nuremberg. In the 14th century, a small Jewish community began to form in Eichstätt. The city's bishops assumed a kind of protective function for the Jewish inhabitants. Today it is assumed that the Jewish families lived in the area of today's Turmgasse. Later documents also refer to this street as "Judengasse". More information on Jewish life in the district of Eichstätt at [Eichstätt \(community\) - Jewish life in Bavaria :Haus der Bayerischen Geschichte](#).

- Information on Jewish life in the diocese of Eichstätt: [Jewish life](#).
- State Association of Jewish Communities in Bavaria (Ingolstadt/Upper Bavaria): [Ingolstadt - IKGL](#)

### Free Baptists:

[Free Baptist Church of Eichstätt](#). The Baptists have their origins in the time of the Reformation. The Baptist congregation in Eichstätt has been in existence since November 2015 and has been meeting in the former video store at Buchtalstraße 65 since January 2016. The congregation is part of the Free Baptist Church of Ingolstadt and was founded as a daughter congregation of the latter. [Click here](#) for the website.

### Turkish Islamic Community Eichstätt:

[DITIB Eichstätt](#). The Turkish-Islamic community in Eichstätt has had its own mosque since 2005. An old baroque granary was renovated and converted for the mosque and community centre. This created a link between the Islamic tradition and the history of the town of Eichstätt. [Click here](#) for the DITIB Eichstätt website.

### Türkische Islamische Gemeinde Beilngries:

[DITIB Türkisch-Islamische Union der Anstalt für Religion e.V.](#)

Max-Prinstner-Straße 13, 92339 Beilngries


+49 (0) 8465173151


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## Turkish-Islamic Community of Kipfenberg e. V.:

The Turkish-Islamic community in Kipfenberg is called DITIB. The association was founded on 15 November 1997. There has been a mosque at Bachgasse 26 since 31 May 2012, with 110 members. The mosque is a meeting place for many people. They come from different religions and cultures. Every Friday, people pray together in the mosque. On special religious holidays, there is a programme of prayers, communal meals and discussions. In spring and autumn there is the "Kermes" festival. The mosque opens its doors to visitors. There is lots of delicious food and guided tours. You can learn a lot about Islam, culture and life there. The most important holidays are Ramadan (Eid) and the Feast of Sacrifice.

 Çiğdem Koç

 Bachgasse 26, 85110 Kipfenberg

 +49 (0) 8465173151

 +49 (0) 15164976545

### More time for families - holidays and leisure

#### More time for families - holidays and leisure that do you good


A family holiday brings wonderful shared experiences. Parents and children leave everyday life behind them. They discover new places and get to know each other better.

Every family should be able to go on holiday. Non-profit family holiday centres help with this. They have been supporting families for over 50 years. There are simple holiday homes, campsites, castles and hotels. Families spend their holidays by the sea, in the mountains or at lakes.


#### Leisure for young and old

The family holiday centres focus on joint activities. Parents and children play together and explore nature. Children try out new hobbies. They take part in sports courses and go on exciting excursions. Teachers run courses on education, health and exercise. Parents can relax and recharge their batteries during this time. Single parents particularly benefit from these programmes.

#### Help for families with little money

Families on low incomes can find affordable holiday offers. Many federal states help with the costs. The family portals of the federal states or  [www.urlaub-mit-der-familie.de](http://www.urlaub-mit-der-familie.de) provide all the information and advice on grants.

#### Recreation in Bavaria and throughout the country

Families receive financial support in Bavaria. This applies to stays in non-profit family holiday centres. Further information can be found at  [www.zbfs.bayern.de](http://www.zbfs.bayern.de).

#### Cures for mums and dads with children

Parents who feel exhausted can find help. The Müttergenesungswerk offers counselling in over 1,400 centres in Germany. The counsellors help with the preparation of health cures. These cures strengthen body and soul. Parents gain new strength for their everyday family life.

💡 They can find support at 🌐 [Caritas](#), 🌐 [Arbeiterwohlfahrt](#) or 🌐 [Diakonisches Werk](#).

## Music schools

Music schools are places where many people from different countries and cultures come together. There you can make music together and learn lots of new things. It doesn't matter how old you are or whether you are already good at music. Everyone is welcome.

You will have a lot of fun at the music school. You can meet new friends who enjoy making music as much as you do. The teachers are friendly and will help you to get better and better. They will show you how to play or sing new songs.

Music makes you happy and brings people together. When you make music, you feel good and can understand others better. That's why music schools are a great place to spend good times together and have a lot of fun.

In the music school you can learn many new things, for example how to play an instrument, how to sing properly or how to make music together with others and have fun.

### Musik-Schule Eichstätt

📍 Am Sportplatz 4, 85072 Eichstätt

☎ +49 (0) 842189631

@ [musikschule-ei@altmuehlnet.de](#)

🌐 [Musikschule-eichstaett](#) **Musik-Netz in Eichstätt. Die andere Musik-Schule**

📍 Gottesackergerasse 1, 85072 Eichstätt

☎ +49 (0) 8421935887

@ [info@musik-netz-eichstaett.de](#)

🌐 [Musik-netz-eichstaett](#) **Jugend-Kunst-Schule Eichstätt**

📍 Westenstraße 78, 85072 Eichstätt

☎ +49 (0) 17683103122

🌐 [Jugendkunstschule-eichstaett](#)

### Klavier-Studio

📍 Altersheimweg 10, 85072 Eichstätt

☎ +49 (0) 17663327758

@ [lochmannwelf@gmail.com](#)

🌐 [Klavierstudio](#)

### Musik-Garten Böhmfeld

📍 Stammhamer Weg 25, 85113 Böhmfeld

☎ +49 (0) 8406919580

@ [audia\\_hamann@gmx.net](#)

🌐 [Musikgartenboehmfeld](#)

### Musik-Schule Gaimersheim

📍 untere Marktstraße 10, 85080 Gaimersheim

+49 (0) 84134599

@[info@loy-musik.de](mailto:info@loy-musik.de)

[Loy-musik](#)

### **Musik-Schule Klaviacelli Stammham**

Jurastraße 12, 85134 Stammham

+49 (0) 17628213741

[Klaviacelli](#)

### **Studio Musik-Regenbogen**

Margeritenstraße 18A, 85092 Kösching

+49 (0) 17621353470

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

[Musikregenbogen](#)

### **On Stage Musikfabrik - Musik Dilly**

Klosterstraße 5, 85092 Kösching

+49 (0) 1629625001

+49 (0) 1729134323

@[kontakt@onstage-musikfabrik.com](mailto:kontakt@onstage-musikfabrik.com)

[Onstage-musikfabrik](#)

### **Musik-Schule Stock**

Lortzingstraße 7, 85098 Großmehring

+49 (0) 84078497

@[info@usikschule-stock.de](mailto:info@usikschule-stock.de)

[Musikschule-stock](#)

### **Musik-Studio Westner**

Buchenstraße 3, 93336 Altmannstein

+49 (0) 1726956940

@[info@musikstudio-westner.de](mailto:info@musikstudio-westner.de)

[Musikstudio-westner](#) **Ton-Club, Musik-Unterricht der Spaß macht**

Hauptstraße 34, 85131 Pollenfeld

+49 (0) 8421934931

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

[Tonclub.de](#) **Karla Wolter**

Attenfelder Weg 21, 85116 Egweil

+49 (0) [+49 \(0\) 1606993](tel:+4901606993)

@[musik@karla-wolter.de](mailto:musik@karla-wolter.de)

[Karla-wolter](#) **FÜNFRABEN**

Parkstraße 1, 91795 Dollnstein

+49 (0) 15156006585

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

[Fuenfraben](#)

## Sports programmes in the district of Eichstätt

Sport is fun and good for your health. Sport is an easy way to make new friends. There is sport everywhere in the world. Sport helps you to get to know the locals - in a relaxed and easy way.

Many people work voluntarily in clubs - that's called volunteering. This means they help without getting paid. There is often a regulars' table - a meeting where everyone gets together and swaps ideas.

If you want to join an association, you need to be a member. This means you pay an annual membership fee. This fee is usually between €100 and €120 per year. This supports the club, for example for new sports equipment or the use of sports halls.

## Sport in the district of Eichstätt - town of Eichstätt

Anyone can do sport in Eichstätt. There are two swimming pools, an airfield and a driving range. In winter there are cross-country skiing trails and an area for ice skating. Sports fields and gyms can be used all year round. Many sports clubs, the adult education centre and the sports centre of the Catholic University offer a wide range of sports activities.

### [Sports facilities in the city of Eichstätt](#)

## Sports clubs in the city of Eichstätt

List is not exhaustive!

-  [Boxing Club Eichstätt e. V.](#)
-  [DJK Eichstätt e. V.](#)
-  [German Alpine Club \(DAV\)](#)
-  [Eichstätter Tanzsportclub e. V.](#)
-  [FC Sports Club Türk Gücü Eichstätt](#)
-  [Eichstätt Flying Club e. V.](#)
-  [University sports of the Catholic University of Eichstätt-Ingolstadt](#)
-  [JFG Region Eichstätt e. V.](#)
-  [Royal Private Firearms Association Eichstätt](#)
-  [Police Sports Club e. V.](#)
-  [Eichstätt Chess Club 1921 e. V.](#)
-  [Shooting club Rebdorf Marienstein e.V.](#)
-  [Wasserzell Sports Club](#)
-  [Marienstein Sports Club](#)
-  [Tennis club Rot-Weiß Eichstätt e. V.](#)
-  [VfB Eichstätt 1920 e. V.](#)
-  [Eichstätt Vaulting Club](#)

## Other sports clubs




-  [FC Hitzhofen-Oberzell](#)

- [!\[\]\(e4747568fb353863ca8f85d5fad85c4e\_img.jpg\) Hubertus Hitzhofen-Oberzell Shooting Club e.V.](#)
- [!\[\]\(f76d93e72a074ef875956352bb1f7a32\_img.jpg\) Sports club Eitensheim e.V.](#)
- [!\[\]\(505a702d9eff8bd8498ec72046d3c1c9\_img.jpg\) TSV Gaimersheim 1908 e.V.](#)
- [!\[\]\(02530596ffe648124a3dafae95a394d1\_img.jpg\) Stammham sports club](#)
- [!\[\]\(facf0febee529208000b41323b01cf85\_img.jpg\) Kasing sports club](#)
- [!\[\]\(92e68f076cf964156610a818c48405b8\_img.jpg\) TSV Kösching](#)
- [!\[\]\(ac39f1c8137e3c6301b42ca907cb802c\_img.jpg\) Royal private FSG Kösching](#)
- [!\[\]\(bb5923fe5ff65816fbebc8dcfdfad04b\_img.jpg\) TSV Lenting](#)
- [!\[\]\(91d2a0c1e1a79bf0166de77707d04727\_img.jpg\) FC Hepberg Gymnastics club](#)
- [!\[\]\(9d879b6b0c630d01b808512c7bf8237b\_img.jpg\) Sports club Wettstetten e.V.](#)
- [!\[\]\(0a527d59ed91553061a98be3c8fc2e56\_img.jpg\) United Snooker Club Ingolstadt](#)
- [!\[\]\(525c248ccb48ff7fb5d0f4bcc6155d46\_img.jpg\) FC Böhmfeld](#)
- [!\[\]\(59d19195aa6964a36e8a3d24fbdbf366\_img.jpg\) Sports club Buxheim 1930 e.V.](#)
- [!\[\]\(ba4a60d9770ce043a9799727f6d55dac\_img.jpg\) FC Nassenfels](#)




## Swimming pools

Swimming pools are places to swim and play in the water. You can cool off and have fun there. There are swimming pools for children and adults. Some swimming pools also have slides. Swimming pools are often indoors or outdoors. Sometimes you have to pay admission. There are rules in swimming pools so that everyone is safe.




### Inselbad Eichstätt

 Wasserwiese 4, 85072 Eichstätt  
 +49 (0) 8421600582  
 [INSELBAD - Stadtwerke Eichstätt](#)




### Hallenbad Schottenau

 Schottenau 22, 85072 Eichstätt  
 +49 (0) 84219344997000  
 [Hallenbad - Stadt Eichstaett](#)




### Bad am Berg

 Weidhausstraße 20, 85092 Kösching  
 +49 (0) 84569643855  
 [Bad am Berg | Kösching](#)

### Badelandschaft AQUAMARIN

 Martin-Ludwig-Straße 15, 85080 Gaimersheim  
 +49 (0) 845832460  
 [Erlebnisbad - Markt Gaimersheim](#)

### Freibad Altmannstein

 Galgenbergring 2, 93336 Altmannstein  
 +49 (0) 9446910862  
 [Markt Altmannstein](#)

### **Freibad Am Limes**

📍 Pfahldorfer Str. 8, 85110 Kipfenberg

☎ +49 (0) 8465906924

🌐 [Freibad "Am Limes" - Markt Kipfenberg](#)

### **Altmühlbad Beilngries**

📍 An d. Altmühl 1, 92339 Beilngries

☎ +49 (0) 84617212

🌐 [Altmühlbad Beilngries](#)

### **Freibad Dollnstein/Breitenfurt**

📍 Am Bad 3, 91795 Dollnstein

☎ +49 (0) 8422987744

🌐 [Freibad Breitenfurt - Markt Dollnstein](#)

## **IN VIA - Offers for women - Life in Bavaria**

### **IN VIA Bayern e.V.**

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

### **IN VIA Bayern e.V.**

Katholischer Verband für Mädchen- und Frauensozialarbeit

📍 Maistraße 5 · 80337 München

☎ +49 (0) 89512661911

🏠 +49 (0) 89512661929

✉ [info@invia-bayern.de](mailto:info@invia-bayern.de)

🌐 [www.invia-bayern.de](http://www.invia-bayern.de)

The courses are organised by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are entitled to stay permanently,
- Asylum seekers with good prospects of staying
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

### **Reality of life in Bavaria**

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here 🌐 [IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern](#)

## Living in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

 [Flyer LiB Ingolstadt March 2025](#)

## Work in the district of Eichstätt

### Information on training, work and study

Would you like to work in Germany? Then you need to know: How can I work in Germany? And where can I get help? You can find everything you need to know about work and jobs here:

[Access to the labour market](#)

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

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

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

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

### Find a job

#### Labour market access

#### EU citizens and persons with a residence permit

💡 You come from the **EU**? Do you now live in Germany? And you would like to work? Then you can do so without any problems. As an EU citizen, anyone can work in Germany. Without restrictions.

💡 If you have been **recognised** by the BAMF as a person entitled to asylum, refugee status or subsidiary protection, the [foreigners authority](#) will issue you with a residence permit. This entitles you to pursue any gainful employment and thus grants you full access to the labour market.

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## Asylum seekers or tolerated persons

Have you fled to Germany? Then your [residence status](#) is important. It determines whether you are allowed to work. We explain the differences below. You will also find the relevant advice centres below.

### Asylum seekers with proof of arrival or authorisation to stay:

Would you like to work? The foreigners authority can authorise you to do so. You must submit an application there. The Federal Employment Agency (BA) must give its approval. You must observe the following rules so that the authority can make a decision.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 9 months work ban (6 months if you have underage children) from the date of entry
- After that you are normally allowed to work. Submit an application to your local authority.
- The BA will then check the working conditions.

💡 Has your asylum application been rejected as manifestly unfounded or inadmissible? Then you are not allowed to work.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban from entry
- After that you are normally allowed to work. Submit an application to your local authority.
- The BA will then check the working conditions.

### Asylum seekers from safe countries of origin

Do you come from a safe country of origin? These include Albania, Bosnia and Herzegovina, Ghana, Kosovo, North Macedonia, Montenegro, Senegal and Serbia. Did you apply for asylum after 31 August 2015? Then you are not allowed to work.

### Tolerated persons

The [foreigners authority](#) always decides whether you are allowed to work. You must therefore submit an application to the immigration authority. The foreigners authority can impose a general work ban on you. There are certain rules that you must observe.

💡 Persons with a tolerated stay permit due to unclear identity (§ 60b AufenthG) are always prohibited from working.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 6 months work ban
- Your tolerated stay has already lasted 6 months? Then the foreigners authority will decide whether you are allowed to work. Submit an application to your authority.
- The Federal Employment Agency will check your working conditions.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban
- Has your tolerated stay permit already lasted 3 months? Then the foreigners authority will decide whether you are allowed to work. Submit an application to your authority.
- The Federal Employment Agency will check the working conditions.

## **Important!**

💡 Different rules apply to [self-employment](#)! A concrete job offer is ALWAYS a prerequisite for the above-mentioned applications.

## **Counselling centres**

For advice and placement in the labour market, there are the following contact points specifically for refugees - here too, there are differences depending on whether your asylum procedure is still ongoing or whether you are recognised or tolerated.

## **Labour contract**

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work. It states when you work. How much holiday you get. It states how much money you will receive. Both sides - employee and employer - must honour these agreements. The contract becomes legally binding when you sign it. Do not sign it until you have fully understood its contents.

## **Types of contract**

### **Open-ended employment contract**

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

### **Fixed-term employment contract**

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

### **Mini job**

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

## **Labour law**

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


- Regulation of working hours

- minimum wage
- holiday entitlement
- Protection against dismissal
- Company representation of interests (works council)
- Regulation of the work of trade unions
- and some more

## Taxes and social security contributions

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

## Tax identification number

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

## National insurance number

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

## Undeclared work

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

## Applications and job interviews

Would you like to start an [apprenticeship](#) or work in Germany? Then you must apply in writing.


Many companies publish job adverts. Either in the newspaper or on the Internet. The company is therefore looking for new employees. The job advert states what kind of work or training is involved. It also states what expectations the company has of the new employee. You will find information on where and how to apply.

Have you been invited to an interview? Then the company is interested in you. You can introduce yourself at the interview. Please allow enough time for the journey to the appointment. Make sure you arrive on time for the appointment. It is best to prepare in detail for the interview beforehand. You can also gather important information about the company.


Visit the website and read through the company's history. Find out about the products or services. Do you want to show your interest in the job? Then ask questions during the appointment. This will show that you have done your research. You show that you are motivated.

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

**Cover letter:** In your personal cover letter, you briefly introduce yourself. You explain why you are suitable for the vacancy. For example, describe what experience you have already gained in your home country. Find out more about the company and describe why you would like to work there. Your cover letter should fit on one page. Sign your cover letter. There are many templates and aids on the Internet. It is important that you do not simply copy and paste. Your cover letter must suit you and the position.

**Curriculum vitae:** The CV lists all your experience. It is structured like a large table. Write from when to when you worked at which company. Write where you completed your [training](#) or [studies](#). Write where you went to [school](#) and what school-leaving qualification you obtained. You don't have to include a photo in your CV, but many companies like it if you do. You can have your CV created on the [Europass website](#) . The site is available in many languages. You enter your details. You write down your experience. At the end you will receive a CV. CVs look different in every country. It is important that you use the format that is used in Germany. You can select this at Europass.



**Certificates and supporting documents:** It is important that you send copies of your certificates (no originals!). Certificates are your school leaving certificate, your degree and work references from the past. The certificates should be in German or English, otherwise they should be translated. You should also send proof of [internships](#), further training relevant to the job or certificates from your German course.


 The job advert will tell you how to apply. Please read it carefully.




**In writing:** Buy a nice application folder and put your cover letter, CV and certificates in it. Then send the application to the address given in the job advert.





**E-mail:** Many applications are now sent by e-mail. Combine your cover letter, CV and references into one PDF file and send this as an attachment to the e-mail. In the e-mail, write a short text addressed to the person who will receive your application.

**Online:** Large companies have their own website where you have to apply. You have to register there with your e-mail address and can then send your application there.

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

 [Europass](#) is a multilingual online portal (over 20 languages) that helps migrants to visualise their skills and knowledge. It offers a free online tool to create a language passport or a CV (see above). You will also find important tips for good job applications on Europass.

At  [Bewerbung.net](#),  [StepStone](#) and  [Lebenslauf2go](#) you can create a CV and cover letter free of charge. In some cases, you can also import your data from Xing or LinkedIn. It is also possible to write your own texts in the template or import files.

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

## Language exercises

🌐 On the 🌐 [VHS learning portal "Ich will Deutsch lernen"](#) and the 🌐 [Goethe-Institut](#) website "[Deutsch für dich](#)" you will find exercises on the subject of job applications and the world of work in general. This will help you learn about the world of work and improve your German language skills.

## Finding work - counselling and help

### There are many ways to find a job

There are many adverts in local newspapers or on the internet. There are also platforms where you can find a suitable job, such as the websites of major local newspapers.

### Job search on the Internet

For example, you can search online job boards according to the following criteria

- Type of employment (full-time, part-time, mini-job and so on)
- Profession/activity (enter the profession or industry in which you would like to work. If the first three letters are entered, the website will suggest occupations)
- Location (enter your desired location)
- Vicinity (enter the maximum distance from your place of residence)

Finally, click on the "Search" button. Your filtered results will now be displayed.

- 🌐 [Job exchange employment agency](#)
- 🌐 [Kimeta.de](#)
- 🌐 [Meinestadt.de](#)
- 🌐 [Stepstone.de](#)
- 🌐 [Indeed.com](#)
- 🌐 [Donaukurier](#)

### further possibilities to find a job:

- Company website
- Job fairs
- social media
- Ask friends and acquaintances
- Ask or call the companies in person
- Diaconia
- Caritas

## Counselling and support

In addition to the [Employment Agency](#) and the [Eichstätt Job Centre](#), the [advice centres](#) or volunteers in your area can also help you with your search for work or training and with your application.

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## Internship

### Important information about the internship

#### What is an internship?

An internship is a temporary position. This means that interns work in a company or organisation for a limited period of time. An internship can be done in almost any profession.

An internship is there to...

- familiarise yourself with a new profession,
- get to know a working environment in practice,
- and / or to deepen theoretical knowledge through practical (professional) experience.

#### What are the advantages of an internship?

An internship is very helpful before entering working life.

- Interns get to know professions and fields of activity. They can see which profession is right for them.
- Interns get to know companies and organisations. They see whether they want to work there.
- Interns make contacts that can be helpful when entering working life.
- The company or organisation gets to know the interns. This may result in a job or apprenticeship after the internship.

#### For whom is an internship useful?

An internship can be useful for anyone. When hiring new employees, for example, employers look at where the applicant has already completed an internship.

Internships are particularly useful for

- Pupils,
- students,
- People about to enter working life (to gain work experience),
- People who want to change careers,
- people who have been out of work for some time.

#### The most important types of internships

##### Compulsory internship

- Pupil internship: Pupils often have to do an internship at school. The pupil internship often only lasts one to two weeks. The aim is to familiarise pupils with working life and give them an initial career orientation.

- Internship during studies: In order to complete a degree programme, students often have to complete an internship. The procedure and duration are regulated by the study regulations. Compulsory work placements provide initial work experience.

## **Voluntary internship**

Anyone can do a voluntary internship - whether they are school pupils, students or adults. The duration is determined together with the company or organisation.

## **Payment**

Interns sometimes receive money during their internship. But not always. This depends on several factors. For example, on the type of internship, the duration or even the sector.

Interns are entitled to payment if

- the internship lasts longer than three months
- and is voluntary.

This rule does not apply to compulsory internships as part of a degree programme. The rule also does not apply to interns under the age of 18.

Ten tips for interns

- Find out about the internship company before the internship (for example on the internet).
- Be polite, punctual and reliable.
- Show interest and motivation.
- Ask questions if you want to know something or if something is unclear.
- Address problems directly. Remain friendly.
- Accept criticism and learn from it.
- Private is private: for example, avoid private phone calls or constantly looking at your mobile phone.
- Dress appropriately.
- Make new contacts. These contacts can be helpful when looking for a job later on.
- Apply for an internship certificate. The internship certificate can be helpful when looking for a job later on.

## **Rights and obligations during an internship**

### **Internship contract**

You do not have to sign an internship contract. However, it is good to have an internship contract. This is because it sets out the regulations for the internship.

### **Working hours**

Depending on age, there are different regulations for working hours during an internship:

- Under 15 years: Work is generally prohibited. School internships, for example, are exempt. Young people aged 13 and over may also do light work (e.g. tutoring, delivering newspapers). Young people under the age of 15 are subject to special protection: they may work a maximum of 7 hours per day and a maximum of 35 hours per week.
- Between the ages of 15 and 18: Young people of this age may work a maximum of 8 hours per day and a maximum of 40 hours per week.
- Over 18: The regular working time of 8 hours per day should apply. However, regular means that there may be exceptions. If there is a lot to do, interns may work more than 8 hours. A maximum of 10 hours may be worked per day.

## Breaks

Interns may and must also take breaks. Age also plays a role in break times:

- Under the age of 18: If you work between 4.5 and 6 hours, you must take a 30-minute break. For more than 6 hours even 60 minutes.
- Over 18 years: If you work more than 6 hours, you must take a 30-minute break. If you work more than 9 hours, you must take 45 minutes.

## Confidentiality

Interns learn a lot about the company during their internship. Much of this information is confidential.

This means that interns are not allowed to pass on this information. This is called "confidentiality".

For example:

A person does an internship at a doctor's surgery. They learn a lot about the patients there. For example, the names and illnesses of the patients. They are not allowed to pass this information on to anyone else.

## Illness

In the event of illness, the intern must inform the internship organisation immediately. Interns often need a doctor's certificate. It is best to ask the internship company whether a certificate is necessary.

## Holidays

There is no entitlement to holiday during a compulsory internship.

It is possible to take holiday during a voluntary internship. But only if the internship lasts more than 4 weeks. The number of days of holiday depends on the age of the intern and the duration of the internship.

## Behaviour in the workplace

Interns mean time and work for the internship company. Interns should be aware of this.

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Interns should therefore behave accordingly.



## Entitlement to an internship certificate

Interns are entitled to an internship reference. This means that the company or organisation must issue an internship reference.

The internship reference is important for the intern. It helps later when applying for an apprenticeship or a job. It describes which activities the intern has carried out. Sometimes the assessment of your performance during the internship is also included in the certificate.

## Find an internship with Springboard Bavaria

There are many ways to find an internship.

- You can enquire directly with a company or organisation in person. In doing so, you immediately show the company that you are interested in an internship.
- You can send an application to a company or organisation. This is called an Initiativbewerbung. You show your initiative for an internship.
- You can apply for advertised internships via the websites. For example:
  -  [Job exchange of the employment agency](#)
  -  [IHK internship portal](#)
  - Use the same options as for [finding work](#).

At (Sprungbrett Bayern) Sprungbrett Bayern there are internships in many professions. Whether for school, during the holidays or after school. You can try out a job that interests you. An internship helps you to find your way and you can get to know people who can help you later on.

Have a look here to see if you can find something suitable:

## Immigration of skilled labour


### Immigration of skilled workers with vocational training and people with practical professional expertise

#### What is the Skilled Labour Immigration Act?

Skilled workers can immigrate to Germany more easily. This applies to skilled workers with

- vocational training lasting at least two years or a university degree.
- a university degree.

The Skilled Immigration Act lays down the rules.

The law has been in force since 1 March 2020 and will be amended from November 2023.  You can find out more [here](#).

#### Criteria for skilled workers

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What is a skilled worker? Three criteria are considered:

### **1) Qualification**

A professional qualification is necessary. This is the only way to perform qualified work in Germany. There are also many people without a professional qualification recognised abroad. They must have their professional qualification recognised in Germany. You can seek advice on this.

### **2) Experience**

People with professional experience are allowed to come to Germany. This applies to people who

- have obtained a recognised professional qualification abroad and
- can prove at least 2 years of professional experience.

A salary threshold applies to these people. This means that there is a minimum amount. The salary must be above the minimum amount.

### **3) Potential**

People without a concrete job offer can also work in Germany. The opportunity card was introduced for them. It is based on a points system. These criteria are taken into account:

- Qualifications
- German and English language skills
- work experience
- Relevance to Germany
- Age
- Potential of spouses and partners

### **An important innovation for asylum seekers**

Are you an asylum seeker? And you arrived before 29 March 2023? Then you can apply for a residence permit as a skilled worker. You do not have to leave the country. And you do not have to go through a visa procedure. You must withdraw your application for asylum.

You will need

- a corresponding recognised qualification
- an offer of employment or an existing employment relationship

💡 Seek advice on this first. The refugee and integration counselling service can help you.

### **Hotline for individual counselling**

Do you have a lot of questions? Then the Federal Government's hotline can help you. It offers individual counselling. They will take a close look at your personal situation. You can get advice in German or English.

Hotline "Working and living in Germany"

☎ +49 (0) 3018151111

🌐 [www.make-it-in-germany.com/de/service/kontakt/hotline](https://www.make-it-in-germany.com/de/service/kontakt/hotline)

## The basics of skilled labour immigration

There is a law in Germany. The law is intended to make it easier for skilled workers to come to Germany. The skilled workers either have a vocational qualification or a university degree. The law is called § 18a+b AufenthG. This allows skilled workers to obtain a residence permit for Germany. With this residence permit, they can work in Germany in any qualified occupation.

💡 Would you like to obtain the [EU Blue Card](#)? Then your new profession must match your qualifications. This means that you can only work in a profession that you have learnt.

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

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

## For employers

**Accelerated skilled labour procedure:** If someone from another country wants to work in Germany, as an employer you first need authorisation from this person. This is called an "authorisation". With this authorisation, you can start a faster process at the foreigners authority. The Immigration Office is an organisation that looks after people who come to Germany from other countries.

Your company then makes an agreement with this authority. This agreement sets out exactly what you, the new worker and the authorities are allowed to do and must do. It also specifies how long everything may take and who does what and when.

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

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

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

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

You can find templates and samples [here](#) and a detailed explanation of the procedure [here](#).

**Fast-track procedure for skilled workers:** Employers need an authorisation from the skilled worker. This allows you to initiate a fast-track procedure for skilled workers. You do this at the relevant immigration authority. The company concludes an agreement with the authority. All parties involved agree on what the employer, the skilled worker and the authorities may and must do. The agreement shows the procedures, the parties involved and

the deadlines.

💡 The **costs** amount to €411 and there is a visa fee of €75. The other costs, such as certified copies and translations, must be taken into account.

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

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

Information on the 🌐 [application for the accelerated skilled worker procedure](#) and 🌐 [here](#).

## For professionals

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

## Job search

### Entering the labour market:

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

### Skilled workers with a university degree:

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

### Skilled workers with vocational training:

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

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## Rules for entry

### Entry to seek employment:

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

### Stay for qualification measures:

You will be given more opportunities so that you can gain qualifications in Germany. Have you tried to have your qualifications recognised? The authorities have identified problems? Your qualifications do not match the German ones? Then you need sufficient knowledge of German. This is knowledge at level A2. Then you can apply for a visa. With this visa you can come to Germany for 18 months. You can gain qualifications during this time. The authorities can extend the visa once for 6 months. After that, you can apply for another visa. For example, for an apprenticeship. Or for studying. Or for work. You can find more information at [Make-It-In-Germany](#).

### Settlement permit for skilled workers from abroad:

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

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## Job search

### **Entering the labour market:**

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

### **Possibilities of employment:**

You have a certain qualification. This means that you are qualified for a specific profession. You are authorised to work in this profession. You can also work in related professions. Skilled workers with a qualification from a degree programme can also do other work. For example, skilled workers can work in an occupation that does not require a degree. However, skilled workers may not work in simple jobs. Skilled workers must work in an occupation that requires training. For the EU Blue Card, you need a job that corresponds to your qualifications.

### **Skilled workers with vocational training:**

Skilled workers with vocational training can work in any profession. They only need to be

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qualified through training. They no longer have to work only in professions where there is a shortage of labour.

### **Entry rules**

#### **Entry for the purpose of seeking employment:**

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

#### **Stay for qualification measures:**

You will be given more opportunities so that you can gain qualifications in Germany. Have you tried to have your qualifications recognised? The authorities have identified problems? Your qualifications do not match the German ones? Then you need sufficient knowledge of German. This is knowledge at level A2. Then you can apply for a visa. With this visa you can come to Germany for 18 months. You can gain qualifications during this time. The authorities can extend the visa once for 6 months. After that, you can apply for another visa. For example, for an apprenticeship. Or for studying. Or for a job.

#### **Settlement permit for skilled workers from abroad:**


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

### **For training and studies**

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

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

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

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

### **EU Blue Card - Germany**

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

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

## Who can get the EU Blue Card?

### Do you have a recognised university degree?

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

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

### You don't have a university degree?

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

### Employment contract or binding job offer in Germany:

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

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

### Special case for career starters

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

### Special case of IT specialists without training

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

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

### Prospects with the EU Blue Card

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

also move to another EU country (except Ireland and Denmark) and apply for a new EU Blue Card there within one month.

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

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

## **The EU Blue Card is a residence permit for university graduates.**

It is intended to facilitate and promote the immigration of highly qualified people from non-EU countries to Germany.

It also allows simplified immigration to all other EU countries.

## **You need a visa to work in Germany:**

- You apply for this visa at the German embassy or the German consulate general.
- You can enter Germany with this visa.

## **You can apply for an EU Blue Card at the Foreigners' Registration Office in Germany.**


## **There are several requirements for obtaining an EU Blue Card:**



- You must have a completed university degree.
- The university degree must be recognised in Germany.
- You need an employment contract. Or you need a binding job confirmation.
- Your minimum annual gross salary must be 58,400 euros.
- There are exceptions in the professional fields of mathematics, computer science, natural sciences, engineering and human medicine.
- These must have a minimum annual gross salary of 45,552 euros.
- The salary limits are adjusted annually.
- The employment must correspond to the university qualification.
- The EU Blue Card is a temporary residence permit.
  - It is issued for a maximum of four years.
  - If the employment relationship lasts less than four years, the EU Blue Card is issued for the duration of the employment contract plus three months.

💡 The status of the information is from 2023.

## **💡 An EU Blue Card can be applied for in all EU member states with the exception of Denmark and Ireland. There are slight differences in terms of the requirements.**

You must apply for an EU Blue Card at the immigration authority.

💡 You can find more information in German about applying for the EU Blue Card in Eichstätt  [here](#).

💡 You can find more information in German and English about the EU Blue Card  [here](#) or  [here](#).

## Vocational training

### General information on vocational training

Vocational training is very important in Germany. If you do an apprenticeship, you have a better chance of getting a good job later on. You will also usually earn more money with an apprenticeship.

Before you can start an apprenticeship, you need a school-leaving certificate. If you are new to Germany and are still learning German, you can first attend the [vocational integration classes at Eichstätt Vocational College](#). There you will learn German, important things about life in Germany and what you need to know for various professions. You can then start a vocational training programme.

An apprenticeship usually lasts three years. During this time, you will learn in the company and also at school - this is called [dual training](#). This means that you not only learn the theory, but are also allowed to work in a real company. You even get paid for this - this is called a training allowance.

There are two types of apprenticeship:

- [Dual training](#): you learn in a company and at school.
- [School-based training](#): you attend a specialised school and complete your training there.

Some professions can only be learnt by [studying](#) at a college or university. For many other professions, however, vocational training is sufficient, and this is very valuable in Germany. Employers often look for people with such training because they know that they are well prepared.

### Dual education

**Germany is well known for its dual training system. There are around 325 recognised training occupations.**

### How does dual training work?

You learn the theory at [vocational school](#). You are there one or two days a week.


You learn the practical work in a company. You will be there three to four days a week.

The apprenticeship lasts two to three and a half years, depending on the occupation.

You receive a salary. How much exactly? That varies. It depends on:

- Industry
- Company
- Year of training

There are around 330 occupations that can be learnt in dual training.

 [information films](#) from the Federal Institute for Vocational Education and Training show exactly how dual training works. They are available in ten languages:

-  [Arabic](#)
-  [Chinese](#)
-  [German, English](#)
-  [English Chinese](#)
-  [Farsi](#)
-  [French, Italian](#)
-  [Italian](#)
-  [Portuguese](#)
-  [Russian](#)
-  [Spanish](#)

## How do I find a training place?

For a dual training programme, you first need a training place. You [apply](#) for a training place at a company (company, firm, institution).

"Training place" means: You have a position in a company. There you will learn the practical work for the profession. Only then do you enrol at a vocational school. The company takes care of the enrolment.

The following online job exchanges will help you find a training place:

- Job exchange of the Federal Employment Agency:  [www.jobboerse.arbeitsagentur.de](http://www.jobboerse.arbeitsagentur.de)
- IHK apprenticeship exchange:  [www.ihk-lehrstellenboerse.de](http://www.ihk-lehrstellenboerse.de)
- HWK apprenticeship exchange:  [www.hwk-schaben.de/lehrstellenboerse](http://www.hwk-schaben.de/lehrstellenboerse)
- Azubiyo apprenticeship exchange:  [www.azubiyo.de/ausbildung](http://www.azubiyo.de/ausbildung)
- Apprenticeship market:  [www.ausbildungsmarkt.de](http://www.ausbildungsmarkt.de)
- AUBI-Plus:  [www.aubi-plus.de](http://www.aubi-plus.de)
- Apprenticeship radar:  [www.lehrstellen-radar.de](http://www.lehrstellen-radar.de)

In addition to these apprenticeship exchanges, there are many more on the Internet.

You can also find training places

- through the "AzubiWelt" app from the Federal Employment Agency ([www.arbeitsagentur.de/azubiwelt](http://www.arbeitsagentur.de/azubiwelt))
- in newspapers,
- on company websites,
- through unsolicited applications.

## Which vocational school should I go to?

Vocational schools usually have a specialisation. There are [three vocational schools](#) in the Eichstätt district.

## Who can help me find an apprenticeship?

Many companies are looking for people who would like to do an apprenticeship. The following pages will help you in your search:

- [www.jobboerse.arbeitsagentur.de](http://www.jobboerse.arbeitsagentur.de)
- [www.ihk-lehrstellenboerse.de](http://www.ihk-lehrstellenboerse.de)
- [www.hwk-schwaben.de/lehrstellenboerse](http://www.hwk-schwaben.de/lehrstellenboerse)

💡 Good to know

Many companies start looking for trainees very early on. Many apprenticeships are advertised a year in advance. Or even already filled. So make sure you look for a training place early on!

## School education

### How does school-based training work?

You learn a profession mainly theoretically at school. You do not have a company to train with.

Depending on the profession, you attend

- a vocational college,
- a specialised academy or
- a vocational college.

You do work placements. This gives you practical experience.

The apprenticeship lasts **two to three and a half years**, depending on the profession. You usually **do not** receive a **salary** during your training.

Some professions in Germany can only be learnt during school-based training. For example, dietician or healthcare assistant and nurse. There are around 80 professions that you can learn in a school-based training programme.

### How do I find a training place?

If you would like to do a school-based apprenticeship, apply directly to the [school](#).

## Who can help you?

### Agentur für Arbeit Eichstätt

📍 [Weissenburger Straße 17, 85072 Eichstätt](#)

☎ [+498009338555](tel:+498009338555)

[🌐 https://www.arbeitsagentur.de/vor-ort/ingolstadt/eichstaett](https://www.arbeitsagentur.de/vor-ort/ingolstadt/eichstaett)

The Federal Employment Agency (Agentur für Arbeit) is your point of contact for all questions relating to the possibility of training. The careers counselling service at the Employment Agency will support you in your career orientation. It will help you in your search for an apprenticeship or a course of study.

## **Kolping-Bildungswerk | Sprach-, Integrations- und Alphabetisierungskurse**

📍 [Burgstraße 8, 85072 Eichstätt](#)

@ [kolping-bw-eichstaett@bistum-eichstaett.de](mailto:kolping-bw-eichstaett@bistum-eichstaett.de)

☎ [+49842150591](tel:+49842150591)

🌐 <https://www.kolping-bildung-eichstaett.de/berufseinstieg-schulbegleitung/integr...>

## **Handwerkskammer für München und Oberbayern**

Ausbildungsberatung

☎ +49 (0) 895119205

@ [jana.fuchs@hwk-muenchen.de](mailto:jana.fuchs@hwk-muenchen.de)

🌐 [Ausbildungsberaterinnen und -berater vor Ort](#)

The Chamber of Crafts (HWK) is responsible for skilled trades. Professions such as baker, bricklayer or painter. These are professions in which something is manufactured. The HWK has a special contact person for refugees who are looking for an apprenticeship or an introductory qualification (EQ).

## **Industrie - und Handelskammer IHK**

IHK-Geschäftsstelle Ingolstadt

📍 [Despag-Straße 4 a, 85055 Ingolstadt](#)

☎ +49 (0) 841938710

@ [catherine.schrenk@muenchen.ihk.de](mailto:catherine.schrenk@muenchen.ihk.de)

🌐 [IHK-Geschäftsstelle Ingolstadt](#)

For professions in industrial production. In trade and services, the Chamber of Industry and Commerce (IHK) is responsible. For example, plant mechanic or wholesale and foreign trade clerk. The IHK has a special contact person who can advise you on training, entry-level qualifications and internships.

You can find more information about training in this [🌐 video](#) (also in [🌐 Arabic](#)).

## **Berufliche Fortbildungszentren der Bayerischen Wirtschaft (bfz)**

bfz gGmbH - Ingolstadt

📍 [Viehmarktplatz 9, 85055 Ingolstadt](#)








☎ +49 (0) 84198150

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

🌐 [Ingolstadt - www.bfz.de](http://Ingolstadt-www.bfz.de)

## **Training in the public sector**

Are you interested in an apprenticeship in the public sector? Then apply there! You can also work there with a foreign passport or place of birth. The German administration is open to committed people of all nationalities!

Find out more on the homepage  "["Wir sind bund"](#)". The website is available in German, English,  [Turkish](#),  [Ukrainian](#),  [Russian](#),  [French](#),  [Polish](#) and  [Arabic](#).

Municipal administrations also offer apprenticeships. For example, the administrations of cities, markets, municipalities and districts. So you can work in a town hall. Or in a district administration office. You can find open apprenticeships and job vacancies on their websites. You can also take a look at [this page](#). There you will find all the towns, markets and municipalities in the district of Eichstätt. If you click on the name, you will be taken to their website.

Important: Apply early for an apprenticeship! This can even be a year before you start your apprenticeship.

## Financial support for training, studies and further education


A good qualification is important for your career. Qualifications and certificates are very important on the German labour market. They show what you can do and what you know. It is much easier to find a good job if you have the right qualifications. Well-qualified specialists are also important for the labour market. There is now a shortage of skilled labour in many areas in Germany. For example, in trades professions. Or in the care sector. There is also a shortage of skilled labour in construction and building services engineering. Or in teaching and education.

Germany wants to attract many skilled workers. That is why there is financial support. This is available for training, studying and further education.

You can find out more here:

## Training assistance


In Germany, there are [dual and school-based training](#) programmes. You can find out more in the Integreat app. There are different types of funding depending on the type of training.

Want to know more? You can find more information at the Bavarian State Ministry for Family, Labour and Social Affairs. You can find the information here:  [Bavarian State Ministry for Family Affairs, Labour and Social Affairs](#), search term "Ausbildungsförderung"

## Grants for students

Many people want to study. Either at a [college or a university](#). Scholarships are available for students. The scholarships finance your studies. There are many different scholarships. They are very different. You can get advice on this. Ask your university or college directly.


Would you like to know more? The Deutsches Studentenwerk provides a lot of information. You can find the information here:


 [DSW: Student funding](#)

## Funding for further education

Further vocational training is also strongly subsidised. Continuing education is becoming increasingly important. This is because the world of work is changing rapidly. There is financial support for further vocational training. For people with little money, for example, there is the education premium. Or there is funding for people who already have a qualification and want to move up.


Want to know more? Then you can find information at the Federal Employment Agency. You can find the information here:  [Federal Employment Agency](#), search term "promotion".

There is also a central portal for further vocational training. The portal is called "Komm weiter in Bayern". You can also find information on funding there. You can find the portal  [here](#).

 Companies often also pay for their employees' further vocational training. This is because the company benefits from a well-trained workforce. Would you like to do further vocational training? And you are employed by a company? Then ask your manager about financial support. Or contact the HR department.

## Independence

You don't want to be employed by an employer? Then you can become self-employed. This is also known as "setting up your own business". It's not that easy. But it can be worth it! You should inform yourself well in advance. There are a few things you need to know. Or that you need to think about in advance. Good preparation is important.

The portal  "[Wir gründen in Deutschland!](#)" offers a lot of helpful information. The information is available in 13 languages:

- Arabic
- Bosnian
- Chinese
- Dari
- German, English
- English, French
- French, German
- Polish
- Russian
- Spanish
- Turkish
- Ukrainian
- Vietnamese

## Can I set up my own business in Germany?

Not everyone is allowed to set up their own company or work for themselves in Germany.

Is the BAMF still processing your application for asylum? Or has the BAMF rejected your application? Are you tolerated? Then self-employed work is **prohibited** for you.

You do not belong to this group? Then you are allowed to work independently in Germany.

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## Here you will find links with further information

- [Online guide "GründerZeiten"](#) (2 languages - German and Arabic)
- [Portal for founders](#) (5 languages - German, French, Italian, Russian and Turkish)
- [Homepage of the IQ centre](#) (14 languages - German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)

## Counselling in the district of Eichstätt

The District Office of Eichstätt works together with the Chamber of Industry and Commerce for Munich and Upper Bavaria. In particular for questions about setting up a business, financing and subsidies. There are experts here who can help you with various questions.

Wirtschaftsförderung Landkreis Eichstätt in Kooperation mit der IHK

+49 (0) 8421701312

[@wirtschaftsfoerderung@lra-ei.bayern.de](mailto:wirtschaftsfoerderung@lra-ei.bayern.de)

[Existenzgründung | Landkreis Eichstätt](#)

## Information on setting up a business

You can find initial information on setting up a business on the websites of the [Bavarian State Ministry of Economic Affairs, Regional Development and Energy](#), the [Chamber of Industry and Commerce for Munich and Upper Bavaria](#) and the [Chamber of Crafts for Munich and Upper Bavaria](#).

## Taxes and duties

### Tax for employees

When you start work and are paid for it, you have to pay tax. The tax on labour is called income tax (Einkommenssteuer). You pay income tax to the tax office. You may work for a company. The boss is your employer. The money for your work is called: Brutto-Lohn. Your employer pays income tax for you.

She or he pays this income tax from your gross salary. Employer pays even more for you from your gross salary.

For example:

- Health insurance
- pension insurance
- Unemployment insurance
- nursing care insurance
- Solidarity surcharge
- If you are a member of a Christian church, your employer will also pay church tax for you.

The remaining money for your work is called: Netto-Lohn.

The employer transfers the net salary to your current account.

### Paying tax yourself

You pay the tax yourself to the tax office.

If you:

- have your own company.
- are self-employed.
- receive money from a pension.
- have a house and you receive rent for it

### **Tax return**

In your tax return, you declare to the tax office how much income you have earned this year and how much tax you have paid.

Sometimes you have paid too much tax in a year, in which case you get money back.


Sometimes you have paid too little tax in the year, in which case you have to pay money back.

This usually applies to self-employed people.

If you have a mini-job and earn no more than €538 (as of 2024) per month, you do not have to submit a tax return.

If you are unsure whether you have to file a tax return, ask your tax office.

## **Finanzamt Eichstätt | Steuern und Abgaben**

 [Residenzplatz 8, 85072 Eichstätt](#)

 [+49842160070](tel:+49842160070)


 <https://www.finanzamt.bayern.de/Eichstaett/default.php?f=Eichstaett&c=n&d=x&t=x>

## **Unemployment**


You are unemployed if you have no work and earn no money.

In Germany, the state helps people who have little or no money to live on. This is called the welfare state.

If you are unemployed, you can receive help and money. This help is called Bürgergeld, for example.

You can find out what you need to do if you are unemployed and how you can get support [here](#) or on the website  [Jobcenter.digital - Support through citizen's allowance](#)

## **Jobcenter Eichstätt**

 [Am Anger 1, 85072 Eichstätt](#)

 [jobcenter-Eichstaett@jobcenter-ge.de](mailto:jobcenter-Eichstaett@jobcenter-ge.de)

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

## **Pension and retirement provision**

People who no longer have to work for reasons of age are called "pensioners".

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## How does the statutory pension work?

If you work in Germany and earn more than €538 (as of 2024) per month, part of your gross salary is automatically paid into the pension insurance scheme.

Your employer also pays their own contribution to the pension insurance scheme.

And the state adds tax subsidies.

This money is paid out to all people who are pensioners now.

So when you yourself become a pensioner later on, your pension will be paid by the people who are then working.

This is called the pay-as-you-go system.

## Who pays contributions into the statutory pension insurance scheme?

All people who are employed by a company and earn more than € 520 per month automatically pay part of their income into the pension insurance scheme. These people are compulsorily insured in the pension insurance scheme.

Civil servants and the self-employed are not compulsorily insured. However, they can voluntarily pay into the statutory pension insurance scheme until they retire. This can be worthwhile for short interruptions or if you have not yet reached the minimum number of years of insurance.

## When will I receive a pension in Germany?

You will receive a pension in Germany if you:

- have reached the minimum age for a pension, which depends on the year in which you were born.
- have reached the minimum insurance period, i.e. you must have paid money into the pension insurance scheme for at least five years.

## What happens if I do not receive a pension or my pension is not enough to live on?

If you do not receive a pension or your pension is not enough to live on, you can apply for "basic security".

You will receive "basic income support" from the [social welfare office](#).

The social welfare office pays you money so that you can pay your rent, your ancillary costs, your health and care insurance as well as food and clothing.

You must renew your application for basic income support once a year.

💡 Apply for basic income support in good time. You will only receive basic income support from the month in which you submit your application!

You are entitled to basic income support if:

- You have reached the minimum age for the pension.
- You have no assets (assets are, for example, your own house or an expensive car).
- Your monthly income is less than €838.
- You live in Germany.
- You have a residence permit or German citizenship.

## What other pension options are there?

In addition to the statutory pension, there is also the company pension and the Riester or Rürup pension. It is also possible to make private provision.

Which pension option is best for you depends on

- how old you are,
- how high your income is,
- what financial resources you have
- and whether you have a family.

The company **pension** scheme ("Betriebsrente") is an additional type of pension scheme for employees. With a company pension, you save an amount of your income in a special account. Your employer also contributes an amount. Ask your employer whether this option is available in your company.

The **Riester and Rürup pensions** are savings options that are subsidised by the state.

With the Riester pension, the state pays a fixed amount of money into your pension account each month. At the same time, you must also pay in a fixed amount yourself each month. The Riester pension can be taken out by anyone who is subject to pension insurance. The Riester pension is particularly worthwhile for people who have a low income and many children.

You can find more information on the Riester pension at [here](#).

The Rürup pension is for the self-employed and freelancers.

The advantage of the Rürup pension is that you can deduct the contributions from your tax bill. Ask your tax advisor whether the Rürup pension makes sense for you.

With a **private pension**, you invest your money yourself as profitably as possible, for example in equity funds or property. When you retire, you live off this money or these earnings. The type of pension that makes the most sense for you depends on your age, your income, your financial means, your family situation and, of course, your willingness to take risks. For most people, a combination of different options is best. You can obtain advice on this topic here:

## VerbraucherService Bayern (VSB) | Beratungsstelle Ingolstadt

- [Kupferstraße 24, 85049 Ingolstadt](#)
- [@ingolstadt@verbraucherservice-bayern.de](mailto:ingolstadt@verbraucherservice-bayern.de)
- [+49 84195159990](tel:+4984195159990)
- <https://www.frauenbund-eichstaett.de/wir-ueber-uns/verbraucherservice-bayern/>



## School, studies and education

### Bavarian school system and compulsory education

The Bavarian school system enables every child to follow an individualised educational path. Various qualifications can be achieved at all schools. With every school-leaving qualification achieved, the path to the next higher qualification is open.

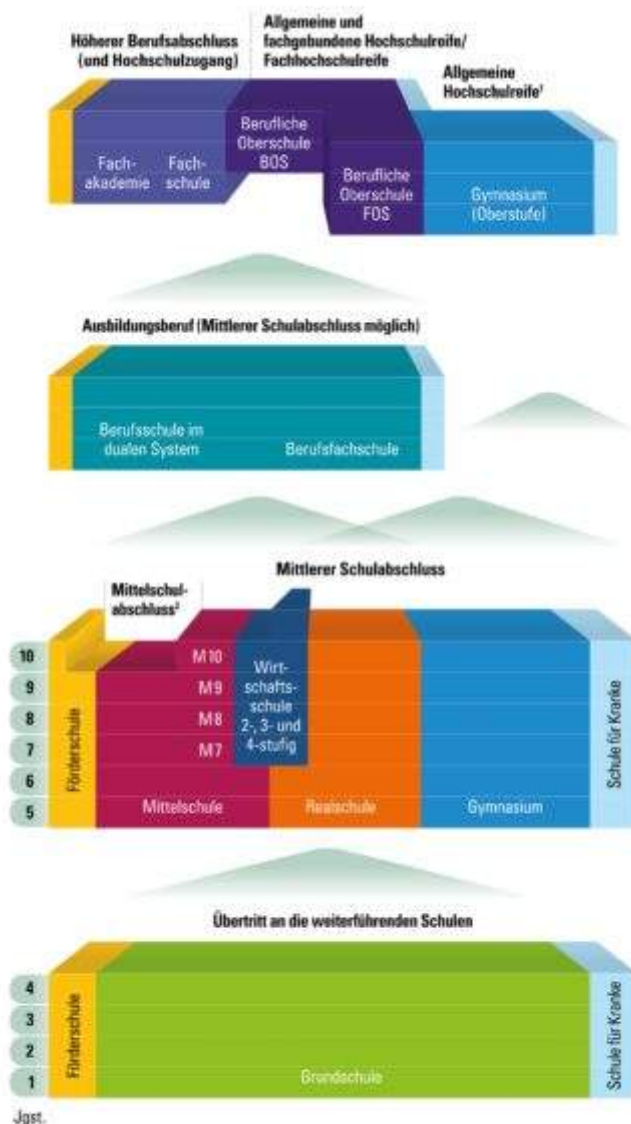
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This means that you can always develop further. No matter which educational path you start with.

The education and school system in Bavaria is partly different to other federal states. There is an extra explanatory film about the school system in Bavaria. It is available in  [German](#) and  [English](#).

The following overview should make it easier for you to find your way around. It is available in these languages:

-  [English](#)
-  [Spanish](#)
-  [Arabic](#)
-  [Arabic French](#)
-  [Italian](#)
-  [Czech](#)
-  [Ukrainian](#)
-  [Turkish](#)
-  [Russian](#)



<sup>1</sup> Zum Schuljahr 2018/19 erfolgt – vorbehaltlich des Beschlusses des Landtags – beginnend mit den Jgst. 5 und 6 die Umstellung auf das neunjährige Gymnasium. Der erste Jahrgang des neunjährigen Gymnasiums legt im Schuljahr 2025/26 das Abitur in Jgst. 13 ab. Die Möglichkeit, die Lernzeit individuell auf acht Jahre zu verkürzen, wird eröffnet.  
<sup>2</sup> Erfolgreicher oder qualifizierender Abschluss der Mittelschule

(Source: Bavarian State Ministry of Education and Cultural Affairs)

## Compulsory schooling

Has your child reached the age of six? Then compulsory schooling now applies.

Compulsory schooling lasts twelve years in Bavaria. Compulsory schooling is divided into

- Compulsory full-time schooling (nine years) and
- compulsory vocational schooling (three years).

Compulsory schooling ends with the completion of vocational training. Or on reaching the age of 21.

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Are you not complying with compulsory schooling? Then there are consequences. For example in the form of fines.

## School enrolment

School enrolment for your child normally takes place at the respective school itself.

Important: Make sure you bring your child and the following documents with you:

- Your identity card, birth certificate or proof of arrival
- Registration certificate from the [immigration office](#)
- All documents relating to your child (ID, birth certificate, school reports, medical certificates)

## Letters from the school

Parents often receive written information from the school that their children bring home. It is important that you read this information. If you do not understand these letters, ask the [refugee and integration counselling](#) service or your [helper group](#) if someone can help you.

## Notifying the school of illness

Please call the school before the start of lessons if your child is ill. State your child's name and class. Otherwise the school will have to look for your child, if necessary with the [police](#). You may then have to pay a fine.

## Holidays

Holidays are the times of the year when pupils are off school. In Bavaria, the new school year generally begins in September each year. There is a week of autumn holidays at the beginning of November. There are two weeks of Christmas holidays around Christmas and New Year. There is a week's winter holiday in February. There are also two weeks of Easter and Whitsun holidays in spring/early summer. In summer, the school year ends at the end of July / beginning of August, followed by six weeks of summer holidays.

You can find an overview of the school holidays in Bavaria at [here](#).

## General education schools


There are different types of school in Bavaria. All children start at primary school. This runs from year 1 to year 4.

After that, they attend a secondary school. There are different types. Which is the best choice? That depends on various criteria. For example, school performance. Or your child's interests. Or your child's career goals.

## Information for refugees

In Germany, all children between the ages of six and 15 must attend school (Schulpflicht). If you have children of compulsory school age, please contact the State Education Authority (see below).


If you live in refugee accommodation, please register your new address with the Foreigners' Registration Office within two weeks. The carers at your accommodation will register your child with the State Education Authority. You will receive an appointment with the State Education Authority in the post. Your child can then go to school. Your child will first attend a German class to learn German. If your child can speak German well enough, he or she will be placed in a normal school class.


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

- Your identity card or proof of arrival
- Registration certificate from the immigration office
- All documents relating to your child (certificates, medical certificates, etc.)

## Contact us

### Staatliches Schulamt im Landkreis Eichstätt


 Ostenstraße 31A, 85072 Eichstätt



 +49 (0) 842197940

 <https://www.schulamt-eichstaett.de/startseite>

## School materials

You will receive confirmation from the school that your child is registered for school. You can use this confirmation to apply for a voucher for school materials from the [social welfare office](#).

 Important: Get the voucher before you buy school supplies. If you buy something beforehand and hand in a receipt, you will not receive any money.

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


## Sick note at the school


Please call the school before 08:00 if your child is ill or cannot go to school for important reasons. Otherwise the school will have to look for your child, if necessary with the police. You may then have to pay a fine.

Further support options for pupils in Augsburg

If you have little money, you can apply for support. There is the "education and participation package" funding option.

## Bildung und Teilhabe

-  [Bahnhofstraße 16, 85101 Lenting](#)
-  [@sozialwesen@lra-ei.bayern.de](mailto:sozialwesen@lra-ei.bayern.de)
-  [+498421704500](#)
-  <https://www.landkreis-eichstaett.de/buergerservice/themen/soziale-sicherung-und...>


 Important: You must always submit the application before you pay anything yourself. If you have already paid for something, you will not get the money back.

## Primary school

Duration: four years

Aim: The children learn


- Read
- writing
- Basic knowledge of maths
- Basic values

There are currently 32 state primary schools in the district of Eichstätt. You can find an overview at  [here](#).

## After primary school

The children then go to a secondary school. Depending on their grade point average and performance, the children then go to a secondary school. There are three different [secondary schools](#), which lead to different qualifications: Mittelschule, Realschule or Gymnasium.


The district of Eichstätt also has a wide range of these schools: 12 [Mittelschulen](#), four [Realschulen](#) and four [Gymnasien](#).

 Good to know

When choosing a primary or secondary school, you must observe the "Sprengeprinzip".

This means that each primary or secondary school is responsible for a specific area ("Sprenge"). Children must therefore attend a specific school.

Would you like your child to go to a different primary or secondary school? Then you must submit a guest school application. You must give good reasons for your wish for a different school.

You can find detailed information with a school search at  [www.km.bayern.de/eltern/schulsuche.html](http://www.km.bayern.de/eltern/schulsuche.html).

## Secondary schools

### Secondary school

Secondary school lasts five to six years. It prepares students for an apprenticeship or a profession.


You can obtain these qualifications at secondary school:

- Qualifying secondary school leaving certificate (Quali)
- Secondary school leaving certificate
- Secondary school leaving certificate (for high-achieving pupils by attending M-Zweigs)

### What can you do with these qualifications?

- Entry into a [vocational training programme](#)
- In the case of intermediate school leaving certificate (M-Zweig), transition to secondary schools or training programmes if necessary

There are a total of  [12 secondary schools](#) in the district of Eichstätt.

 Good to know:

When choosing a [primary](#) or secondary school, you must observe the "Sprengelprinzip".

This means that each primary or secondary school is responsible for a specific area ("Sprengel"). Children must then attend a specific school.

Would you like your child to go to a different primary or secondary school? Then you must submit a guest school application. You must give good reasons for your wish for a different school.

You can find detailed information with a school search at [www.km.bayern.de/eltern/schulsuche.html](http://www.km.bayern.de/eltern/schulsuche.html).

## Realschule

The Realschule lasts six years. It prepares students for vocational training in all kinds of professions. And also for the transfer to the Fachoberschule (FOS).


You can obtain this qualification at the Realschule:

- Mittlere Reife / Intermediate school leaving certificate

## What can you do with this qualification?

- [Vocational training](#) in many professions
- Transfer to the [Fachoberschule \(FOS\)](#), which opens the door to university studies
- No direct university entrance qualification, but access to universities of applied sciences possible via the FOS

There are [four secondary schools](#) in the district of Eichstätt 

 The Realschule does not have a Sprengelprinzip. You can choose the Realschule yourself. The Realschulen often have different specialisations. Bear this in mind when making your choice!

## Grammar school

The Gymnasium lasts eight to nine years. It prepares you for university studies. You can [study](#) at either a university or a university of applied sciences.

You can obtain this qualification at the Gymnasium:

- General higher education entrance qualification (Abitur)

What can you do with this qualification?

- Direct access to universities and colleges, such as the [Catholic University of Eichstätt-Ingolstadt](#)
- [Studies](#) possible in all subject areas

There are [five grammar schools](#) in the district of Eichstätt 🌐

💡 There is also no grammar school Sprengelprinzip. You can choose the grammar school yourself. The grammar schools often have different specialisations. Please bear this in mind when making your choice!

## Special needs centres and special schools

Special needs schools are specifically for children and young people with special educational needs. That is why there are special schools for all age groups. The focus is on individualised support and encouragement for children and young people. For example, in the case of severe learning difficulties, delayed development or disabilities.

You can obtain these qualifications at a special school:

- Secondary school certificate
- Qualifying secondary school leaving certificate (Quali)

## What can you do with this qualification?

- Vocational training, depending on the qualification and individual support needs

There are [three special schools](#) in the district of Eichstätt 🌐

### Public schools

There is also a Montessori school in the district of Eichstätt (grades 1-10).

## What can you do after graduation?

- Depending on the qualification, vocational training or transfer to secondary schools is possible

You can find more information here:

🌐 [Montessori Eichstätt e.V.](#)

## Support with school or personal problems

Children and young people don't always have it easy. Sometimes they need someone to support them. There is a good network of help for [children and young people](#) in the district of Eichstätt. You can contact the specialists at any time.

Does your child need help with problems? Then the centres for [children and young people](#) and [youth social work at schools \(JaS\)](#) can help you.

## Counselling teachers, school psychologists and psychologists

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These specialists mainly help with problems at school. They are also on site at the schools. Ask at the school. Or find out more at [School Counselling | Eichstätt Education Authority](#).

## Opportunities after leaving school

Depending on what qualifications you have obtained at [secondary school](#) and what interests you have, you can either do an apprenticeship and attend a [vocational school](#) or [go to university](#). You can also complete an [internship](#) after leaving school to orientate yourself in the professional world and working life. You can also orientate yourself with a Voluntary Social Year (FSJ) or with the Vocational Orientation for Immigrants (BOF).

## Voluntary Social Year - FSJ

A good alternative to an internship is the so-called Voluntary Social Year (FSJ). If you have completed compulsory schooling and are under 27 years of age, you can gain valuable experience at a social and/or cultural organisation for approximately one year.

You can find more information at  [FSJ and BFD | Freiwilligendienste Kultur und Bildung Bayern](#)

An FSJ must also be authorised by the [foreigners authority](#) if you do not have an unrestricted work permit.

## Vocational orientation for immigrants (BOF)

In the vocational orientation programme for people with a refugee or migrant background, you have the opportunity to learn about various skilled trades. You will receive a technical language qualification and receive individual guidance and support. The BOF is divided into days in the workshop and days in the company.

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

## Work placement

A work placement helps you to familiarise yourself with a profession. During a work placement, you will learn how the work works. It is important that you receive [important information about the work placement](#) beforehand. That way you know what to expect. You have [rights and obligations during your internship](#). For example, you have the right to support and guidance. At the same time, you have a duty to be punctual and complete your tasks carefully. To do an internship, you need to find an [internship](#). You can do this by asking companies or organisations or searching on the internet. This way you can find a suitable place for your internship.

## Vocational training

Vocational training helps you to learn a profession. There are different types of vocational training. This [general information on vocational training](#) explains the most important points.

- [Dual vocational training](#) is a special form. You learn in the company and at vocational school. This gives you practical and theoretical knowledge.
- With [school-based training](#), you mainly learn in a school. You do practical exercises there and acquire theoretical knowledge.

💡 [Public service training](#) is vocational training with the government or administration. Here you will later work in public authorities or public institutions, for example.

## Study programme

A [degree programme](#) is a course of study at a college or university. There you will learn how to work in a specific profession. [Studying in Germany](#) is interesting for many people. There are many universities and universities of applied sciences where you can study.

💡 In the district of Eichstätt there is the [Catholic University of Eichstätt-Ingolstadt](#). You can study there and learn various subjects.

Studying often costs money. That is why there is help such as funding and [scholarships](#). A scholarship is money that you do not have to pay back.

## Vocational schools and vocational integration classes

### What is a vocational school?

"Vocational schools" is a word that summarises many different schools. These schools help you to learn a profession. They are a good way to get a good job later on. At these schools you can do [vocational training](#), i.e. learn how to do a job properly.

These include

- Vocational schools
- Vocational schools
- technical colleges
- technical colleges
- Vocational upper secondary schools
- Specialist academies

There are many schools in the district of Eichstätt where you can study for a profession. You can also obtain a higher school-leaving qualification there.

These are

- 🌐 [Hans-Weinberger-Akademie der AWO e.V. vocational school for nursing and geriatric care assistance](#)
- 🌐 [Maria-Ward-Fachakdemie Eichstätt](#)
- 🌐 [Eichstätt state vocational school](#)

### Classes for vocational integration

These classes are intended for young people who have come to Germany and do not yet speak German very well. They have to attend vocational school and are expected to learn German particularly well there. There are special classes for this at the 🌐 [state vocational school in Eichstätt](#), for example DK-BS, BIK-V and BIK.

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## **German literacy class at vocational schools (DK-BS-A)**

Some young people who come to Germany are not yet able to read and write. These young people then first attend a special German class at the vocational school. There they spend a year learning how to speak, read and write German. This class is called DK-BS-A. If young people come to Germany in the course of the school year and do not yet have a place in a normal vocational integration class, a special German class can also be set up for them.

## **Pre-vocational integration class (BIKV)**

After the first German class (DK-BS), the young people are usually placed in a new class. This is called a pre-vocational integration class - BIKV for short. There they continue to learn German, receive important information about life in Germany and learn more about different professions and what they need to be able to do.

There are two types of these classes:

- One takes place entirely at the school (BIKV/s).
- The other is in co-operation with other institutions (BIKV/k). There is also such a class at the vocational school in Eichstätt.

If the teachers realise that some pupils need more time to get on well, the lessons can also be spread over two years. In this case, there are separate groups or special classes so that everyone can learn at their own pace.

## **Vocational integration class (BIK)**

If teenagers or young adults have passed the preparatory class (BIKV) or already speak German to a similar standard, they can move on to the next class at Eichstätt Vocational School. This is called the co-operative vocational integration class - BIK for short. However, there are also other options, such as the vocational preparation year, depending on what suits you best.

In the second year, the main focus is on preparing the young people well for a profession. They continue to learn German, are taught general knowledge and learn a lot about life and the rules in Germany.

During this time, the young people can also be prepared for a school-leaving qualification - for example, the qualifying secondary school leaving certificate, which can be obtained through an examination.


## **Study**


### **Studies in the district of Eichstätt at the Catholic University of Eichstätt-Ingolstadt**

There are many different degree programmes at the Catholic University of Eichstätt-Ingolstadt (KU). The university has eight departments. These are also called faculties. You can study philosophy, education, language and literature, history and society. You can also study maths, data science, geography or economics. You do not have to be Catholic to study at the KU. Many degree programmes combine different subjects. These degree programmes are interdisciplinary.

The KU offers the following options:

- Degree programmes in which you can complete a Bachelor's degree.
- Degree programmes in which you can complete a Master's degree.
- Degree programmes in which you can combine different subjects. This also applies to the teaching profession (Lehramt+).
- Offers for further education after graduation

 You can find an overview of degree programmes [here](#) and in English [here](#).

 Information about the university can be found [here](#) and in English [here](#).


## **Do you have any questions about studying at the Catholic University of Eichstätt-Ingolstadt?**

The KU offers counselling services for interested persons.


### **Central Student Advisory Service**


The Central Student Advisory Service can provide you with general information about studying.

- You can ask questions about study options there.
- You will receive help in choosing your degree programme.
- At the beginning of the semester, there are events to help you find your way around.
- You will receive support during your studies.
- There are seminars and events that show you how to do well in exams, how to study well and how to organise your studies well.

 You can find more information about the Central Student Advisory Service [here](#) and in English [here](#).

### **Contact the**

 Marktplatz 7, 85072 Eichstätt

 +49 (0) 84219321283

 [@studierendenberatung@ku.de](mailto:studierendenberatung@ku.de)

 [Studierendenberatung - KU](#)

### **International Office**

The International Office helps people who are studying or teaching at a university and would like to go abroad. For example, if they want to study there, do an internship or only be there for a short time. It is important that the stay has something to do with your studies.

- You can ask questions about the opportunities for studying there.
- You will receive information on the requirements you need to fulfil in order to study there.
- You will find out how you can apply.
- You will receive information about the financial support available.

- The International Office looks after students from other countries who are coming for an exchange.
- Teachers and university staff can also get help there if they want to go abroad.

🌐 Further information about the International Office can be found [here](#) and in English [here](#).

## Contact

📍 Domplatz 8, 85072 Eichstätt  
☎ +49 (0) 84219323456  
✉ [@intoff@ku.de](mailto:@intoff@ku.de)  
🌐 [International Office - Ansprechpartner - KU](#)

## Information for refugee and vulnerable students and researchers

In the district of Eichstätt, you can study at the KU if you are a refugee or a person at risk. There are two options:

1. As a " 🌐 [Free Mover](#)" you can study here for one or two semesters. Afterwards, if possible, you will go back to your university in your home country. You can find information in English [at 🌐 here](#) and in Ukrainian at [🌐 here](#).
2. As a " 🌐 [Degree Seeking Student](#)" you can continue and complete your studies at the KU or complete a full degree programme at the KU. So that you know whether you are allowed to study at the KU, it will be checked whether your certificates and papers match. You can find information about this in English [🌐 here](#) and in Ukrainian [🌐 here](#). The information in the [🌐 admissions database](#) will help you.

🌐 More information is available [here](#), in English [🌐 here](#) and in Ukrainian [🌐 here](#).

## Recognition of foreign academic achievements

If you have studied abroad, it may take some time before your achievements are recognised here. Normally, students first register for the first semester. Then it is checked whether the things you have learnt abroad also count here. If this is the case, you may even be allowed to continue in a higher semester.

Further information on academic recognition can be found at [🌐 here](#) and in English at [🌐 here](#).

## Scholarship programmes and funding opportunities for students

Here you will find an overview of various scholarship programmes and financial support options. From the KU and other organisations.


## Scholarships for international students at the KU


The International Office of the KU awards scholarships for international students. You can find more information at [🌐 here](#), in English [🌐 here](#) and in Ukrainian [🌐 here](#).

## Hilde Domin Programme of the DAAD

## Scholarship programme of the DAAD

With its scholarship programme, the German Academic Exchange Service (DAAD) helps students and doctoral candidates from various countries who do not have the opportunity to study in their home country. These people are often not allowed to go to school or university there - even though they would like to. The programme helps them to study in Germany or to continue their studies here. This enables them to obtain a degree from a German university.

More information can be found on the [DAAD website](#) .

Please note the following information on the  [nomination procedure](#).


## **Future Ukraine: Research scholarships for Ukrainian Master's students and researchers (DAAD)**

This programme supports very well educated Ukrainians who have already completed their studies or are currently working on their doctoral thesis. They are allowed to come to Germany for a short period of time to conduct research here. This enables German and Ukrainian universities to work better together. The young researchers are also given the opportunity to use important equipment and facilities for their work. The aim is to help the universities in Ukraine and support young scientists so that they can later help with the reconstruction of their country.


You can find more information on the [DAAD website](#) .

## **Other external scholarship programmes**


### **Konrad Adenauer Foundation - Scholarships for refugees**


The Konrad Adenauer Foundation (KAS) supports students who are doing a Bachelor's, Master's or doctoral thesis. Unfortunately, refugees whose asylum application has not yet been decided cannot apply. You can find more information on the [KAS website](#) .

### **Study funding from the Friedrich-Ebert-Stiftung**


The Friedrich-Ebert-Stiftung (FES) expressly welcomes applications from refugees. For the [basic funding programme \(Bachelor and Master\)](#) and for the  [doctoral funding](#) programme.

### **Study Programme of the Heinrich Böll Foundation**

The Heinrich Böll Foundation's scholarship programme invites refugees to apply for a scholarship. You can find more information on the [Heinrich Böll Foundation's](#)  [website](#).

 Further information on funding and scholarships can be found [here](#).

## **Katholische Universität Eichstätt-Ingolstadt**

 [Ostenstraße 26, 85072 Eichstätt](#)

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

+49 (0) 8421930

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

## Funding and scholarship

Are you a student? You can't afford to live during your studies? Then you can get financial support in Germany.

### BAföG

There is the Federal Training Assistance Act (BAföG). You must submit an application. Then you can get money. This money covers your daily expenses.

The money is paid monthly. At best, you will receive the money for the duration of your studies. The monthly amount of BAföG can be up to €935. Half of the money must be paid back after your studies. You will receive detailed information on this.

The information on BAföG changes regularly. You can view this information via the following link

- [Website BAföG for refugees and migrants](#)
- [BAföG website - all information at a glance](#)

### Scholarship

You can also apply for a scholarship. As a rule, you do not have to pay back a scholarship. There are certain requirements. You need good grades. And you must be involved in voluntary work. How much money do you receive as a scholarship? The amount is often calculated in the same way as the BAföG rate. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award the scholarships. They are often referred to as "Begabtenförderungswerke". The following organisations offer programmes specifically for refugees. Would you like to apply? The rules can be found on the websites. There you will also find information on what you need to be able to do.

- [Friedrich-Ebert-Stiftung \(FES\) - Scholarships for Refugees](#)
- [Böckler-Aktion Bildung of the Hans Böckler Foundation](#)
- [Konrad-Adenauer-Stiftung \(KAS\) - Scholarships for Refugees](#)
- [Villigst - Our scholarship for refugees](#)
- [Bread for the World - Programme for Refugees](#) (for women only)
- The Otto Benecke Foundation offers the Guarantee Fund. All young, newly arrived migrants can apply here. You will receive support if you want to obtain a higher education entrance qualification in Germany, prepare for university studies and pursue an academic career [Otto Benecke Foundation in Bonn - University Guarantee Fund](#)

There is also the Germany Scholarship. This provides €300 per month. The Germany Scholarships are awarded by the respective universities.

- [!\[\]\(e746485e8fb46e1cfb94f9b27a5fa84c\_img.jpg\) Germany Scholarship: Become a scholarship holder](#)

Further information can be found on the website of the Hochschulaktion für Geflüchtete and in the database of the Federal Ministry of Education and Research (BMBF).

Some universities offer scholarships for international students. Have a look at the university's website. Or contact the university directly.

## Study in Germany

### Studying in Germany: Information for foreign students (non-EU citizens) and refugees

#### Which universities are there in Germany?

Germany has various universities. They differ in their specialisations:

- **Universities:** Scientists conduct research here. Universities offer many subjects, for example natural sciences, humanities or technology.
- **Universities of Applied Sciences:** Here you mainly learn for practical work. Universities of applied sciences are good if you want to work in a specific profession, for example as an engineer or social worker.
- **Dual universities:** Here you learn theory and do practical work at the same time. You study and work in a company.
- **Distance learning universities:** Here you learn online. This is good if you want to be flexible.

#### What degree programmes are there?

- **At universities:** Medicine, law, computer science, economics, teaching, humanities, theology
- **At universities of applied sciences:** Mechanical engineering, business administration, social pedagogy
- **At dual universities:** For example, electrical engineering with training in a company

#### Where can I find the right university?

On the following pages you will find information on a suitable university for you:

- [!\[\]\(545c1fe0e5931ca90028bea49d179122\_img.jpg\) University Compass](#)
- [!\[\]\(8be9c2a9d31ed31dc8ce556939fafb56\_img.jpg\) Study in Germany](#)
- [!\[\]\(4fadc94a846a3836402a4f44743bf8d2\_img.jpg\) Studis Online](#)
- [!\[\]\(58b53b5d01b0c6665d67983dbc1ecabd\_img.jpg\) Employment Agency - Study](#)
- [!\[\]\(bbf2fa0bf6682b474f91f4f60fcc7874\_img.jpg\) BAMF - Studying in Germany](#)

#### Who is allowed to study?

Anyone who fulfils the rules can study in Germany. Refugees and foreign students can also apply.


## Important information for people from other countries

If you are not from the EU, you often need a visa or residence permit. This depends on your country.

The university where you would like to study will inform you about the rules.

## What do I need to study?






The rules are different for every degree programme and every university. In most cases you will need


- **A school-leaving qualification** that is recognised in Germany. The university will check this. This includes, for example, a university entrance qualification.
- **Good knowledge of German (level C1)**. You often need the language test  [TestDaF](#).
- **Recognition of your qualifications**. Have your [qualifications checked](#). This often costs money.

## What documents do I need?

- [Certificates](#) and translations.
- Results of language tests.
- Documents about your studies from your country.


## Important websites for students:

-  [TestAS](#): Test for aptitude for university studies
-  [TestDaF](#): Test for German language skills
-  [DAAD](#): Information and scholarships for foreign students
-  [Anabin](#): Information on the recognition of qualifications
-  [Uni-Assist](#): Help with applying to universities


 Plan enough time! It often takes a long time for all documents to be checked.

 **Your livelihood must be secured for the duration of your stay.**


You need at least €992 per month (year 2024). You must prove that you have this amount of money or that you are earning it during your training.


**The following applies to studying:** You deposit the necessary money in a  [blocked account](#). A blocked account is a bank account that you can only use to a limited extent. Another option is a declaration of commitment. Proof of funding is one of the most important requirements for a student visa and a residence permit for the purpose of studying in Germany.


Studying at state universities is often cheap or free of charge. But you still need to budget money:

- Tuition fees: They are different in every federal state. Private universities are often more expensive.
- Living costs: You will need money for housing, food, books and leisure time.
- Financial aid: There are scholarships and grants such as BAföG. You can find more information at  [www.bafög.de](http://www.bafög.de).






## Language courses to get you started

- Employment Agency: Information about cheap language courses
- Job centre: Cover the costs of language courses (if you fulfil certain requirements)
- Language schools: Many private providers
- Universities: Often language courses at universities
-  University [guarantee fund](#): Financial help for language courses

 Tip for everyday life: Use language courses to get to know people and learn more about life in Germany!

You are a graduate of a German university: You can apply for a settlement permit after just two years of working in Germany  ([Section 18c \(1\) sentence 2 AufenthG](#)).

## Further information

-  [Make it in Germany](#)
-  [DAAD - Study in Germany - The first steps](#)
-  [Study in Germany - Testimonials from international students in Germany](#)
-  [Visa Navigator](#)
-  [DAAD - Application information for international students in Germany](#)

## Recognition of certificates

### Recognition of foreign educational qualifications

### Certificates and their importance in Germany

Certificates are important in Germany. They show what someone has learnt at [school](#), at [university](#) or [at work](#). An employer's reference describes performance at work.

A certificate proves what knowledge and skills you have. This helps when [looking for a job](#). You also need a certificate for admission to a school or university.

If you have certificates from abroad, you can have them recognised. An authority will check which qualifications the certificate confirms. This allows you to categorise your achievements correctly.

If certificates are missing, there are alternatives. You can prove your professional experience and skills through tests

### Recognising school qualifications from abroad

Anyone who has obtained a school-leaving qualification outside Bavaria should contact the Bavarian State Office for Schools. This authority checks whether the qualification is equivalent to a German school-leaving qualification. The examination is free of charge.

## **Bayerisches Landesamt für Schule | Bewertung von allgemeinbildenden Schulabschlüssen aus dem Ausland, Prüfung der Gleichwertigkeit von bestimmten ausländischen Berufsabschlüssen**

[!\[\]\(0ef3c94a2854b9f1b82ae0b8496ee093\_img.jpg\) Stuttgarter Straße 1, 91710 Gunzenhausen](#)

[!\[\]\(da8d36bc09d8416b111b870b5e435683\_img.jpg\) @zast@las.bayern.de](mailto:@zast@las.bayern.de)

[!\[\]\(14a4d03ee56f0df6b0170670f739846d\_img.jpg\) +49 \(0\) 98315166444](tel:+49(0)98315166444)

[!\[\]\(410f823d94629ec202a8f69ee17556bf\_img.jpg\) https://www.las.bayern.de/zeugnisanerken](https://www.las.bayern.de/zeugnisanerken)

### **Recognising professional qualifications from abroad**

Anyone who has completed a vocational or academic qualification abroad can get support. The bfz (Berufliche Fortbildungszentren der Bayerischen Wirtschaft) helps with recognition.

The bfz offers

- Advice on recognition
- Help with the application
- Support with the costs
- Assistance with the assessment of the decision
- Information on further training

#### **bfz Ingolstadt**

Frank Bienert

Recognition counsellor

[!\[\]\(33e2ddb6ebc1f42f5e2acdee92b1a070\_img.jpg\) +49 \(0\) 8419815200](tel:+49(0)8419815200)

[!\[\]\(9d2290472fddbd664757e5f8636236be\_img.jpg\) frank.bienert@bfz.de](mailto:frank.bienert@bfz.de)


[!\[\]\(83ffe0c0cbba44745e0b501628c9ad5d\_img.jpg\) Ingolstadt - www.bfz.de](http://www.bfz.de)

[!\[\]\(063c882ccaef47c306e252182bdc0717\_img.jpg\) Beratungstermin - www.bfz.de](#)

### **Professional qualifications: Important information**

The Bavarian State Office for Schools also checks professional qualifications from abroad. This examination costs money. However, you can apply for a grant. You can find more information here:

[!\[\]\(11e5be38969d361d94a4dfa25b535554\_img.jpg\) Recognition grant](#)

 Three major websites offer information on the recognition of foreign qualifications:

- [!\[\]\(d77da166c6ff311f4ef918082d8f04f2\_img.jpg\) "Anabin"](#) evaluates educational certificates from abroad. Authorities, employers and private individuals use this data.
- [!\[\]\(2a9ae6db52f30079a467eb84e308f377\_img.jpg\) "Recognition in Germany"](#) helps skilled workers with foreign professional qualifications. They can find out whether they need official recognition.

- 🌐 The "[BQ-Portal](#)" is aimed at chambers and companies. It helps to correctly assess foreign professional qualifications.

## Official certification of certificates

You have a document. For example, a certificate. The [authorities](#) want to know whether the document is genuine. To do this, you must have it officially notarised. This is also important for enrolment at a [university](#). All copies of certificates must be officially notarised.

## What is an official legalisation?

Sometimes you need to prove that a document is genuine - i.e. not forged or altered. This is what official legalisation is for. This means that an authority or notary checks your document and confirms: "Yes, this really is genuine!"

## When do you need this?

Notarisation is often necessary, for example:

- When you enrol at a [school](#) or [university](#).
- If you need to submit documents for a job in another country.
- The people or institutions that see your documents want to be sure that they are correct.

## What do you need for this?

In order for your document to be notarised, you need to bring the following with you:

- The original document (for example, a certificate).
- A copy of the document.
- A valid ID to prove your identity.

💡 In some cases, fees will be charged. The authority will inform you of this.

## How does this work?

The authority looks at the original and the copy carefully. If everything is in order, you will receive a stamp or signature on the copy. This confirms: "This paper is just as genuine as the original!"

## Why is this important?

Notarisation creates trust. Everyone knows that your documents are genuine and there are no doubts.

Check carefully beforehand whether you really need a certified translation. 🌐 You can find an [official database of interpreters and translators](#) here.

## Where can you get an official notarisation?

Obtain it from the [municipality or administrative community \(VG\)](#).

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As the authorities closest to the citizens, the municipalities and administrative communities in particular are generally authorised to officially certify copies and signatures.

[To the town halls and administrations of the localities in the district of Eichstätt.](#)




💡 If you live in a municipality that is part of an administrative community, you must go to the [administrative community](#).


## Lifelong learning

Education is more than just school knowledge. School is an important place to learn. But it is also not the only place to learn.

That is why the district of Eichstätt is committed to education outside of school. There are programmes for people from young to old. There is something of interest for all ages.

For this purpose, there are offers from Volkshochschulen (VHS) in the district of Eichstätt.

-  [Volkshochschule Eichstätt](#)
-  [Volkshochschule Beilngries](#)
-  [Volkshochschule Kipfenberg](#)

Further information can be found in the overview of the Eichstätt education authority with a  [overview of educational institutions](#).

There is also information from  [Berufliche Weiterbildung & Qualifizierung - Komm weiter in Bayern](#) information.

There is also the offer  [KEB - Katholische Erwachsenenbildung im Landkreis Eichstätt e. V.](#).