

Table of Contents

Foreigners' Advisory Council election 15 March 2026	7
Can I vote?	7
How can I vote?	7
How does voting for the District Foreigners' Advisory Council work?	8
Welcome to the district of Kassel	9
How Integreat works	10
Greeting	10
Municipalities in the district of Kassel	12
Ahnatal	13
Bad Emstal	13
Bad Karlshafen	14
Baunatal	14
Breuna	14
Calden	14
Espenau	15
Fuldabrück	15
Fuldata	15
Grebenstein	16
Habichtswald	16
Helsa	16
Hofgeismar	16
Immenhausen	17
Kaufungen	17
Liebenau	17
Lohfelden	18
Naumburg	18
Nieste	18
Niestetal	18
Reinhardshagen	19
Schauenburg	19
Söhrewald	19
Trendelburg	20
Vellmar	20
Wesertal	20
Wolfhagen	20
Zierenberg	21
First steps - arriving in the district of Kassel	21
Living together in Germany	21
Basic Law and human rights	21
Rule of law	23
Personal freedom	24
Children's rights	25
Equal rights for men and women	26
Non-violence / physical integrity	27
Religious freedom	28
Social justice	28
Freedom of expression	29
Germany from A to Z	30
Important offices	30

Immigration office	30
Job centre	30
Employment Agency	31
Social welfare office	31
Specialist service for refugee aid	31
Asylum and flight	32
Asylum - Asylum application	32
Asylum application - Hearing	33
Benefits for asylum seekers	34
Payment card	36
Transition from asylum benefits to Social Code II	37
Accommodation	37
Unaccompanied refugee minors	38
Family asylum and international protection for family members	39
Residence status	40
Family asylum and international protection for family members	41
Return counselling	42
Counselling and help	42
Migration advice centres for adults (aged 27 and over)	42
Youth migration services	43
Migration counselling online	44
Counselling centres for women	45
Counselling centres for victims of violence	46
Anti-discrimination centre	47
Pro Asylum	47
Emergency call / S.O.S.	48
Medical assistance at night, at weekends and on public holidays	48
Pharmacies emergency service	49
Help with worries and despair	50
Help for children and young people in need	50
Help for women and girls in need	51
Help for men in need	52
Health	52
The German healthcare system	52
Health insurance	53
Health services for asylum seekers	54
Health services for refugees from Ukraine	54
Find a doctor / dentist	55
Sick note / sick leave	55
Medication	56
Protect against infections	56
Health pilots	57
Care	57
Health advice centres	57
Psychological problems	58
Support during crises	59
Self-help groups	59
Daycare centre and school	60
Kita - day care centre	60
Child day care 0-3 years	60
Crèche 1 -3 years	61

Kindergarten 3 years to school entry	61
School	61
School entrance examination	64
Student ticket	65
Support with education and participation	65
Social work in schools	66
What is a parents' evening?	67
After finishing school	67
Catch up on school-leaving qualifications	67
Learn German	67
Language levels	67
German certificates	68
What certificates are available?	68
Do I need a German certificate?	68
Language courses	69
Integration courses	69
Professional language courses	70
German 4U courses	72
Interpreting and translating	72
Frequently asked questions about the integration course (FAQ)	72
Open language programmes	75
online offers	76
Housing and mobility	77
Driving a car	77
Driving licence	77
Register your car	78
Travelling by bus and train	78
Buy tickets	78
Collective call taxi (AST)	79
Germany ticket	79
Cycling	81
What rules apply?	81
Where can I buy a bike?	81
Living	82
Social housing and housing entitlement certificate	82
House hunting	82
Tenancy agreement and flat handover	83
Register and re-register your place of residence	84
Housing benefit	85
Financial assistance from the job centre and social welfare office	86
Emergency housing assistance	87
Broadcasting licence fee	88
Tips for tenants	89
Housing during the asylum procedure	89
Can I move into a private flat?	90
Standards and rights in shared accommodation	91
Fire protection in shared accommodation	91
User fees	92
Children, youth, family and elderly people	93
Support and counselling with parenting	93
Money for support	94

Pregnancy and birth	94
Medical care	94
Counselling centres	95
Help in an emergency	95
Birth	96
After the birth and financial support	97
Maternity protection	98
Youth welfare office	98
General social service	98
Early help (0-3 years)	99
Assistance	99
Advance on maintenance	100
Payment of kindergarten fees	100
Youth development and youth education centre	100
Youth and family counselling	101
Early support	102
Juvenile court assistance	102
Financial support	102
Places of encounter	103
Children	103
General information on childcare	103
Day care centre for children from 1 - 6 years	105
Child day care	105
Supervision in the afternoon	107
Childcare during the holidays	107
Children with disabilities	107
Multilingual children's books	108
Growing up - coming of age	109
older people	109
Care support centre - first point of contact	109
Counselling centres for older people	110
Pension	112
Counselling centres for dementia	112
Care	114
Leisure and everyday life	114
Children's clothing distribution "Kleiner Muck" in Bad Hersfeld	115
Second hand shops in Bad Hersfeld	115
VIA furniture exchange in Bad Hersfeld	116
Clothes chamber in Bebra	116
Tafel in Bebra and Rotenburg	117
Living	118
How do I find a flat?	118
Waste separation	118
Save energy	120
Mastering life	122
Where can I print?	122
How do I write an e-mail?	122
How do I scan a document?	123
Sport, culture and leisure	123
Clubs	124
Sport in the district of Kassel	125

Mobility	125
Hessenpass mobile	127
Advice centres, offices and emergencies	127
pro familia	127
Parental allowance counselling	128
Child benefit counselling	129
Child supplement counselling	129
Couples and sexual counselling	129
Pregnancy counselling	130
Contraception and subsidised contraceptives	130
Pregnancy conflict counselling	131
Separation and divorce counselling	132
Catholic Women's Social Service (SKF)	133
Drug counselling	133
Counselling for older people	134
Counselling for refugees	134
Counselling for refugees	134
Migration counselling for adult immigrants (MBE)	135
Youth migration service	137
Online counselling in Turkish, Kurdish and German	137
Consumer advice centre Hesse	138
Debt counselling	139
Psychological counselling centres	139
Psychological counselling centre	139
Social psychiatric service	140
Asylum application and BAMF	141
Immigration office	141
(Residents') registration office	142
Employment Agency	143
Social welfare office	143
Housing benefit	144
Basic income support / subsistence assistance	145
Care assistance	146
Integration assistance for people with disabilities	147
Registry office	148
Job centre	148
Specialist service for refugee aid	149
Services for refugees	149
Support for refugees	150
Medical aid	151
WIR Diversity Centre	151
Labour market integration	153
Violence and crisis intervention	154
Youth welfare office	154
Counselling for the promotion of democracy	154
Partnership for Democracy	154
Centre for the Promotion of Democracy and Prevention of Extremism (DEXT)	156
Mobile counselling team against racism	157
Financial support for families	158
Parental allowance	158
Child benefit	159

Child supplement	160
Police	160
Work, training, study	161
Education	161
Search for an apprenticeship	161
In-company training / dual training	163
School education	163
Dual study programme	164
Youth vocational assistance	164
Study	166
General information	166
Studying with foreign qualifications	167
Financial support during your studies	168
Labour	169
General information	169
Mini job	170
Taxes and social security contributions	170
Internship	172
Payment of wages during illness	172
Minimum wage	172
Labour contract	173
Application and job interview	174
Find a job	175
Special offers for women	177
Volunteering	178
Support groups	178
WIR integration pilots	179
WIR health pilots	179
WE lay interpreters	180
Would you like to volunteer?	180
Newsletter	180
Intercultural week in the district of Kassel	181
Discounts for holders of the youth leader card	181
Youth collection week	181
Volunteer search engine	182
Volunteer Card	182

Foreigners' Advisory Council election 15 March 2026

Elections will be held in Hesse on 15 March 2026.
The foreigners' advisory councils will also be elected on this date.

- District Foreigners' Advisory Council
- Foreigners' advisory council for Baunatal
- Foreigners' advisory council for Fuldata
- Foreigners' advisory council for Lohfelden
- Foreigners' advisory council for Vellmar

The Foreigners' Advisory Council is committed to improving the living conditions of migrants. And for equality between natives and immigrants in your town, municipality or district.

The Foreigners' Advisory Councils fight against racism and marginalisation. They are committed to good coexistence.

Can I vote?

All foreign nationals may vote. This also includes EU citizens. Stateless people may also vote.

You must be at least 18 years old. And you must have lived in the city, municipality or district for at least 6 weeks on election day. Your main place of residence must be registered there.

You are not allowed to vote:

People with a German passport. People with two nationalities are also not allowed to vote. For example, dual nationals.

How can I vote?

There are two options:

- Postal voting
- Polling station

Postal voting

If you vote by post, the ballot paper will be sent to your home. You must apply for postal voting. You will receive the form for this with your election notification.

Polling station

There are special places to vote. These places are called polling stations.

Polling stations are often in the town hall, in a community centre or in a school near you.

The exact address can be found on your polling card. You will receive your polling card in the post.

Go to your polling station on 15 March 2026. Take your election notification and your ID with you.

Polling stations are open from 8 am to 6 pm. Please arrive on time. Nobody is allowed to vote after 6 pm.

Have you not received a polling card or have you lost it? Then contact the Foreigners' Advisory Council or at the town hall of your town or municipality. They will help you and tell you where you can vote.

You can find more information on voting in many languages [here](#)

How does voting for the District Foreigners' Advisory Council work?

You will receive a ballot paper by post (for postal votes) or at the polling station. You have a total of 11 votes. You can make one ☒, two ☒☒ or a maximum of three ☒☒☒ crosses for each person on the ballot paper. This is called "cumulating".

Please note: Do not make more than 11 crosses!

A maximum of 11 people can be elected to the district foreigners' advisory council. However, there are 17 candidates. If all candidates receive the same number of votes in the election, the first 11 people on the ballot paper will be elected to the district foreigners' advisory council. By placing two ☒☒ or three ☒☒☒ crosses next to a person, you can help people you would like to see on the District Foreigners' Advisory Council to move up the list.

The rule is: whoever gets the most crosses will be at the top of the list after the election!

Stimmzettel

Bitte Stimmzettel nach innen falten!

für die Wahl zum Ausländerbeirat am 15. März 2026

Sie haben 11 Stimmen!

Sie können alle 11 Stimmen an verschiedene Bewerberinnen und Bewerber vergeben und dabei **jeder Person** auf dem Stimmzettel bis **zu drei Stimmen** geben (oder oder)

Bitte hier Ihre
Personenstimmen
vergeben

1	Coskuner, Zeynep			
2	Ulas, Yunus Emre			
3	Rahimi, Salaha			
4	Rau, Andrei			
5	Fernandes Sousa, Vanessa			
6	Mahdavi - Azar, Jahanshah			
7	Solbrig, Jeni			
8	Jemmo, Ismail			
9	Costantino Losasso, Maria			
10	Tubail, Ahmed			
11	Yakar Ilik, Zeynep			
12	Altindag, Kudret			
13	Nghaim, Halima			
14	Göktan, Salih			
15	Nghaim-Brüch, Hakima			
16	Merdivan, Ömer-Faruk			
17	Aigbomian, Friday			

Welcome to the district of Kassel

How Integreat works

Dear users,

The Integreat app supports you with questions about migration. You will find important addresses, contact persons and other information that can help you find your way around.

Tip: Activate the push notifications for the Integreat app on your smartphone. This way you will actively receive notifications about new information, important events and events of interest.

By the way: If you don't have internet access, you can also **use Integreat offline**. When you are online again, the app updates itself.

The most important functions of the Integreat app:

Search for content



Click/tap on the icon and enter your keyword in the search field.

Change location



Click/tap on the symbol and enter the desired city or district in the search field.

Change language



Click/tap on the symbol and then on the desired language.

Create PDF



Click/tap on the icon and a PDF file is created from the current page.

Share page



Click/tap on the icon and share information with friends and family

Copy link.



Click/tap on the icon and the link will be copied.

Give feedback.



Click/tap on the icon and write to us about your experience with the Integreat app.

Video about the function of the Integreat app in sign language:

[How does the Integreat app work? \(Sign language, International Sign\) - YouTube](#)

Greeting



Dear new citizen,

On behalf of the district of Kassel, I warmly welcome you. Our district of Kassel is diverse in its nature, economy, culture, and people. Around 44,000 of the people living here have a migration background. These are individuals who have found their way to us for personal, family, or professional reasons, some of whom have been displaced from their homeland, people we have invited as workers, and not least, those fleeing from war. They have come to the district of Kassel in search of a safe and good life. We owe our cultural diversity to all these people, and we are pleased about it! This diversity enriches our lives and strengthens us as a community.

To make your start with us easier, the district of Kassel has compiled a wealth of important information and interesting offers in the integration app Integreat. Integreat is a digital integration platform for people who come to a foreign culture through migration or flight and need to find their way locally. Integreat facilitates the easy flow of information between municipalities, aid organizations, and the relevant intercultural target group—whether in a community, a city, or a district. Integreat provides important information in everyday life through a free, multilingual, offline usable app or on a website. For those without digital access, the information can also be printed out via the PDF function, making it accessible.

Our goal is for all people living here to participate equally and contribute to shaping our country. With the Integreat app, you can quickly find the diverse and attractive offers that the district provides as your new place of residence. The contact persons and their details are stored in the app. It also contains multilingual information on various areas of life such as education, work & training, language, health, legal matters, and everyday life, as well as general information for living in the district of Kassel. Please also make others aware of the app and share it within your circle of friends and acquaintances!

Our goal is for all people living here to participate equally and contribute to shaping our country. Because as diverse as we are as people, we are ultimately united by the need for belonging and connection, as well as for a country that enables us to achieve our goals, engage, and shape our future.

I wish you much joy in getting to know your new surroundings and all the best for your start in the district of Kassel.

Yours sincerely,

Silke Engler

First District Deputy of the District of Kassel

Municipalities in the district of Kassel

The district of Kassel has 241,027 inhabitants (as of June 2023) and an area of 1,293.31 km². The district of Kassel includes 28 towns and municipalities.

Map of the district of Kassel:



What is a district?

A district is an amalgamation of several towns and municipalities. A total of 28 towns and municipalities belong to the district of Kassel.

The district of Kassel

The district of Kassel is an attractive place to live and work. That is why more and more people are moving to the district. Just over 240,000 people now live here. The district of Kassel is the northernmost district in the state of Hesse.

The district of Kassel is very popular with companies, investors and start-ups. For example because of

its central location in the centre of Germany

its proximity to the city of Kassel

the diverse nature

ideal transport connections.

In the district of Kassel, an attractive economic area blends with plenty of nature to create an excellent quality of life. Here you can enjoy pure joie de vivre in a wonderful natural and cultural landscape.

City or district?

The district of Kassel surrounds the city of Kassel from the north, west and south. Nevertheless, the city of Kassel and the district of Kassel are two independent municipalities.

The city and district of Kassel work closely together in many areas, sharing common authorities such as the foreigners authority.

Further information worth knowing about the district of Kassel and its services can be found on the website of the district of Kassel www.landkreiskassel.de.

Ahnatal

Gemeinde Ahnatal

 [Wilhelmsthaler Str. 3, 34292 Ahnatal](#)

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

 [+4956096280](tel:+4956096280)


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

Population:

8,043 (as of 30/06/2021)

Bad Emstal

Gemeinde Bad Emstal

 [Kasseler Str. 57, 34308 Bad Emstal](#)

 [@gemeinde@bad-emstal.de](mailto:gemeinde@bad-emstal.de)

 [+49562499970](tel:+49562499970)

 <https://www.bad-emstal.de/>

Population:

5,938 (as of 31/12/2023)

Bad Karlshafen**Gemeinde Bad Karlshafen** [Hafenplatz 8, 34385 Bad Karlshafen](#) [@stadtverwaltung@bad-karlshafen.de](mailto:stadtverwaltung@bad-karlshafen.de) [+49567299990](tel:+49567299990) <https://www.bad-karlshafen.de/>**Population:**

3,701 (as of 31/12/2023)

Baunatal**Stadt Baunatal** [Marktplatz 14, 34225 Baunatal](#) [@magistrat@stadt-baunatal.de](mailto:magistrat@stadt-baunatal.de) [+4956149920](tel:+4956149920) <https://www.baunatal.de/de/>**Population:**

27,704 (as of 30/06/2022)

Breuna**Gemeinde Breuna** [Volkmarser Str. 3, 34479 Breuna](#) [@gemeinde@breuna.de](mailto:gemeinde@breuna.de) [+49569398980](tel:+49569398980) <https://www.breuna.de/>**Population:**

3,352 (as at 30/06/2022)

Calden**Gemeinde Calden**

[📍 Holländische Str. 35, 34379 Calden](#)

@gemeinde@calden.de

[📞 +4956747020](tel:+4956747020)

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

Population:

6,853 (as of 30/06/2022)

Espenau

Gemeinde Espenau

[📍 Im Ort 1, 34314 Espenau](#)

@gemeinde@espenau.de

[📞 +49567399930](tel:+49567399930)

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

Population:

4,973 (as of 30/06/2022)

Fuldabrück

Gemeinde Fuldabrück

[📍 Am Rathaus 2, 34277 Fuldabrück](#)

@rathaus@fuldabruock.de

[📞 +49566594630](tel:+49566594630)

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

Population:

8,492 (as of 30/06/2022)

Fuldataal

Gemeinde Fuldataal

[📍 Am Rathaus 9, 34233 Fuldataal](#)

@info@fuldataal.de

[📞 +4956198180](tel:+4956198180)

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

Population:

12,256 (as of 30/06/2022)

Grebenstein**Stadt Grebenstein**

 [Markt 1, 34393 Grebenstein](#)

 [@rathaus@stadt-grebenstein.de](mailto:rathaus@stadt-grebenstein.de)

 [+4956747050](tel:+4956747050)

 <https://grebenstein.de/>

Population:

5,402 (as of 30/06/2022)

Habichtswald**Gemeinde Habichtswald**

 [Breiter Weg 4, 34317 Habichtswald](#)

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

 [+49560659960](tel:+49560659960)

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

Population:

5,108 (as of 30/06/2022)

Helsa**Gemeinde Helsa**

 [Berliner Str. 20, 34298 Helsa](#)

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

 [+49560580080](tel:+49560580080)

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

Population:

5,281 (as of 30/06/2022)

Hofgeismar**Stadt Hofgeismar**

[📍 Markt 1, 34369 Hofgeismar](#)

[@info@stadt-hofgeismar.de](mailto:info@stadt-hofgeismar.de)

[📞 +4956719990](tel:+4956719990)

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

Population:

14,401 (as of 30/06/2022)

Immenhausen

Stadt Immenhausen

[📍 Marktplatz 1, 34376 Immenhausen](#)

[@post@immenhausen.de](mailto:post@immenhausen.de)

[📞 +4956735030](tel:+4956735030)

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

Population:

6,905 (as of 30/06/2022)

Kaufungen

Gemeinde Kaufungen

[📍 Leipziger Str. 463, 34260 Kaufungen](#)

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

[📞 +4956058020](tel:+4956058020)

[🌐 https://www.kaufungen.eu/](https://www.kaufungen.eu/)

Population:

12,874 (as of 30/06/2022)

Liebenau

Stadt Liebenau

[📍 Lacheweg 1, 34396 Liebenau](#)


[@verwaltung@stadt-liebenau.de](mailto:verwaltung@stadt-liebenau.de)

[📞 +495676989810](tel:+495676989810)

[🌐 https://stadt-liebenau.de/](https://stadt-liebenau.de/)

Population:

2,957 (as of 30/06/2022)

Lohfelden**Gemeinde Lohfelden** [Dr.- Walter-Lübcke-Platz 1, 34253 Lohfelden](#) [@gemeinde@lohfelden.de](mailto:gemeinde@lohfelden.de) [+49 \(0\) 561511020](tel:+49(0)561511020) <https://www.lohfelden.de/>**Population:**

13,834 (as of 30/06/2022)

Naumburg**Stadt Naumburg** [Burgstr. 15, 34311 Naumburg](#) [@verwaltung@naumburg.eu](mailto:verwaltung@naumburg.eu) [+49562579090](tel:+49562579090) <https://www.naumburg.eu/>**Population:**

5,006 (as of 30/06/2022)

Nieste**Gemeinde Nieste** [Wilhelm-Heitmann-Platz 3, 34329 Nieste](#) [@gemeinde@nieste.de](mailto:gemeinde@nieste.de) [+49560594420](tel:+49560594420) <https://www.nieste.de/>**Population:**


1,944 (as of 30/06/2022)

Niestetal

Gemeinde Niestetal

 [Dr.-Walter-Lübcke-Platz 1, 34266 Niestetal](#)

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

 [+49 \(0\) 56152020](tel:+49(0)56152020)

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

Population:

11,005 (as of 30/06/2022)

Reinhardshagen

Gemeinde Reinhardshagen

 [Amtsstr. 10, 34359 Reinhardshagen](#)

[@gemeinde@reinhardshagen.de](mailto:gemeinde@reinhardshagen.de)

 [+49554495070](tel:+49554495070)


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

Population:

4,219 (as of 30/06/2022)

Schauenburg

Gemeinde Schauenburg

 [Korbacher Str. 300, 34270 Schauenburg](#)

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

 [+49560193250](tel:+49560193250)

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

Population:

10,371 (as of 30/06/2022)

Söhrewald

Gemeinde Söhrewald

 [Schulstr. 8, 34320 Söhrewald](#)

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

 [+4956084980](tel:+4956084980)

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

Population:

4,559 (as of 30/06/2022)

Trendelburg

Stadt Trendelburg

[Marktplatz 1, 34388 Trendelburg](#)

@stadt@trendelburg.de

[+49567574990](tel:+49567574990)

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

Population:

4,853 (as of 30/06/2022)

Vellmar

Stadt Vellmar

[Rathausplatz 1, 34246 Vellmar](#)

@info@vellmar.de

[+4956182920](tel:+4956182920)

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

Population:

17,517 (as of 30/06/2022)

Wesertal

Gemeinde Wesertal / Rathaus Gieselwerder

[In der Klappe 1a, 34399 Wesertal-Gieselwerder](#)

@rathaus@gemeinde-wesertal.de

[+49557293730](tel:+49557293730)


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

Population:

4,778 (as of 30/06/2022)

Wolfhagen

Stadt Wolfhagen

 [Burgstr. 33 - 35, 34466 Wolfhagen](#)

 [@stadtverwaltung@wolfhagen.de](mailto:stadtverwaltung@wolfhagen.de)

 [+4956926020](tel:+4956926020)

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

Population:

12,678 (as of 30/06/2022)

Zierenberg

Stadt Zierenberg

 [Poststr. 20, 34289 Zierenberg](#)

 [@info@stadt-zierenberg.de](mailto:info@stadt-zierenberg.de)

 [+49560651910](tel:+49560651910)

 <https://www.stadt-zierenberg.de/>

Population:

6,139 (as of 30/06/2022)

First steps - arriving in the district of Kassel

The district of Kassel is characterised by the diversity of its citizens. There is a long tradition of people from other countries finding a new home in the district of Kassel. Our aim is to help you quickly find your way around the district of Kassel and participate in social life on an equal footing.

We very much hope that we can simplify your life in Germany with [this app](#).

Living together in Germany

Basic Law and human rights

Basic Law and human rights

All people living in Germany must abide by the important rules that apply to living together and the laws.

The most important legal basis for life in Germany is the Basic Law. It is the constitution of the Federal Republic of Germany.

The Basic Law states that every human being is free and self-determined.

No distinctions may be made on the basis of gender, origin, skin colour, religion, faith or ideology, disability, age or sexual orientation.

Germany is a federal state consisting of 16 federal states.

Germany is a country in which people can live freely. This means that everyone is allowed to express their opinion. There are rules that apply to everyone, and both the people and the government must abide by these rules. In elections, people can decide who should lead the country. If they are not happy with the government, they can vote for a different one at the next election.

Catalogue of fundamental rights

Protection of human dignity

Article 1

(1) Human dignity is inviolable. It is the duty of all state authorities to respect and protect it.
(...)

Right to liberty of the person

Article 2

(1) Everyone has the right to the free development of his personality, provided that he does not violate the rights of others and does not offend against the constitutional order or the moral law.
(...)

This also includes the right to sexual self-determination. This means that every person may decide for themselves which sexual acts they want to take part in and no one may be forced to do something they do not want to do.

Equality before the law

Article 3

(1) All persons are equal before the law.

(2) Men and women shall have equal rights. The state shall promote the effective realisation of equal rights for women and men and shall work towards the elimination of existing disadvantages.

www.zanzu.de

(3) No person shall be discriminated against or favoured on grounds of sex, descent, race, language, nationality and origin, creed, religious or political opinion. No one may be discriminated against because of their disability.

Freedom of faith, conscience and creed

Article 4

(1) Freedom of faith, conscience and religious and philosophical belief shall be inviolable.
(...)

Freedom of opinion, art and science

Article 5

(1) Everyone shall have the right freely to express and disseminate his opinions in speech, writing and pictures and to inform himself without hindrance from generally accessible sources. Freedom of the press and freedom of reporting by radio and film shall be guaranteed. There shall be no censorship.
(...)

Protection of marriage and the family and of children of unmarried parents

Article 6

(1) Marriage and the family shall be under the special protection of the state.

(...)

Here you can find the Basic Law at <https://www.bundestag.de/parlament/aufgaben/recht...>

. Here you will find information in 8 different languages:

https://www.bamf.de/SharedDocs/Anlagen/AR/Integration/Grundgesetz/broschuere-das-grundgesetz_ar.p

<https://www.bamf.de/SharedDocs/Anlagen/EN/Integration/Grundgesetz/broschuere-das-grundgesetz.pdf?>

https://www.bamf.de/SharedDocs/Anlagen/DE/Integration/Grundgesetz/broschuere-das-grundgesetz_fa.p

https://www.bamf.de/SharedDocs/Anlagen/DE/Integration/Grundgesetz/broschuere-das-grundgesetz_fr.p

https://www.bamf.de/SharedDocs/Anlagen/DE/Integration/Grundgesetz/broschuere-das-grundgesetz_kur.p

https://www.bamf.de/SharedDocs/Anlagen/RU/Integration/Grundgesetz/das-grundgesetz.pdf?_blob=pub

<https://www.bamf.de/SharedDocs/Anlagen/DE/Integration/Grundgesetz/broschuere-das-grundgesetz-es.p>

<https://www.bamf.de/SharedDocs/Anlagen/TR/Integration/das-grundgesetz.pdf;jsessionid=FE1E4B3F82C>

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 and are enjoyed equally by all human beings without distinction of any kind, such as "(...) colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status." (Article 2 of the United Nations Universal Declaration of Human Rights of 10 December 1948)

There are 30 rights. The most important are:

All people are of equal value.

Everyone is entitled to their own opinion.

The right to peace and security.

The rules for living together in Germany are derived from these basic rights.

The State Office for Political Education of North Rhine-Westphalia has published <http://demokratie-fuer-mich.de/> (March 2016), in which these rules are clearly presented, and we also show you examples of what you can and cannot do in Germany. You can find this under each important word.

Rule of law

Rule of law

Germany is a democratic constitutional state. The Basic Law guarantees human dignity, freedom and justice. There are laws to ensure that human rights are respected.

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

The laws apply equally to all people in Germany. The state must abide by the laws. All people living in Germany must also abide by German laws.

This means, for example:

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

This is not permitted in Germany, for example:

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

These offences can lead to a prison sentence.

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

Personal freedom

Personal freedom

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

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

This means, for example:

- All people are allowed to decide what they want to wear. Women can decide whether they want to wear trousers, dresses, long or short skirts, tight or loose clothing or a headscarf. Men can decide whether they want to wear a suit and tie, a T-shirt and jeans, a turban, a hat or a beard.
- All people are allowed to eat what they want and what they like. The decision whether to eat meat (including pork or beef) is made by people alone. There are no general or religiously based dietary regulations from the state.

- The consumption of alcohol is permitted for adults. Children and young people are not allowed to consume alcohol.
- Every woman and every man may decide for themselves whether and whom they wish to marry.
- Every woman and every man may divorce.
- Unmarried couples are allowed to live together and have children.
- Members of different religions and faiths may marry and have children.
- Contraception is permitted for both sexes. A person's decision to use contraception must be respected.
- Same-sex partnerships are accepted. Same-sex couples can marry. The rights of a civil partnership are similar to those of a marriage between a man and a woman.
- Everyone decides for themselves how and where they want to live. This right may be restricted for persons in the asylum process until an asylum application is recognised.
- Sexual acts between adults may only take place with mutual consent. Any sexual activity with children is prohibited.
- Private property is permitted in Germany for every man and every woman. It is permitted to own a house or a plot of land. Many companies are privately owned.
- Women and men have equal rights when it comes to inheritance.

Important:

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

Children's rights**Children's rights**

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

This means, for example:

- All children have the same rights. No matter where they live, where they come from, what colour their skin is, what their parents do, what language they speak, what religion they are, whether they are boys or girls, what culture they live in, whether they have a disability, whether they are rich or poor.
- Children have the right to a name, a birth certificate, a nationality and a family. The state always helps if children lack any of these things.
- Children should be able to live with their parents, unless this puts them in danger. Parents may and must care for their children, protect and promote their health and well-being.
- Children who have fled have the right to special protection and help.
- Children must be protected so that they can grow up well.

- Children must and may go to school. School attendance is compulsory. Parents must support their children in attending school. School education is free in Germany.
- Children are allowed to form their own opinions.
- At the age of 14 at the latest, children are allowed to decide for themselves whether they want to belong to a religion and which one.
- Children should be able to develop well. Parents are responsible for this. If they need support, the state must help and provide food, clothing and housing, for example.
- Children whose parents are not married have the same rights as children who live with married parents.

Children must not be neglected or abused.

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

Here you can find the rights of the child in different languages:

 [German](#)

 [English, French](#)

 [French, German](#)

 [Arabic](#)

 [Romanian](#)

 [Russian](#)

 [Spanish](#)

 [Turkish](#)

Equal rights for men and women

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, for example as policewomen, doctors, teachers or in public offices and authorities. Their instructions must be followed.
- Women decide for themselves what work they want to do. They can dispose of the money they earn themselves.
- Women do not have to ask their husbands, parents or other family members for permission to work, open an account or conclude contracts.
- Women are allowed to dress as they wish
Women decide for themselves whether, when and whom they want to marry.
- Mothers are particularly protected. They must and may not work for six weeks before and eight weeks after giving birth. They may not be dismissed because of their maternity.
- The tasks and roles in the family are not prescribed.
- Women take part in public life. They attend cultural, political or sporting events, restaurants and bars.
- Women can vote and be elected to political office.
- Women and men are equal in inheritance rights, 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, for example:

- Any form of violence towards women, 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.

Non-violence / physical integrity


Non-violence / physical integrity

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

This means, for example:

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

This is not permitted in Germany, for example:

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

Religious freedom

Religious freedom

Religion and faith are private matters in Germany. The state does not dictate whether or in which God one should believe. State and religion are separate.

This means, for example:

- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- Members of different religions and faiths may marry each other.
- A marriage only counts as a legally valid marriage if it has been concluded before the registry office. If a marriage was only concluded within the framework of a religion, it is not legally binding in Germany.

This is not permitted in Germany, for example:

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

Many people in Germany today are committed to dialogue between religions. The aim is the peaceful coexistence of religious people, believers and people who do not belong to any religion. The state is committed to ideological neutrality. As long as the practice of a religion does not jeopardise democracy or the separation of state and religion, it is protected.

Social justice

Social justice

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

This means, for example:

-
- All people who are registered in Germany are entitled to basic medical care. This includes medical treatment in the event of illness and accidents.
 - All people who have a job subject to social security contributions pay contributions to health, long-term care and pension insurance.
 - Every adult must endeavour to earn their own living. If someone is unable to do this, they can receive help from the state.
 - The state ensures that taxes are also used to equalise social justice and to help in emergency situations (e.g. for refugees).
 - The state supports parents financially, for example through child benefit.

This is not permitted in Germany, for example:

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

Freedom of expression

Freedom of opinion

Everyone has the right to their own opinion. This is stated in the German constitution. Freedom of opinion is part of democracy.

Everyone is allowed to decide for themselves what they read, how they surf the internet or whether they want to demonstrate. Everyone is free to express and disseminate their opinions publicly. All media are also free, all people can inform themselves there.

But there are also limits. Anyone who expresses their opinion freely must take care to protect the personal honour or personal dignity of other people. For example, you are not allowed to insult other people.

This means, for example:

- The government may be criticised.
- Religion may be criticised.
- Artistic works may provoke. Nobody is allowed to tell writers, musicians or visual artists how they should work.
- You are also allowed to make jokes or art about the government and about religions.
- Anyone who feels slandered, insulted, defamed or has their personal honour and dignity violated can turn to the police or a court.

This is not permitted in Germany, for example:






- The use of anti-constitutional symbols.
- Calls for the overthrow of democracy.
- Insulting statements that demean other people.
- Defamation or slander against other people.
- Incitement to hatred and violence.

Germany from A to Z

Germany from A to Z


Apps and websites about life in Germany

All apps and websites are free of charge:

-  [Handbook Germany](#) answers questions about life in Germany. On this website you will find lots of information on various topics. It covers things like housing, health, work, school, kindergarten and studying. You can watch videos and read texts to find out more about your new place of residence. The website is in 9 different languages so that many people can understand it.
- The  [Ankommen app](#) is a useful guide for the first few weeks in Germany. There you will find information on asylum, work and everyday life in Germany. The app also includes a language course. The app is available in 5 different languages.
- The website  [Just landed](#) provides information on finding accommodation, language courses, the German healthcare system and much more. You can view adverts and also place an advert yourself. There is a property market and a job market specifically for international workers. You can get in touch with others in the forums and communities. The website is available in 8 different languages.
- On the website  [Facts about Germany](#) you will find information on politics, the economy, society, science and culture in Germany. The information is available in 8 different languages.
- The  [Refugee Guide](#) helps you find your way around and explains how people live in Germany. The texts are translated into 16 different languages.

Important offices

Immigration office

If you want to live in Germany as a foreigner, you sometimes need a special permit called a  [residence permit](#). This can be a visa, a residence permit, a Blue Card or another authorisation. To obtain this permit, you must go to the foreigners authority in the city or district of Kassel.

 [Further information](#)

Job centre

Job centre

The job centre is responsible for basic benefits for jobseekers (**citizens' allowance**). This also includes recognised persons entitled to asylum and quota refugees.

What benefits are available?

The tasks of the job centre are

- Securing the means of subsistence,

- Placement in the labour market,
- the costs of accommodation and heating and
- initial equipment for housing and clothing.

The job centre is therefore there to help people so that they can provide for themselves at some point.

 [Further information](#)

Employment Agency

Employment Agency

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

- Are you looking for a job?
- Do you need help choosing a career?
- Would you like to have your qualifications recognised?

 [Further information](#)

Social welfare office

Social welfare office

Accidents, illness, the death of a partner, unemployment or a lack of or insufficient income can cause anyone to fall on hard times. Under certain circumstances, you can receive social assistance. Social assistance is a legal right. However, this only applies if the person concerned cannot help themselves and no one else can help. It does not matter how you got into need.

The social welfare office is responsible for the following benefits:

- Basic security in old age and in the event of reduced earning capacity
- Help with care
- Help with living expenses
- Integration assistance
- Help to overcome particular difficulties
- Assistance with health
- Assistance in other life situations

The Social Welfare Office will **advise** and **support** you in all matters relating to these topics.


 [Further information](#)

Specialist service for refugee aid

Refugee support service

The Refugee Assistance Service is the organisation that will help you if you apply for asylum seeker benefits in Germany. If you have any questions about how you will be looked after or where you can live, you can also contact this specialised service.

 Albert-Einstein-Straße 6, 34227 Fulda

 Mon: 9 - 12:30, Thu: 9 - 12:30

 @migration@landkreiskassel.de

 [Homepage](#) or [further information](#)

Asylum and flight

Asylum - Asylum application

Asylum - Application for asylum

People who are persecuted in their own country can be granted asylum in Germany. This means that they can seek protection here. In Germany, the right to asylum is very important because it helps people and protects their dignity. This is also stated in the Basic Law.

To be granted asylum, a person must make an application and have a good reason for doing so. An application for asylum is simply a request that can be made in writing or verbally. The person wants to be recognised in Germany and receive protection.

Where can you apply for asylum?

If someone wants to apply for asylum in Germany, they can do so at many different places, even at the police station. In order to be granted asylum, the person must submit the application **in person**. This happens either at a special office that deals with migration and refugees (BAMF) or at an arrival centre, where new refugees first arrive.

Arrival centre for Hesse

The Giessen Regional Council is responsible for organising and managing the [initial reception of](#) refugees throughout Hesse.

- Registration and identification treatment of arriving refugees
- Initial examination by a doctor
- Provision of accommodation and catering
- Medical care for acute emergencies
- Assistance with visits to the authorities (asylum application at the BAMF)
- Childcare
- Intensive counselling and sensitive support in individual cases
- initial integrative measures such as language courses and teaching values, coping with everyday life, road safety education and sport.

Address: [Rödgener Straße 59-61, 35394 Giessen](#)

Distribution and local allocation

In Hesse, an office called Regierungspräsidium Darmstadt is responsible for deciding where refugees should live. They do this according to certain rules set out in the state's Reception Act. The cities and districts then decide how to receive, accommodate and care for the refugees.

Grounds for asylum

According to Article 16a of the Basic Law, people are politically persecuted and entitled to asylum due to their

- race
- nationality
- political conviction
- religious conviction
- membership of a particular social group

if they have no alternative escape route within their country of origin or other protection from persecution.

This means that they are seeking protection. These are usually people who are persecuted by the state, for example by the government. Sometimes there are also other groups that persecute people and the state does not help to stop this. In such cases, people can also be granted asylum.

No grounds for asylum according to Article 16a GG i.V.m. §§ 2,3 AsylG are, among others

- civil war
- poverty
- natural disasters
- No prospects in their own country

Asylum application - Hearing

Asylum application - interview

If you are registered in Germany and live in a shared accommodation centre, these are the next steps for you.

1. personal application for asylum

- You apply for asylum at the **Federal Office for Migration and Refugees (BAMF)**
- Asylum procedure counselling can provide you with important information for the asylum procedure. The Refugee and Integration Counselling Service is responsible for this.
- **Important:** You can only submit your application in person. You cannot send this application by post.

- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not been given an appointment, ask your accommodation manager

2. first interview appointment (asylum application)

You must report to the [immigration office](#) after your first appointment.

3. personal interview

The second interview appointment is the actual interview. The BAMF will then decide on your asylum application and send you a decision. The decision will be explained in detail.

a) The decision is positive, i.e. you are recognised as entitled to protection. The next steps are

Fictitious certificate or electronic residence permit (eAT): Immediately after the positive BAMF decision has been delivered, you must obtain an identity document or its equivalent. You can obtain this from the [Foreigners' Registration Office](#).

Job centre: You will no longer receive your money from the social welfare office, but must submit an application to the [job centre](#).

b) The decision is negative

If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to an [asylum counselling](#) centre immediately. They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can appeal against the decision.

If you decide to leave voluntarily, you can receive financial support for your new start in your country of origin

Benefits for asylum seekers

Benefits for asylum seekers

Benefits in accordance with the Asylum Seekers Benefits Act (AsylbLG)

In accordance with the Asylum Seekers' Benefits Act and the associated State Reception Act in the version dated 1 January 2021, the Hochtaunus district will receive a lump sum of €998.00 per month for each asylum seeker in 2025.

From this lump sum, the Hochtaunuskreis pays the basic benefit to the asylum seekers. As of January 2025, there are six levels of need:

Bedarfsstufen (Werte für 2025)	Notwendiger Bedarf	Notwendiger persönlicher Bedarf	Gesamt
Bedarfsstufe 1 (Alleinstehende oder Alleinerziehende)	245 Euro	196 Euro	441 Euro
Bedarfsstufe 2 (Paare in einer Wohnung/Unterbringung in Sammelunterkunft)	220 Euro	177 Euro	397 Euro
Bedarfsstufe 3 (Erwachsene in einer stationären Einrichtung; Erwachsene unter 25 Jahren, die im Haushalt der Eltern leben)	196 Euro	157 Euro	353 Euro
Bedarfsstufe 4 (Jugendliche zwischen 14 und 17)	258 Euro	133 Euro	391 Euro
Bedarfsstufe 5 (Kinder zwischen 6 und 13)	196 Euro	131 Euro	327 Euro
Bedarfsstufe 6 (Kinder bis 5)	173 Euro	126 Euro	299 Euro

The district receives money to pay for various things that are important. For example, the treatment of sick people who come from other countries and seek asylum here costs around 180 to 250 euros per month for each person. The district also has to provide accommodation, i.e. a room, furniture, electricity, water, heating and rubbish collection. There are also people who help and it has to be ensured that everything stays clean and that there are no vermin.

In the first accommodation centres where the asylum seekers live, they get some money and also things they need. When they move into shared accommodation, they are allowed to cook and look after themselves. In return, there is a basic provision that helps them.

💡 If asylum seekers are recognised, the district receives a one-off payment of 3,000 euros as an integration allowance.

Cash payment of benefits

Asylum seekers without a bank account receive monthly benefits in cash.

🕒 Monday and Thursday: 09:00 - 12:30

📍 [Specialist Refugee Aid Service, Albert-Einstein-Straße 6, 34277 Fulda](#)

👤 Municipal job centre

🌐 [Locations & Contact | Job Centre District of Kassel](#)

Payment card

The payment card is issued to all asylum seekers aged 18 and over in the district of Kassel.

💡 Tip: If you have the payment card, you should cancel your chargeable bank account as you no longer need it.

Things to know about the payment card

- The payment card works like a bank debit card;
- The money you are entitled to is loaded onto your card every month;
- Couples receive partner cards (unless you don't want this);
- Once the money is used up, you can no longer make purchases;
- Transfers are only possible to companies authorised by the district of Kassel (e.g. Hessenpass mobil, mobile phone providers);
- Transfers to your own or other private bank accounts are **not possible**;
- Transfers from other persons to your payment card are **not possible**;
- Transfers abroad are **not possible**;
- Purchases with the payment card abroad are **not possible**;
- The payment card works in all shops with Visa terminals in Germany;
- Online purchases are only possible within Germany;
- Select payment by Visa in the online shop. You will then be asked to enter your card number, the validity of the card and the CVV code. For security reasons, you must confirm online payments by entering a TAN. You will need the **My SocialCard app** for this;
- Certain merchants may be excluded;
- Up to 50 euros per person can be withdrawn as cash each month;
- Cash withdrawals are possible in many supermarkets or at ATMs. Cash withdrawals from banks and savings banks are free of charge twice a month. A fee of €0.65 is charged for each additional cash withdrawal.

You can manage your payment card in many languages at www.socialcard.de. Here you can request the authorisation & card code. Or check how much money you have left and what you have already paid. If you have forgotten your PIN, you can get a new one here or block your payment card if you have lost it.

If you have any questions about the payment card, you can contact the staff at the refugee centre. They will help you.

📍 [Albert-Einstein-Straße 6, 34277 Bergshausen](#)

✉️ @migration@landkreiskassel.de

☎️ [056110031844](tel:056110031844)

🌐 <https://www.landkreiskassel.de/service/oe/dezerna...>

Transition from asylum benefits to Social Code II

Transition from asylum benefits to Social Code II

People who are seeking protection in Germany and whose application is still being examined receive assistance under a law called the Asylum Seekers' Benefits Act. If they are later recognised, i.e. granted protection, the assistance they receive changes.

Transition from asylum benefits to Social Code II (citizen's allowance)

People who have been granted asylum in Germany **can** apply for assistance to live on. This assistance is called Bürgergeld.

When they apply, they should also register with a health insurance fund so that they can be treated in the event of illness. You can choose a health insurance company, for example Techniker-Krankenkasse, DAK or AOK. The application for insurance can often be completed online. You will quickly receive confirmation that you are insured.

💡 If you want to apply for help under the Citizens' Benefits Act (SGB II), you must do so quickly. You will not automatically receive the assistance, you have to submit an application.

Applying for SGB II (citizen's allowance)

You can apply as follows:

- [Online application](#) with digital ID (identity card or electronic residence permit),
- in writing or as a PDF via e-mail: Main application + all attachments

The citizen's allowance application takes effect on the 1st of the month (new application or subsequent application).

💡 Benefits for education and participation must be applied for separately from 1 January 2024. The school allowance is an exception and does not require a separate application.

Renting a flat

If you have been recognised as a refugee, you are **entitled** and at the same time **obliged** to move out of the shared accommodation and look for your own flat.

If you receive benefits according to SGB II (citizen's allowance), the municipal job centre will pay a reasonable rent.

Accommodation

Accommodation

Once people have arrived at an initial reception centre, they are distributed throughout Hesse. The law governing this is called the State Reception Act (LAG).

In the district of Kassel, asylum seekers live in large houses where many people live together. They stay there until a decision is made as to whether their asylum application is accepted.

If someone wants to move to another district or another federal state, they must first ask for permission and submit an application. Moving for reasons such as studying or attending a German or integration course is not permitted. The [Darmstadt Regional Council](#) or the respective federal states are responsible.

Accommodation in shared accommodation centres

In the district of Kassel, there are over 50 large houses in many towns and villages where many people seeking protection live together.

If someone is recognised as an asylum seeker, they must leave this accommodation. They are then no longer entitled to this accommodation or any support under the Asylum Seekers' Benefits Act. If someone does not move out, they have to pay for their stay there themselves.

Anyone applying for citizen's allowance can have the rent for accommodation paid temporarily. But you are no longer entitled to the large accommodation. You must then look for your own accommodation and provide evidence of this, for example by applying for flats or registering with the local authority as a person looking for accommodation.

Unaccompanied refugee minors

Unaccompanied refugee minors

Unaccompanied refugee minors are children and young people under the age of 18 who have come to Germany alone without being accompanied by an adult. They are officially referred to as **unaccompanied minor foreigners(umA)**.

To determine whether young people are still minors, the youth welfare office talks to them. The youth welfare office brings an interpreter to this interview.

If the youth welfare office determines that the person is "of age" (18 years and older), they will receive a rejection notice with a new date of birth. The person must then go to the immigration office and the social welfare office to have their date of birth changed there too. A person of legal age is an adult. Different rules and laws apply to adults than to children and young people who are not yet 18 years old.

If the youth welfare office realises that someone is still a child or young person, it will ensure that the person is well looked after. This is called "taking into care". This means that the youth welfare office places the child or young person in a special home where only children and young people live.

The Youth Department is responsible for unaccompanied refugee minors:

- [General Social Services](#) (ASD)
- [Guardianships, curatorships, guardianships](#)
- [Economic youth welfare](#)

💡 If you are not yet 18 years old and your proof of arrival states that you are a minor, but the Youth Welfare Office gives you a rejection notice, the Youth Welfare Office must enter a new date of birth on the notice. Only then can you have your papers changed at the immigration office and the social welfare office.

Some minors travel without their parents, but with relatives (e.g. uncle, aunt, cousin or older siblings). This will be reported to the Youth Welfare Office by the caretaker of the shared accommodation. In order to determine whether the minor can stay there, the Youth Welfare Office will talk to the minor and the adult relatives. The Youth Welfare Office will bring an interpreter to this meeting.

💡 The youth welfare office decides whether a guardian is needed for the child or young person. A guardian takes responsibility for the child, just as the parents would normally do. If the adult relatives wish to have a guardian, they can apply to the family court.

Family asylum and international protection for family members

Family asylum and international protection for family members

Family asylum

If one person from a family is granted asylum, the other family members who are in Germany can also be granted asylum if they submit an application. This is called family asylum. The family members affected by this include

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

Prerequisite for spouses or life partners

- A recognised marriage already exists in the country of origin
- The application for asylum is made before or at the same time or at the latest immediately after entry
- The entitlement to protection has not been revoked or withdrawn

This rule also applies to people who have been granted protection because they are refugees or need other protection. However, it does not apply to people for whom it has been decided that they may not be deported.

Family or family unit

If the parents apply for asylum, this application also applies to their underage, unmarried children who are already in Germany at the time. If a minor child comes to Germany later or is born here after the parents have applied for asylum, the parents or the responsible office must inform the Federal Office of the child's birth or residence. The child's application for asylum is then also deemed to have been made. The parents can also state their own reasons for their child's asylum. If they do not do this, the same reasons apply as for the parents. If the Federal Office rejects the application, the parents can take legal action against it. If the parents' asylum application has already been decided, the parents must submit a separate application for the child.

Registration of children born in Germany

If a child is born in the district of Kassel, one of the parents must collect the birth certificate from the registry office in the town hall where the child was born. If the child was born in a hospital, the registry office will be informed automatically.

If the parents are in the process of applying for asylum, they must also submit a separate application for their child. It is important that they go to the immigration office quickly for advice.

Residence status

Residence status

Everyone in Germany has an identity 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.

Forms for residence permits can be [found here](#).

There are 5 different documents:

1. proof of arrival

Status: Asylum seeker

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

2. residence permit

Status: Asylum seeker

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

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

3. fictitious certificate

Status: Legal residence

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

4.a. Residence permit

Status: Legal residence

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 a permanent right of residence (settlement permit)
- Unrestricted access to the labour market
- Responsibility for job placement and social benefits: [Job centre](#)

4.b. Settlement permit

The settlement permit is an unlimited residence title. It authorises gainful employment, is geographically unrestricted and may only be issued with an ancillary provision in special cases in accordance with the Residence Act.

All requirements are listed in §9 of the Residence Act. These include

- Possession of a residence permit for at least five years,
- German language skills (at least level B1) and,
- a secure livelihood.

Special regulations and shortened deadlines are possible, e.g. for highly qualified foreigners or foreigners admitted for humanitarian reasons.

5. tolerated stay

Status: Tolerated persons

Background: Your application for asylum has been rejected

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

Family asylum and international protection for family members

Family asylum and international protection for family members

Family asylum

If one person from a family is granted asylum, the other family members can also be granted asylum if they are in Germany and submit an application. This is called family asylum. Family members who can also be granted asylum include

- Husbands or wives and registered civil partners,
- underage, unmarried children,
- the parents who look after the underage, unmarried children,
- other adults who are responsible for minor children,
- underage, unmarried siblings of other underage children.

Requirements for spouses or life partners

A marriage is already recognised in the person's home country if the application for asylum was either submitted there at the same time as entry or directly after entry into Germany. The person must also continue to receive protection and this protection must not have been withdrawn.

This regulation also applies to persons entitled to protection who have been granted refugee protection or subsidiary protection. Persons for whom a national ban on deportation has been established in the asylum procedure are excluded.

Family or family unit

If parents apply for asylum in Germany, this application also applies to their children who are not yet 18 years old and not married and who are already in Germany at the time. If a child comes to Germany later or is born after the application has been submitted, the parents or the authorities must inform the Federal Office. The child's asylum application is then also deemed to have been submitted. The parents can also state their own reasons for the child's asylum. If they do not do so, the same reasons apply as for the parents. If the parents' application has already been decided, the parents must submit a separate application for asylum for their child.

Registration of children born in Germany

If a child is born in the district of Kassel, one of the parents must collect the birth certificate from the registry office in the town hall. If the child was born in a hospital, the registry office will be informed automatically. If the parents are currently applying for asylum, they must also make a separate application for asylum for their child. You should go to the immigration office quickly to get advice.

Return counselling

Return counselling

- Have you applied for asylum?
- Do you want to return to your home country before a decision has been made on your asylum application?
- You don't know how to get your passport back?
- Do you need financial help for your return journey?

Return counselling will help you to understand how you can return to your home country voluntarily. At the end of the counselling, you will decide for yourself whether you want to go back or not.

It will also give you information on how you can live well in your home country again if you return.

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

 <https://rp-kassel.hessen.de/migration/rueckkehrbe...>

Counselling and help

Migration advice centres for adults (aged 27 and over)

Migration advice centres for adults (aged 27 and over)

Migration advice centres help adults aged 27 and over who have come to Germany. They receive support if they have questions about their life here.

To be eligible for this advice, you must be over 27 years old and have permanent residence in Germany, for example if you have been recognised as a refugee.

The counselling is free of charge. It helps with many issues, for example


- Explains letters or notifications from authorities,
- provides information about living and working in Germany,
- helps with questions about the right of residence and work permits,
- helps with filling out applications for financial aid,
- offers tips on German courses and integration courses,
- helps with the recognition of qualifications from the home country,
- explains the education system and social security,
- provides information on living with family and children.

Click [here](#) for more information.

Migration counselling for adult immigrants (MBE)

Caritas Association North Hesse-Kassel e.V.


Die Freiheit 2
34117 Kassel

 +49 (0) 5617004142

 be@caritas-kassel.de

Diakonisches Werk Kassel Region

Elvira Sheljaskow
Wildemannsgasse 14
34117 Kassel

 +49 (0) 56170974207

 elvira.sheljaskow@dw-region-kassel.de

Youth migration services

Youth migration services

The Youth Migration Services (JMD) support young immigrants. They help them to settle in Germany as quickly as possible:

- Questions about general orientation
- School, training, career
- Long-term support
- Personal questions
- Financial and legal matters

Prerequisite:

- Age from 12 to 27 years

- with a permanent residence permit for Germany, e.g. a freedom of movement permit or a right to stay (recognised refugees)
- Counselling is free of charge. Support and information is available on the following

Migration counselling helps with many important topics, such as

- It explains letters or notifications from authorities, which are sometimes difficult to understand,
- provides information about living and working in Germany,
- helps you to know whether you are allowed to stay in Germany and under what conditions,
- explains how to get permission to work here,
- helps you fill out applications to get financial support,
- offers German and integration courses to help you get along better in Germany,
- provides initial help if you want to have a qualification from another country recognised in Germany,
- explains how the education system and social security work in Germany,
- helps to bring family members such as children or spouses to Germany.

Youth Migration Service Kassel at Caritas in Kassel

📍 Die Freiheit 2, 34117 Kassel

☎ 0561/ 7004 -139 or -134

🕒 Mon. to Fri. from 9 am to 4 pm by appointment

🌐 <http://www.jmd-kassel.de/>

Youth Migration Service Kassel at the International Federation Kassel

📍 Königsplatz 57, 34117 Kassel

☎ 0561 / 57 46 37 20 / -21 / -23

🕒 Mon to Thu 8:30 to 16:00 & Fri 8:30 to 14:00 (by appointment only)

🌐 www.internationaler-bund.de/standort/204614

Migration counselling online

Migration counselling online

mbeon - Multilingual chat counselling

There are many local counselling centres in Germany. If the counselling centre is closed or far away from where you live, digital chat counselling can help. With mbeon, you can easily find information online. You can also get advice via chat. mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems that come with living in a new environment. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points. The app is available in German, English, Russian and Arabic.

You can receive counselling in more than 19 different languages.

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

The free app can be downloaded from the Google Play Store and the AppStore.

 Android: <https://play.google.com/store/apps/details?id=de.zone35.mbeon>

 Apple: <https://apps.apple.com/de/app/mbeon-messengerberatung/id1408795643>

Counselling centres for women

There are various counselling services for women in the district of Kassel.

Kassel District Women's Office

The women's office is an important contact point for all women in the district of Kassel. It provides support and counselling on various topics, such as

- Questions about work and career
- Reconciling family and career
- Returning to working life
- Support for single parents
- Life planning
- Problems with violence

Women help women in the district of Kassel e.V.

Counselling centres

Baunatal

Mon. to Thurs. from 9.30 am - 12.00 pm

Tues. and Thurs. from 2.00 pm - 4.00 pm

An der Stadthalle 7, 34225 Baunatal

Telephone: 05 61 / 49 10 434

E-mail: info@frauenberatung-lk-kassel.de

Hofgeismar

Wednesdays 10-12 a.m. and 2-4 p.m.

Diaconia Centre

Große Pfarrgasse 1, 34369 Hofgeismar

Telephone: 0 56 71 / 92 08 28

Lohfelden

By telephone appointment only

Mondays 10-11 a.m.

Protestant community centre Lohfelden

Kirchweg 1, 34253 Lohfelden
Telephone: 05 61 / 49 10 434

Counselling centres for victims of violence

Women who experience violence can apply for asylum if the violence is due to their gender, they are persecuted and cannot find protection in their home country. Women who want to flee violence can go to a women's refuge with their children. There they receive protection and support and can live in peace and safety.

If women violate the residency requirement because of the perpetrator, that's fine. It has no negative impact on their asylum procedure. They can seek protection without having to worry.

Here you will find a selection of advice centres:

Frauen helfen Frauen im Landkreis Kassel e.V.

Counselling centres

Baunatal

Mon. to Thurs. from 9.30 am - 12.00 pm
Tues. and Thurs. from 2.00 p.m. - 4.00 p.m.
An der Stadthalle 7, 34225 Baunatal
Telephone: 05 61 / 49 10 434
E-mail: info@frauenberatung-lk-kassel.de


Hofgeismar


Wednesdays 10-12 a.m. and 2-4 p.m.
Diaconia Centre
Große Pfarrgasse 1, 34369 Hofgeismar
Telephone: 0 56 71 / 92 08 28

Lohfelden

By telephone appointment only
Mondays 10-11 a.m.
Protestant community centre Lohfelden
Kirchweg 1, 34253 Lohfelden
Telephone: 05 61 / 49 10 434

Amani counselling centre


 Annastr. 9, 34119 Kassel


 0561 71785

 info@amani-kassel.de

 www.amani-kassel.de

VIVA Foundation - Turkish Counselling Centre


 Treppenstraße 4 , 34117 Kassel


 0561 816 44 310

@tuerk-kadinlar@viva-stiftung.de

www.viva-stiftung.de

eigenMächtig e.V. - Counselling centre for sexualised violence

 Obere Königsstr. 11, 34117 Kassel

 0561 201 91 880

@info@eigenmaechtig.de

www.eigenmaechtig.de

Anti-discrimination centre

Anti-discrimination centre

The district of Kassel has a centre that deals with discrimination. If people are treated unfairly because of their origin, age, gender, sexual orientation, disability or religion, they can get help here. This office also aims to ensure that different groups and organisations network better and support each other.

The aim of this centre is to take action against discrimination. It helps the people affected to defend themselves against injustice. This concerns, for example:


- Discrimination on the grounds of skin colour or origin,
- because of religion or ideology,
- because of a disability or illness,
- because of age,
- because of sexual orientation or gender,
- because of social status (how much money someone has),
- and other types of unequal treatment.


Have you experienced discrimination yourself and would like to report your case to us?

Are you looking for a contact point that can help you to defend yourself?

AdiNet North Hesse

 <http://www.adinet-nordhessen.de/>

 0176 / 32 83 66 48 or 0561 / 712 68-15

 Info consultation hour every Thursday from 10 am to 11 am at <https://us06web.zoom.us/j/82152642707>.

Pro Asylum

Pro Asyl is an organisation that helps people who have had to flee their home country. They campaign for the rights of refugees and provide support during asylum procedures. Pro Asyl offers counselling and help and is committed to ensuring that refugees are treated fairly.

 www.proasyl.de

Emergency call / S.O.S.

Police  [110](tel:110)

Fire brigade, rescue service, emergency doctor  [112](tel:112)

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

 **An emergency is a sudden event that poses an immediate threat to life and health.**

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.

Fire protection

Simple things that are effective and invaluable in an emergency.


- Keep escape routes clear at all times
- Do not block doors
- Do not wedge doors
- Dispose of rubbish and old furniture and do not leave it in the loft
- Do not leave anything in corridors or stairwells


In case of fire:

Nobody needs to put their own life at risk. Smoke poses a danger to life. So never go into smoky areas!

Medical assistance at night, at weekends and on public holidays

Medical emergency service:

Are you ill and the doctors' surgeries are closed? You don't have a life-threatening illness but can't wait until the next consultation time? Then GPs and specialists on the medical on-call service can help. The staff at  [116117](tel:116117) know doctors in your area or will send a doctor to your home if necessary. You will receive the medical help you need.

 [116117](tel:116117)

 [search online](#)

Dental emergency service:


The dental emergency service is designed to offer you short-term help in acute situations with severe pain until your dentist can provide further treatment.

First contact the practice by telephone.

 [01805607011](tel:01805607011)


 [Search online](#)

Poison control centre:

 [0613119240](tel:0613119240)

If unconscious, inform the emergency services immediately  [112](tel:112)!

Paediatric video consultation hours

From 1 October 2025, the video doctors will always be on duty on Wednesday and Friday afternoons from 2 pm to 7 pm and on weekends, public holidays and bridge days from 9 am to 7 pm. Appointments can be made by calling  [116117](tel:116117).

Symptoms for the video consultation:

- Skin changes
- Changes to the eye such as conjunctivitis
- Nausea/vomiting/diarrhoea if the child is in good general health
- Insect bites or tick bites
- Cold symptoms with a slight fever
- Need for advice on taking medication

Not suitable for video consultations:


- Acute infections with persistently poor general condition of the child
- Very high fever
- Acute serious injuries

Pharmacies emergency service

Do you urgently need a medicine? The pharmacies have an emergency service. This means you can get emergency medication at night and on Sundays and public holidays.

[Click here](#) to search online for open pharmacies.

Nationwide hotline:


 08000022833

Help with worries and despair


Do you have agonising worries, fears or problems? Are you thinking about suicide?

Do not hesitate. Seek help. All counselling is absolutely confidential.


Social Psychiatric Service Kassel

 +49-561-7875390

Medical on-call service

 116117 (24h)


Telephone counselling service

 08001110111 , 08001110222 or 116123 (24h)

Do you find it difficult to talk about your worries? Perhaps writing is easier for you. Here you can choose between e-mail and chat. A counsellor will be there to support you in written contact.


 [Registration for online and chat counselling](#)

Muslim counselling hotline

 +49-304-43509821 (24h)


Languages: Turkish, Arabic, Urdu


Phone Doweria

 +49-304-40308454 (24h)

Languages: Russian Russian

Psychosocial centre for refugees


 Treppenstr. 4, 34117 Kassel


 +49-561-81644322

Help for children and young people in need

Vitos Kinder- und Jugendambulanz für psychische Gesundheit Kassel

If your child has behavioural problems, you can talk about what is happening here in an atmosphere of trust and help your child to get the right diagnosis and treatment.

 Herkulesstr. 111, 34119 Kassel


 +49-561-3100631111

 @ambulanz-kjp.kassel@vitos-kurhessen.de


Counselling hotline "Number against grief"

Grief means that you are sad or worried because you have a problem. Children and parents can talk to someone on the counselling hotline "Nummer gegen Kummer". All calls are anonymous and confidential.

For children and young people:

 116111 or 08001110333

For parents:

 08001110550


Explanatory film [for children and young people](#)

Explanatory film [online counselling](#)

Explanatory film [for parents](#)

Counselling and intervention centre for violence in shared accommodation

Help and counselling for children and young people living in shared accommodation in the district of Kassel.


 +49-561-10031654

 @ruth-richter@landkreiskassel.de

Help for women and girls in need

"Violence against women" helpline


Counselling service for women who have experienced or are still experiencing violence.

 [116016](#)

Further information in many languages [here](#)

Counselling and intervention centre for violence in shared accommodation


Help and counselling for women living in shared accommodation in the district of Kassel.

 [+49-561-10031654](tel:+49-561-10031654)

@ruth-richter@landkreiskassel.de

Women's refuge

Women's shelters offer refuge and protection for women and their children in the event of violence.

 [+49-561-4910194](tel:+49-561-4910194)


Further information in many languages [here](#)

Important: All counselling services are free of charge and confidential!

Help for men in need


Help hotline "Violence against men"

Advice and support for men affected by violence in their relationships.

 08001239900

Counselling and intervention centre for violence in shared accommodation

Help and counselling for men living in shared accommodation in the district of Kassel.

 +49-561-10031654

@ruth-richter@landkreiskassel.de

Health

The German healthcare system

The healthcare system in Germany has three pillars:

Outpatient care by doctors, dentists and therapists

Outpatient care means that you go to a doctor or clinic, receive treatment there and then go home again without having to stay in hospital.

Inpatient care by hospitals

Inpatient treatment means that you go to hospital, receive treatment there and have to stay for a while to recover or receive further treatment.

The public health department

is an authority that serves to educate and protect the population.

Contact:

📍 Gesundheitsamt Region Kassel, Wilhelmshöher Allee 19–21, 34117 Kassel

@gesundheitsamt@kassel.de

🌐 [Further information on the subject of health in various languages](#)

Health insurance

As soon as the asylum procedure is over and you have a residence permit, you must take out health insurance with a health insurance company. You can choose which health insurance company you want to join.

You will receive an insurance card from the health insurance company and are therefore entitled to the same benefits as all residents in Germany.

💡 **Always take your insurance card with you to your appointments at the doctor's or hospital. Treatment may be refused without an insurance card.**

With health insurance, most examinations are free of charge for you. You only have to pay for certain check-ups yourself. For therapies (e.g. physiotherapy) and aids (e.g. bandages), you will have to pay a portion yourself. People who have little money can be exempt from this. Ask your health insurance company about this.

In addition, many doctors offer individual health services that insured persons have to pay for out of their own pocket. These are known as "IGeL" or "self-payer services" for short.

The costs of dental treatment are paid by the health insurance company. If a tooth needs to be renewed or replaced, you have to pay part of the cost yourself.

The costs of hospital treatment are also paid by the health insurance company. However, you must pay a daily hospital allowance of 10 euros for each day in hospital. People who have little money can be exempted from this.

> see also ["Health benefits for asylum seekers"](#)

Help for people without health insurance:

Fahrende Ärzte

Medical consultation hours for people without health insurance.

📅 Tuesday, from 6.30 pm

📍 Herkulesstraße 34, 34119 Kassel, Innenhof des Diakonissenhauses, Zugang über die Herkulesstraße

Registration at: @ info@fahrende-aerzte.de

Clearingstelle Region Nordhessen

Clearingstelle advises people without health insurance. For example: Refugees who have not yet applied for asylum. People without valid residence status.

📍 Hermannstraße 6, 34117 Kassel
☎ +49-174-2371242
✉ ingrid.rauthe-hof@dw-region-kassel.de

📅 Open consultation hours on Tuesdays and Wednesdays from 10 a.m. to 12 p.m. and by appointment.

Health services for asylum seekers

Asylum seekers are entitled to basic medical care.

They receive this from the specialised refugee aid service:

- A **treatment voucher** for the family doctor
- A **treatment voucher** for the dentist
- A **certificate of exemption from co-payments**

Go to the doctor if you

- are acutely ill or in pain
- are chronically ill,
- are pregnant
- or need a vaccination,

Always go to your family doctor first. You can choose which GP you would like to see. With children to the paediatrician. The family doctor will carry out an initial examination and decide on further treatment. They can refer you to a specialist.

Important:

- The treatment vouchers are always valid for 3 months. Always take the valid treatment voucher with you to the doctor and dentist. **Otherwise you may not be treated.**
- For an appointment with a specialist, you need a referral from your family doctor and a professional justification. This must be submitted to the Refugee Aid Service in advance. **Otherwise the costs will not be covered!**
- For an operation, you need a hospital referral from your doctor. This must include a diagnosis and the type of treatment. This must be submitted to the Refugee Aid Service in advance. **Otherwise the costs will not be covered!**

You also need authorisation from the Refugee Assistance Service for

- Psychotherapeutic treatments
- Physiotherapy
- Medical aids
- Rehabilitation measures

After 36 months, asylum seekers can receive more comprehensive health insurance cover and a health insurance card from a statutory health insurer. See also ["Health insurance"](#)

Health services for refugees from Ukraine

Refugees from Ukraine who receive citizen's allowance do not have to pay the costs of their health insurance themselves. The job centre covers these costs. Children who have travelled to Germany with you are insured up to the age of 14. After that, they receive their own insurance card.

See also ["Health insurance"](#)

Find a doctor / dentist

You are free to choose your doctor in Germany. Trust is important.

Do you feel mentally or physically ill? Then first go to a **family doctor**, also known as a "general practitioner".

If you have dental or jaw problems, go to a **dentist**.

Children must see a **paediatrician**.

The family doctor provides primary care. The family doctor is the first point of contact for all illnesses. The family doctor carries out an initial examination. The family doctor decides on further treatment.

Sometimes a specialist is necessary. Then you will receive a referral from your GP. "Referral" means that the GP refers you to a specialist.

Specialists specialise in a particular medical field. They take over the further treatment after referral.

Find doctors in your neighbourhood:

doctolib.de

Sick note / sick leave

Are you working, doing an apprenticeship or attending school and are ill? Then you must inform your employer or school immediately.

1st sick note (always)

Inform your employer or school as soon as possible that you are ill. This can be done by phone, email, text message or WhatsApp. You do not have to say what illness you have.

2. sick note (also called "certificate of incapacity for work", "medical certificate" or simply "yellow slip").

Ask your employer when they would like to receive a sick note from you. The sick note is issued by your GP. Under certain circumstances, sick notes can also be issued by calling your GP. The sick note is sent digitally to the employer. This does not apply to people with private health insurance and mini-jobbers in private households.

Sick child

Is your child ill and no one else can look after them? Then inform your employer that you have to look after your sick child. The employer can request a certificate from the paediatrician.

Continued payment of wages in the event of illness

Employees in Germany are entitled to (continued) payment of their wages even if they are ill. This applies for a maximum of 42 calendar days (6 weeks).

Medication

Many medicines are available on prescription in Germany. This means that they must be prescribed by a doctor (prescription) and are only available from a pharmacy or mail-order pharmacy. The doctor will also tell you how and in what quantity the medication should be taken.

Electronic prescriptions for prescription-only medicines have been available since 1 January 2024. You will need a health insurance card for this.

Many prescription drugs are covered by health insurance. However, the insured person must pay something in addition. As a rule, ten per cent of the purchase price is due per pack - at least five euros, but no more than ten euros. Asylum seekers and children under the age of 18 are exempt from these co-payments. People with low incomes or chronic illnesses have to pay less overall.

There are also medicines for which you do not need a prescription from a doctor. For example, mild painkillers and expectorants or antipyretics. You have to pay for these yourself. 💡 Such medicines can also have side effects. Ask the pharmacist to explain them to you when you buy them.

Protect against infections

There are dangerous diseases that can be passed on from one person to another. Viruses and bacteria are responsible for this. If you have an infectious disease, avoid unnecessary contact with other people.

💡 **Regular washing and sanitising helps to reduce viruses and bacteria. Washing your hands is particularly important.**

Some diseases are also transmitted by animals (e.g. wild animals, mosquitoes, ticks). Protect yourself from bites or stings.

Vaccinations:

Vaccinations are important. Especially for children. They can protect against many serious diseases. For example, against influenza, paediatric paralysis or measles. Your family doctor or paediatrician can advise you on which vaccinations are advisable. Vaccinations are recorded in an international immunisation book.

Some immunisations must be repeated after a certain period of time to ensure that the protection remains.

[You can find a vaccination calendar here](#)

Further information on immunisations can be found here:

[Recommendations for adults](#)

[Recommendations for children and adolescents](#)


[Vaccination calendar in 20 languages](#)


Health pilots

The German healthcare system is difficult. But there are people who can help them. They are called health guides. They help people to find the right doctors and understand health information.

Diese Lotsen There are health guides in Bad Karlshafen, Fuldabrück, Fuldata, Hofgeismar, Lohfelden, Vellmar, Kassel and Zierenberg.

Some Gesundheitslotsende offer open and free consultation hours:

 Tafel Hofgeismar, Neue Straße 7-9, 34369 Hofgeismar (Please enquire about dates on site)


 Zentrum Rembrandtstraße, Rembrandtstraße 6, 34225 Baunatal (Please enquire about dates on site)


If you have any questions about the health guides and their services, you can contact the WIR-Vielfaltszentrum in the district of Kassel by e-mail. Mail to vielfaltszentrum@landkreiskassel.de.

Care

Some people need help to cope with everyday life. All people with health insurance are also covered by long-term care insurance. Long-term care insurance gives the people concerned the opportunity to decide for themselves how and by whom they are cared for. However, long-term care insurance often does not cover all the costs of care.

Do you have any questions or need help?

 Care support centre for the district of Kassel, Kulturbahnhof, south wing, Franz-Ulrich-Straße 6, 34117 Kassel

 +49-561-10031399


@

pflegestuuetzpunkt@landkreiskassel.de

Health advice centres

There are counselling services for various health issues and problems. They are all free of charge and the counselling sessions are confidential! You usually have to make an appointment beforehand. Here you can get help with questions about **sexuality and pregnancy**:

 Counselling Centre for Conscious Parenthood, Holländische Straße 198, 34127 Kassel

 [+49-561-895377](tel:+49-561-895377)

@info@bbe-kassel.de

📍 Diakonisches Werk Region Kassel, Wildemannsgasse 14, 34117 Kassel

☎ [+49-561-70974250](tel:+49-561-70974250)

@psychologische-Beratung@dw-region-kassel.de

📍 Malala Girls' Centre, Mittelgasse 12, 34117 Kassel

☎ [+49-561-81643995](tel:+49-561-81643995)

@

info@malala-kassel.de

📍 Pro Familia, Breitscheidstraße 7, 34119 Kassel

☎ [+49-561-76619250](tel:+49-561-76619250)

@kassel@profamilia.de

Here you can get help with **emotional and psychological problems:**

📍 Psychosocial contact and counselling centre, Kölnische Straße 54a, 34117 Kassel

@SOPD.PSKB@kassel.de

Here you can get help if you **have HIV:**

📍 AIDS-Hilfe, Motzstr. 1, 34117 Kassel

@info@kassel.aidshilfe.de

Here you can get help if you **suffer from an addiction:**

📍 Fachambulanz Sucht Region Kassel, Frankfurter Str. 78a, 34121 Kassel

☎ [+49-561-938950](tel:+49-561-938950)

@suchtberatung@dw-region-kassel.de

Drug help centre Nordhessen e.V.

📍 Schillerstraße 2, 34117 Kassel

☎ [+49-561-103641](tel:+49-561-103641)

@jus@drogenhile.com

📍 Bürgermeister-Laneus-Straße 1, 34369 Hofgeismar

☎ [+49-5671-50199](tel:+49-5671-50199)

@drogenberatung.hofgeismar@drogenhilfe.com

📍 Diaconia Centre, Schützebergerstraße 12, 34466 Wolfhagen

☎ [+49-5692-99746314](tel:+49-5692-99746314)

Psychological problems

If you are in a very bad way, please contact:

Crisis intervention (24 h)

☎ 0800 111 0 111

☎ 0800 111 0 222

☎ 116 123

Medical on-call service (24 h)

☎ 116 117

Support during crises

Psychosoziale Kontakt- und Beratungsstelle (PSKB)

The PSKB is a place where people can get help if they are feeling mentally unwell or have problems. They can talk to someone there who will give them tips and show them where they can find more help. The counselling is confidential, which means that everything that is discussed remains secret.

📍 Psychosoziale Kontakt- und Beratungsstellen (PSKB), Kölnische Straße 54a, 34117 Kassel

☎ +49-561 7875390

@SOPD.PSKB@kassel.de

Psychosoziales Zentrum für Geflüchtete (PZG)

The services offered by PZG are aimed specifically at refugees. The PZG offers assistance, provides information and helps with stabilisation. Counselling is free and confidential. Trained interpreters are available for certain languages.

📍 Psychosocial Centre for Refugees (PZG), Treppenstraße 4, 34117 Kassel

☎ +49 (0) 056181644322

saba app

The saba app is a free online service for people from third countries. It can help if you are not feeling well. It can help if you are unhappy with your situation.

To use the app, you need to contact an "Onboarder" in the district of Kassel. Onboarders can be found in all shared accommodation centres for refugees in the district of Kassel. You can also find Onboarders at the Flüchtlingshilfe in Fuldabrück.

You can use the app to search for the reasons why you are not doing well. The app also shows you ways to change something in your life. Or you can have personal and confidential counselling sessions in your native language (Arabic, Dari, Farsi, English, Ukrainian and Russian) if you want to talk.

Important: Unfortunately, the saba app is only available to people with a certain residence status.

Self-help groups

What is a self-help group?

A self-help group brings together people who are affected by the same problem. These can be physical illnesses or psychological and social problems. The groups meet regularly to

exchange ideas and help each other.

KISS helps people who are interested in self-help.

It is a central point for all questions relating to self-help. Whether self-help groups, individuals, experts, health insurance companies, authorities, associations or the media - everyone can contact KISS.

KISS supports self-help groups and people who want to set up a group.

The help is free and professional.



[KISS](#)

Treppenstraße 4, 34117 Kassel

Daycare centre and school

Kita - day care centre

Children are looked after in the daycare centre until they start primary school. The daycare centre allows both parents to work or attend a language course. At the daycare centre, your child can make friends, learn German and discover new things.

In Germany, all children are entitled to a place in a daycare centre from the age of one. However, this does not apply to children living in shared accommodation for refugees.

Attending a daycare centre costs money. How much is determined by the provider. Parents with a low income can [apply](#) to for the district of Kassel to cover these costs.

District of Kassel

Economic youth welfare

Wilhelmshöher Allee 19-21, 34117 Kassel

[+49-561-1003-1270](tel:+49-561-1003-1270)

Further information on child day care in Germany can be found in this [video](#)

Child day care 0-3 years

Age of the child: 0 to 3 years

Day care is for children under the age of 3. The childminders look after the children for a few hours or the whole day. The care takes place in the childminder's home, but can also take place in the family home or in other suitable rooms.

For more information on child day care, you can contact the youth welfare office.

You can find a childminder for your child at one of the regional placement centres:

Mütterzentrum Hofgeismar

+49-5671-925564

www.muetterzentrum-hofgeismar.de

German Red Cross, District Association Kassel-Wolfhagen e.V.

+49-5692-9940-303

www.drk-kassel.de

Sternschnuppe Vellmar

+49-561-82055569

www.sternschnuppe-vellmar.de

AWO Family Education Centre Baunatal

+49-5601-9690045

www.awo-nordhessen.de

ASB Lohfelden

+49-561-9518751

www.asb-mehrgenerationenhaus.de

Crèche 1 -3 years

Age of the child: 1 to 3 years

The crèche is a facility for children aged 1 to 3 years. In the crèche, the children are looked after in small groups. Attention and care from the carers are particularly important here.

Kindergarten 3 years to school entry

Age of the child: 3 years to school enrolment

Children between the ages of 3 and 6 who are not yet attending school are looked after in kindergarten. In kindergarten, the children can play with other children and thus learn the German language, strengthen their social skills and prepare for school.

School

School attendance is compulsory in Germany. This means that all children in Germany between the ages of 6 and 15 have to go to school.

The parents or guardians of the children are obliged to ensure that the children attend school regularly. School attendance at state and municipal schools is free of charge.

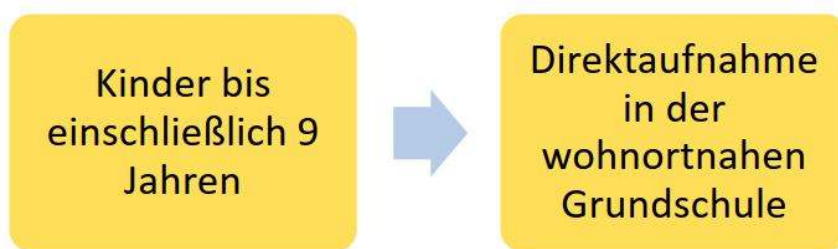
[Explanatory video German](#)

[Explanatory video Turkish](#)

[Explanatory video Arabic](#)

Which school should my child go to?

Children between the ages of 6 and 9 go to primary school. Parents should contact their nearest primary school directly.



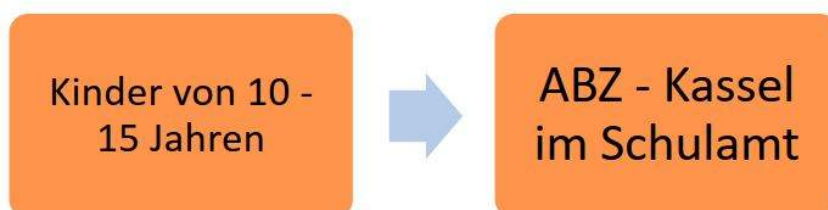
[List of all primary schools in the district of Kassel](#)

Children aged 10 to 15 can go to a comprehensive school, a grammar school or a special school in the district of Kassel. The primary school makes a recommendation.

[List of all secondary schools in the district of Kassel](#)

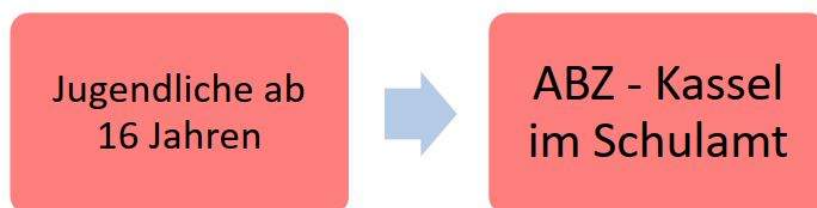
What applies to children aged 10 and over who speak little or no German?

The Reception and Counselling Centre (ABZ) is the point of contact for pupils aged 10 and over with little or no knowledge of German who come to the district of Kassel from abroad. The ABZ sends your child to an intensive class as close to home as possible.



What applies to young people aged 16 and over who speak little or no German?

Young people from the age of 16 and up to the age of 18 are sent by the ABZ to an InteA class at a vocational school close to their home.



[List of all vocational schools in the district of Kassel](#)

Reception and Counselling Centre (ABZ)

📍 Wilhelmshöher Allee 64-66, 34119 Kassel, Room: 417/418

☎ 0561 8078254 and 05618078255

@A [BZ-Kassel@kultus.hessen.de](mailto:el@kultus.hessen.de)

🕒 Monday to Thursday from 8:30-15:30, Friday from 8:30-13:00

During the Hessian school holidays, the ABZ is available on Wednesdays from 10:00-12:00.

You must bring these documents with you to the ABZ:

- Identity cards of the children and parents

- Certificate of registration
- Health certificate/report from the school medical examination, if available
- Language mediator, if necessary
- Report cards, if available

The child to be admitted must be present at the appointment in the ABZ.

You can obtain the health certificate from the public health department:

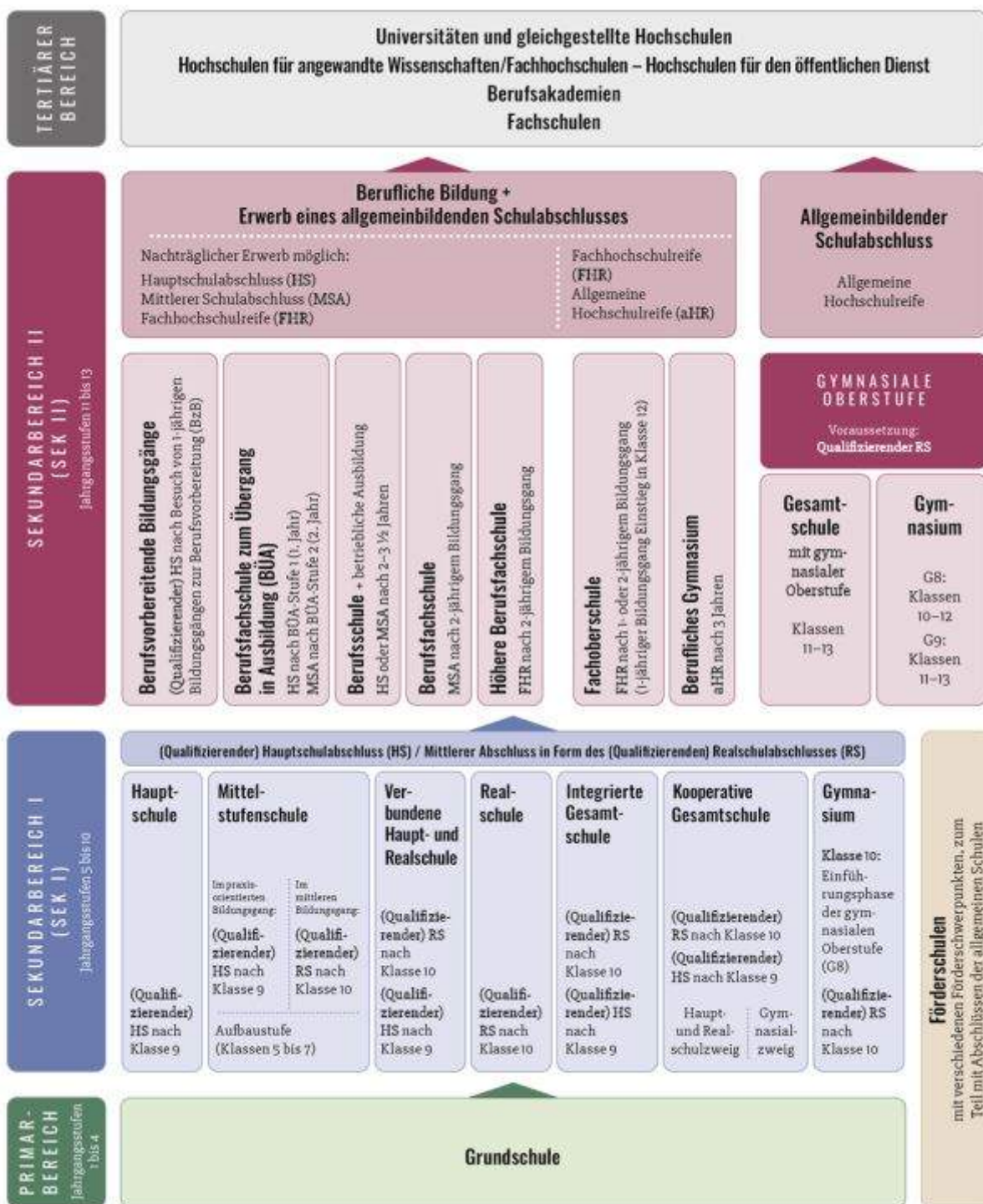
Health Department Kassel

📍 Wilhelmshöher Allee 19-21, 34117 Kassel

Registration under:

☎ 05617871940

The school system in Hesse



School entrance examination

This examination helps to ensure a good start to school. All children who are to be admitted to school must take part. Children and their parents are invited by the primary school or the health authority. The examination takes about an hour. The child should be healthy on the day of the examination.

What exactly happens during the examination?

It will be checked whether your child

- can hear and see well,

- what their blood pressure and pulse rate are,
- its height and weight,
- what immunisations it has had,
- the general level of development.

Please bring the following to the examination

- yellow medical check-up booklet,
- vaccination card,
- completed yellow questionnaire that was sent to you beforehand,
- medical and therapeutic reports, if available.

The examination is free of charge.

Student ticket

The travel costs for pupils are covered if the distance from home to school is more than two kilometres for primary school pupils and more than three kilometres for secondary school pupils.

Application for the [student ticket](#)

Application for [work placement](#)

Application for [vocational students](#)

Application for [partial reimbursement](#)

Application for a [replacement ticket](#) (if lost)

You can hand in the signed application form at school. The school will then forward the application to the district of Kassel.

Support with education and participation

Children and young people from families receiving social benefits can receive money for the following services:

- Excursions/class trips,
- School supplies: Pupils receive money to buy the things they need for school, such as books, pens and exercise books. How much money is determined each year. Payment is made at the beginning of the first and second half of the school year,
- School transport: Pupils can receive money to travel to school if the nearest school is too far away to walk or cycle to,
- Learning support (tutoring): If the school says that the child needs support and there is no suitable help at school.
- Lunch,
- For membership fees: Pupils can get money to go to a club, for example a sports club. The money can also help if the child wants to take music lessons or other cultural activities. It can also be used to take part in holiday camps or other leisure activities.

When applying for benefits under SGB II, SGB XII or AsylbLG, the education package is automatically included. However, proof of expenditure must be provided.

[Confirmation from the school or daycare centre for participation in an excursion or school trip](#)

[Confirmation from the school for learning support \(tutoring\)](#)

[Confirmation from the provider for membership fees](#)


[Confirmation of participation in lunch](#)

Please send the forms to the relevant job centre or refugee aid office.

Families who receive child supplement or housing benefit must submit a separate application.

[Application form](#) (always complete!)

Please contact

 +49-561-10033173

 [@BildungUndTeilhabe@landkreiskassel.de](mailto: @BildungUndTeilhabe@landkreiskassel.de)

Social work in schools

Social workers offer counselling in schools for children, young people and their parents.


For children and young people:

- ... you need someone to talk to
- ... you don't know what's going on with you right now
- ... there are difficulties at school
- ... you have trouble or problems at home
- ... you have an argument
- ... you want to improve your class climate
- ... there are difficulties "online"
- ... you want to get a better grip on your anger or feelings
- ... you are worried about friends
- ... it's about fears or you have the feeling "I can't do this"

For parents

- ... Counselling and support for your child's conflicts at school
- ... Help with parenting and everyday issues
- ... Referral to further services and counselling centres

Social work at school (SiS)

 Kohlenstraße 132, 34121 Kassel



[056110031446](tel:056110031446)

 [@achim-foeth@landkreiskassel.de](mailto: @achim-foeth@landkreiskassel.de)

What is a parents' evening?

Parents' evening

All parents are invited to a parents' evening. You can exchange ideas with other parents and the teacher and receive lots of information. It is a good idea to take advantage of these meetings. The dates are communicated in a letter to parents. It is important to read the letters to parents.

Parent representatives

There is a parents' council in every class. This is elected by all parents during a parents' evening. The tasks and rights of the parents' council are regulated by law. The parents' council deals with problems that other parents bring to its attention. The parents' council represents the other parents in front of the school.

After finishing school

What would you like to do after your 9th or 10th school year?

[Here](#) you will find many opportunities in the district and city of Kassel

Catch up on school-leaving qualifications

Evening school Kassel



An evening school is a school that offers courses or lessons in the evening. It is primarily aimed at adults who work during the day or have other commitments.

Would you like to catch up on your school-leaving qualifications at evening school? Then Kassel evening school is the right place for you

- Evening secondary school
- evening secondary school
- Evening grammar school

In the Hauptschule and Realschule, morning classes are also possible from 10 am!

You can find out about the educational opportunities at the Kassel evening school on the website or by telephone.

 Witzenhäuser Str. 5, 34127 Kassel
 +49 561 787 3810

sekretariat@abendschule-kassel.de

Learn German

Language levels

There are different language levels. The [Common European Framework of Reference](#) is important in language and integration courses:

Language level A corresponds to **elementary language use**. Level A means that you are just **starting** to learn the language. You can **understand** and **speak simple sentences**, but **don't know much** yet.

Level B corresponds to **independent language use** and is necessary for training or work. Level B means that you already **understand** and can **speak** the language **well enough** to help yourself in normal situations.

Language level C corresponds to **competent use of the language** and is necessary for studying or for certain professions. Level C means that you **understand** and can **speak** the language **very well**.

You can differentiate between the language levels in more detail:

A1: Beginner

A2: Basic knowledge

B1: Advanced language use

B2: Independent use of the language

C1: Specialised language use

C2: Almost native speaker level

German certificates

What certificates are available?

In Germany, there are various tests to determine your own language level. We have already explained what a [language level](#) is on the previous page.

You will receive a certificate once you have passed the test. These are

- [German test for immigrants \(DTZ\)](#)
- [telc](#)
- [TestDaf](#)
- [Goethe certificate](#)
- [German language test for university entrance \(DSH\)](#)

You will need such certificates, for example, if you want to apply for a residence permit. A certificate may also be required for work.

Do I need a German certificate?

A certificate is an official document that shows that you have passed a test.

Proof of your German language skills helps you to have better chances. It makes it easier for you to get a **training place or a job** . If many people are applying for the same job, a certificate will help you stand out from the rest.

If you want to **continue your professional training**, certain language levels are often required. You often need a certificate for this.

You need a good knowledge of German to **study at university**. Each university decides for itself which certificates it accepts. You should therefore find out from the university which certificate you need.

For a **settlement permit**, you must prove that you speak German well. This is possible, for example, with the certificate after successful participation in the "[German Test for Immigrants](#)" (DTZ). If you have completed a German school-leaving qualification, this can also count as proof of German language skills.

If you want to obtain **German citizenship** , you must prove that you can speak enough German. You also need to know something about the laws, society and life in Germany. You can prove this, for example, with the "Living in Germany" test. This test is the end of the orientation course.

Language courses

You should learn German as soon as possible so that you feel at home in Germany and can communicate well. It is important if you are looking for work, need to fill out applications, support your children at school or simply want to meet new people. You should also know a few things about Germany, for example its history, culture and legal system. Our aim is for you to be able to communicate well in everyday life and participate in German society.

Integration courses

Do you speak little or no German? Then you can take part in an integration course under certain conditions.

Structure and content

An integration course consists of a language course and an orientation course.

The language course

In the language course you will learn German for all the important things in everyday life. For example, shopping, looking for a flat, writing letters and emails or a job application. At the end of the language course, you will take the German Test for Immigrants (DTZ).

["German test for immigrants" \(DTZ\)](#)

The orientation course

You will learn a lot about Germany in the orientation course. For example, about German culture and history, your rights and obligations, life and the political and legal system in Germany. The orientation course concludes with the "Living in Germany" (LiD) test.

[Life in Germany](#) " test ([LiD](#))

You can also study for the "[Living in Germany](#)" test on your own. For example, you can use the [BAMF online test centre](#) or the "[Leben in Deutschland Test](#)" app. It is also possible to take the LiD test without an orientation course.

In addition to the general integration course, there are [special integration courses](#) aimed at people with special needs. Some people are unable to read and write and attend the integration course with literacy training. Some people can only read very slowly or some can learn very quickly. There are different courses for everyone. At the beginning, the course organiser will carry out a placement test with you. This will determine which course is right for you and which course section you should start with if you already know some German.

Can I take part in an integration course?

The job centre, the social welfare office or the immigration office can oblige or authorise you to take part in an integration course. The Federal Office for Migration and Refugees (BAMF) can also authorise you to attend an integration course if places are available. To do this, you must submit an application to the BAMF.

Further information on the admission requirements depending on your residence status can be found here: [Handbook Germany: Integration courses \(in 9 languages\)](#).

A fee is payable for participation in the integration course. Under certain circumstances, for example if you are in receipt of a citizen's allowance or are an asylum seeker, you can apply for a cost exemption. You can find more information about the requirements for attending an integration course and the costs at: <http://www.bamf.de/integrationskurse-teilnahmekosten>

How can I register?

On the [BAMF](#) website you will find further information on integration courses in several languages, for example German, English, French, Arabic, Persian and Kurdish.

If you receive a certificate of eligibility, you can choose a language school. At the beginning of a course, the language school will carry out a placement test with you. Based on the test result, a specific course module will be recommended to you. You can then register for an integration course.

You can find local providers and offers for various integration courses and specialised courses [here](#) or via [BAMF-Navl](#). The website is available in German and English.

If you need more information, you can call the BAMF Service Centre. The telephone number in Germany is: 09 11 94 30

Professional language courses

Have you successfully completed an [integration course](#)?

Would you like to continue learning German in order to have better chances at work?
Then a vocational language course could be an option for you.

A [vocational language course](#) will help you to improve your German and thus your chances on the labour market. You can attend these courses during your employment or as preparation for your job.

Structure and content

Vocational language courses consist of 400 or 500 lessons of 45 minutes each. You can achieve [language level](#) A2, B1, B2, C1 or C2. A vocational language course prepares you for the German labour market. You will learn job-related German skills, for example how to communicate with colleagues and superiors. Or how to make contact with customers. You will also learn how to write emails and letters as well as how to conduct job interviews and write employment contracts.

Can I take part in a vocational language course?

Vocational language courses are subsidised by the Federal Office for Migration and Refugees (BAMF). You therefore need authorisation to take part. The authorisation is called a "certificate of eligibility". In principle, you have the opportunity to take part in a vocational language course if you

- have immigrated from a third country or
- are a citizen of the EU or
- as a German or German with a migration background, you do not have sufficient knowledge to be integrated into the training or labour market.

To take part in a vocational language course, you must either have already taken part in an integration course or provide proof of language skills at [A1 level](#).

How do I register for a vocational language course?

You need a certificate of eligibility to register. You can obtain a certificate of eligibility

- if you are registered with the Employment Agency, or
- if you receive citizen's allowance, or
- if you are in employment and submit an [application to the BAMF](#).

You can use the authorisation certificate to register with a course provider of your choice.

How do I obtain a certificate of eligibility for a vocational language course?

If you receive **citizen's allowance from the job centre**, you can obtain an eligibility certificate. You will receive this from your responsible contact person in case management. Participation in the course is then free of charge for you.

If you are not employed and do not receive a citizen's allowance from the job centre, you can register as a jobseeker with the **employment agency**. Enquire there about entitlement to a vocational language course.

If you are employed and subject to social security contributions, you can [apply to](#) the BAMF [for admission to a vocational language course](#) yourself. Depending on your income, you may have to pay the costs yourself.

Where can I find a vocational language course?

The [Federal Employment Agency](#) provides an overview of vocational language courses.

German 4U courses

These courses are aimed at all people who are not entitled to an integration course. They are also aimed at people with a migration background who are permanently and legally resident in Hesse.

The course includes the acquisition of the language and the provision of

- Information on everyday culture
- social values/structure
- issues of everyday life
- family / education
- health / education system

During the course you will also visit important institutions.

A test is carried out before the course begins. This determines the level of knowledge in order to find the right course for each person. The course comprises 300 teaching units.

The course is free of charge for participants. You can apply for travel expenses from the responsible case worker / counsellor.

The [VHS](#) offers an overview of its course programme.

Interpreting and translating

You often need interpreters when you go to school, daycare centres, authorities or doctors.

Some authorities and institutions have their own language interpreters and can use them in counselling sessions. When you make an appointment, please always ask whether interpreters are provided free of charge.

You can find information on volunteer interpreters [here](#). These are free of charge for you.

There are also professional translation agencies. You can find them yourself on the Internet.

Frequently asked questions about the integration course (FAQ)

Where do I apply to take part in a course?

If you would like to take part in an integration course, please contact the [Refugee Aid](#) Office.

What documents do I need?

- Authorisation / obligation
- Passport, for EU citizens an identity card is sufficient
- Residence permit (for non-EU members)
- Notice of authorisation for social benefits (Jobcenter, Sozialamt, etc.)

Which course is right for me?

Persons who are authorised or obliged to participate take part in a placement test. This will determine your language level and the appropriate module for you to start a course.

Who can take part?

In general, anyone who is authorised and wants to learn German or improve their existing knowledge can take part in integration courses. All new immigrants (from 1 January 2005) with a permanent residence permit have a legal right to participate and must attend an integration course. No application is required for this.

However, the Residence Act stipulates different rules for participation:

You can take part in the integration course if you

- have been living in Germany as a foreigner for some time.
- Asylum seekers with good prospects of staying (Eritrea, Syria) are.
- are asylum seekers who are close to the labour market and arrived before 01.08.2019.
- Tolerated persons with a tolerated stay in accordance with Section 60 a (2) sentence 3 AufenthG.
- are holders of a residence permit in accordance with Section 25 (5) AufenthG.

This requires an application to BAMF.

[Application for BAMF authorisation](#)

As an **EU national**, you are not legally entitled to attend an integration course. However, the BAMF can admit you to an integration course if you do not yet speak sufficient German or are in particular need of integration and there are free places on the course. To do this, fill out an application for admission to an integration course.

[Application for admission to an integration course](#)

As a **late repatriate**, you, your spouse and your children are legally entitled to a free integration course. The costs are covered by the BAMF. You received your authorisation to participate directly from Bundesverwaltungsamt in Friedland when you arrived in Germany.

As a self-payer, you can take part in an integration course at any time, provided there are places available.

Who has to take part?

You can be obliged to take part in an integration course by the [job centre](#) or the [immigration authority](#) (declaration of commitment/authorisation).

Who pays or what does an integration course cost?

In general, one lesson (45 minutes) of the integration course costs €1.95.

Under certain conditions, you can apply to the [BAMF](#) for exemption from the cost contribution. If you receive unemployment benefit II or social assistance, you can apply for exemption from the cost contribution. You can also be exempted from the cost contribution if you find it particularly difficult to pay the cost contribution due to your financial or personal situation.

[Application for cost exemption](#)

Application for reimbursement of cost contribution

Please complete and sign the application form and send it to the [BAMF](#) regional office responsible for you.

BAMF

📍 **Ursulum 20, 35396 Gießen**

Participation is free of charge for asylum seekers and tolerated persons who have access to the integration course.

Late repatriates may attend the integration course once free of charge.

How long does an integration course last?

The integration course consists of

700 lessons:

- 600 lessons language course
- 100 hours of orientation course

These hours are divided into 4 or 5 lessons per day. The weekend is free and there are fixed holiday periods. The course therefore lasts around 6 to 7 months.

- The morning courses take place between 8:00 and 12:30.
- Afternoon courses take place between 13:00 and 17:30.

I can't go to the course, for example because I am ill or my child is ill. What do I do?

Call the language school and ask to be excused. Go to a doctor and get a medical certificate for yourself or your child. Without a doctor's note, you are only allowed to stay at home for 3 days.

Do you have an appointment with a public authority? Even then you must be excused. Ask for a confirmation from the authorities.

Are travelling expenses reimbursed?

Under certain circumstances, you can apply for reimbursement of travel costs. Such an application can be submitted via the relevant course organiser. If the application is approved, BAMF will pay for the cheapest monthly ticket.

[Application for reimbursement of travel costs](#)

Can the course be repeated?

If participants have not achieved the course objective but have duly attended the integration course, they can repeat 300 hours upon application.

What happens after the integration course?

If you have completed an integration course and would like to further improve your German language skills, you can attend a language course that will take you to the next level. These are often referred to as job-related language courses.

Are there courses with childcare?

There are a few courses with childcare. Ask your course organiser about this.

Is it possible to take just one exam?

As a rule, the course must be attended first. Exceptions are decided on a case-by-case basis in conjunction with a language course provider.

Open language programmes

In addition to the official German courses, there are many opportunities to practise German. The groups are led by volunteers. These are usually people whose mother tongue is German. Sometimes they are teachers who are no longer working. Anyone can join these groups.

Here you can find the offers in the district of Kassel with the contact persons.

- [Lohfelden](#)
- [Zierenberg](#)

The programme is free of charge and open to everyone.

For further information, please contact your social worker or the WIR-Vielfaltszentrum.

WIR-Vielfaltszentrum

+49 (0) 56110031717

+49 (0) 56110031534

@vielfaltszentrum@landkreiskassel.de

online offers

Would you like to improve your German? There are many ways you can do this. You can use websites, apps and courses to help you learn. On these sites you can practise at your own pace. You can listen, speak, read and learn new words. This will help you improve your German and revise what you already know.

Apps and websites are a great way to practise your German. You can learn anytime and anywhere, for example during a break or on the way home.

However, an app cannot replace an official certificate. If you want to apply for a residence permit or German citizenship, you will need an [official certificate](#). This shows that you have successfully completed a language course. To do this, you must take part in a special course and pass an exam. However, apps and websites can help you prepare well for these exams.

Free apps for learning German are:

- The [VHS learning portal](#) offers free online German courses.
- You can learn the Latin alphabet with <https://de.serlo.org/abc>.
- Learn Teach Help: www.lernen-lehren-helfen.de
- Goethe Institute: <https://www.goethe.de/de/spr/ueb/dt1.html>
- City of words: <https://www.goethe.de/de/spr/ueb/led.html>
- Arrive: <http://ankommenapp.de/APP/DE/Startseite/startseit...>
- Getting started in German: <https://portal-deutsch.de/unterrichten/deutsch-un...>
- Fun Easy Learn: <http://www.funeasylearn.com/de/app/deutsch-lernen/>
- Learning Adventure German: <https://www.goethe.de/de/spr/ueb/him.html>
- DuoLingo: <https://de.duolingo.com/course/de/en/Lerne-Deutsc...>

Vocabulary trainer, translator and dictionaries:

- Phase6 hello:
[https:// www.phase-6.de/hallo/](https://www.phase-6.de/hallo/)
- Memrise:
<https://www.memrise.com/de/>

Chat partners, language learning tandems:

- HelloTalk:
<https://www.hellotalk.com/?lang=de>
- Tandem:
[https:// www.tandem.net/de/](https://www.tandem.net/de/)

- italki:
[https:// www.italki.com/app?hl=de](https://www.italki.com/app?hl=de)

Housing and mobility


Driving a car


If you drive a car, you must have a valid driving licence. Driving a car without a valid driving licence is a punishable offence. The driving licence serves as proof of possession of a valid driving licence. You must always have your driving licence with you.

Vehicles may only be used on public roads if they are registered and have an official licence plate.


Driving licence

If you have any questions about a driving licence, you can contact the [driving licence office](#).

 Kohlenstraße 132, 34121 Kassel

 [056110031700](tel:056110031700)

 fahrerlaubnisbehoerde@landkreiskassel.de

 Mon-Thu: 8-15:30, Fri: 8-12:30

 Please make an appointment by phone or [online](#).

Is my foreign driving licence valid in Germany?

Driving licences from an EU/EEA country are generally valid in Germany.

Driving licences from non-EU countries are valid for 6 months in Germany. The 6 months begin with the first registration at the residents' registration office in your place of residence.

You must also have a German translation of your driving licence with you. You do not need a translation for international driving licences. The translation must be provided by

- a German or internationally recognised automobile club or
- an authority in your home country or
- sworn translator.

After the 6 months have expired, you are no longer allowed to drive a vehicle in Germany. You must first have your driving licence transferred.

Where and how can I have my foreign driving licence converted?

You can have your foreign driving licence converted at the driving licence office of the district of Kassel.

Contact the [driving licence](#) office for information on how to proceed.

The driving licence office will inform you

- whether your driving licence can be converted without a test or

- whether you must first take the theory test and practical test.

This depends on the country in which you obtained your driving licence. Further information can be found on the website of the [Federal Office of Justice](#).

How can I get a driving licence?

If you are applying for a driving licence for the first time, these steps are important:

- Register with a driving school. The driving school will explain what documents you need. Also ask about the costs.
- Take part in a first aid course
- Have an eye test at an optician's or ophthalmologist's practice.

You must pass the theoretical and practical test.

You can take the theory test in many languages other than German.

You can [apply for](#) your driving licence [online for the first time](#) here.

Important for people with a residence permit or tolerated stay:




You can also obtain a driving licence with a residence permit or a tolerated stay permit. Contact the [driving licence office](#) before registering with a driving school.

Register your car

You may only use vehicles if they are registered and have a licence plate number. You can re-register or re-register a vehicle at the registration office.

 **You have had to register Ukrainian vehicles in Germany since 01.10.2024.**

You need an appointment for the registration. You can make the appointment

-  [online](#),
-  by telephone at [+49 \(0\) 561115](#)
-  or in person.

[Here](#) you can find out which documents you need to bring with you.

You can find an overview of the locations of the authorisation offices [here](#).

Travelling by bus and train

To get around the district of Kassel by public transport, buses and trains are available. There is also a tram in the city of Kassel. Check the [online](#) timetable information of the Nordhessischer VerkehrsVerbund (NVV) or the [app](#).

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

Buy tickets

You can buy tickets either

- via the NVV [App](#),
- in [customer centres](#)
- at the [stops](#)
- or in the [vehicles](#).

Make sure you check whether you can buy tickets at the stop or in the vehicle.

You can find all further information on the [NVV website](#).

Collective call taxi (AST)

The AST

- travels from stop to stop like the regular bus service
- is used on connections where there is little demand
- only runs after registration by telephone (at least 30 minutes before the start of the journey)
- can carry a maximum of 8 passengers per journey
- may cost an additional €1.

In this [overview](#) you can find out on which routes bus and AST transport is possible.

Booking via the NVV app or online in the timetable information.

This is how it works:

- Enter the desired start (A) and destination stop (B)
- Select the AST journey ►Click the book button
- Register (you will receive your login details by e-mail when you register for the first time)

Or via the telephone

 [080093908000](tel:080093908000)

 Sun-Thu 7-21 hrs, Fri+Sat 7-0 hrs

All further information can be found on the [NVV website](#).

Germany ticket

The "Deutschland-Ticket" is also known as the "49-Euro-Ticket".

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

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

The ticket is personalised with your name and is only valid together with your ID, such as your residence permit, passport or driving licence. Your ticket may not be used by other people.

Children up to the age of 6 travel free of charge.

Where can I buy the Deutschland-Ticket?

The ticket must be ordered by the 25th calendar day of a month so that it is valid from the following month. You can decide whether you want to use the ticket as a mobile phone ticket in an app or in card format.

You can buy the D-Ticket here:

- From Deutsche Bahn
 - [online](#),
 - in person at a DB travel centre, at Kassel Wilhelmshöhe station or Kassel main station or
 - via the [DB Navigator app](#)
- Via the North Hessian Transport Association
 - [online](#)
 - via the [NVV app](#)
 - In the [customer centres](#)
- Via the [Deutschland-Ticket app](#)

How can I cancel my travelcard?

You can cancel the ticket up to the 10th calendar day. This means that if you only want to use the D-Ticket in May, for example, you must cancel your travelcard by 10 May at the latest. The ticket is then valid for the whole of May. If you do not cancel by 10 May, the season ticket will be extended for the month of June.

You can only cancel the ticket with the contractual partner from whom you purchased it.

Please cancel tickets on your mobile phone in the respective app.

Tickets on chip cards from Kasseler Verkehrsgesellschaft (KVG) can be cancelled by post or at the [NVV customer centre](#). Please state the contract number.

You can cancel your ticket here:

- Online in the NVV [subscription centre](#) of the KVG under "Manage subscription"
- In the NVV mobile [app](#) under the menu item "NVV Abocenter"
- In person at the [customer centre](#)
- By post to:
NVV Abocenter der KVG
Postfach 10 20 02
34020 Kassel

Can I take dogs or bicycles with me?

The D-Ticket does not have any rules on carriage. Only children under the age of 6 can travel free of charge. For bicycles and dogs, the tariff regulations of the respective transport association apply. This means that the regulations can vary greatly and you should inform yourself in advance. The following applies in the NVV area: One dog may travel free of charge. One bicycle can travel free of charge.

You can find more information about the D-Ticket [here](#).

Cycling

If you are travelling on the road on a bicycle, it must be roadworthy. Otherwise you will have to pay a fine if you are stopped by the police. This means that the bike must have reflectors, front and rear lights, a bell and brakes.

What rules apply?

Observe the traffic rules when cycling:

- Always ride on the right-hand side of the carriageway.
- Do not ride side by side. Ride one behind the other.
- If there is a cycle path, you must ride on the cycle path. Always ride on the right-hand side in the direction of travel.
- Only children up to the age of 11 are allowed to cycle on footpaths.
- It is forbidden to use a mobile phone on a bicycle.

Important traffic rules can be found in a flyer from the ADFC (Allgemeiner Deutscher Fahrrad-Club) in 12 different languages:

[Albanian shqiptar](#)

[Arabic العربية](#)

[German](#)

[English english](#)

[Farsi فarsi](#)

[French français](#)

[Italian italiano](#)

[Kurdish kurdî](#)

[Russian русский](#)

[Spanish Español](#)

[Tigrinya ተገንዖ](#)

[Turkish Turkish](#)

Where can I buy a bike?

A new bike from a bike shop can be quite expensive. You can buy a second-hand bike at a flea market or online at [ebay classifieds](#).

There is a bicycle repair shop

- in [Fuldabrück](#)

- and in Wolfhagen.

If you have any questions, please contact your house management.

Living

Social housing and housing entitlement certificate

What is social housing?

Social housing is subsidised by the state. This is why the rent for social housing is cheaper than for other flats.

Who can apply for social housing?

You can apply for social housing if you fulfil these three criteria:

- You are allowed to reside permanently in Germany because
 - you come from an EU country or
 - have a settlement permit or
 - have a residence permit that is valid for at least 1 year.
- You have your main residence in the district of Kassel (not in the city of Kassel).
- You have a low income.

How can I obtain social housing?

Social housing with a housing entitlement certificate (WBS)

You can find information on the housing entitlement certificate in the [Handbook Germany](#) in nine languages.

Some social housing is only rented out to people with a certificate of eligibility. For example, the advert will say "Only with WBS".

With the WBS, you search for a suitable flat yourself. The WBS is valid for the entire state of Hesse. A WBS is no guarantee that you will get a council flat.

How can I get a WBS?

You can apply for a housing entitlement certificate via your [local authority](#).

House hunting

The brochure [Auf Wohnungssuche in Deutschland](#) helps you to find accommodation. It is available in German, English, Ukrainian and Russian.

Where can I look for flats?

There are various places where you can look for a flat. Please note the upper rent limit if you receive benefits from the [job centre](#) or the district of Kassel. You can find the table of [reasonable accommodation costs](#) on the Jobcentre website.

Beware of false offers: There are people who offer flats that are not available. They demand money before a viewing. Such offers are not serious. You should ignore these offers.

Search the Internet

Well-known websites offering flats are

- [Immonet](#)
- [wg-gesucht](#)
- [Immobilien Scout](#)
- [Immowelt](#)
- [housing exchange](#)
- [ebay classifieds](#)

There are also groups and pages on Facebook where flats are offered. These are:

- "Apartment search / offers Kassel/ Kassel district"
- "Apartment exchange Kassel and surroundings"

You can also place a search advert on many portals. Some landlords prefer to look for a tenant themselves.

Local newspapers

Many landlords advertise their flats in daily newspapers. The most important local newspaper for the district of Kassel is the [HNA](#). It contains a property section every Wednesday and Saturday.

The adverts cannot be viewed online.

Tenancy agreement and flat handover

Important: If you receive benefits from the job centre or the district of Kassel, you may not sign the rental agreement immediately. You must first have it approved. Contact your caseworker at the [job centre](#), the [social welfare office](#) or the [refugee aid](#) office.

Tenancy agreement

The tenancy agreement regulates everything important between you and the landlord. Keep it in a safe place. Read it carefully before you sign a tenancy agreement.

Check the tenancy agreement for planned rent increases, for example. Sometimes the rent is staggered so that the rent increases automatically over set periods.

The following points should be included in a tenancy agreement:

- Name and address of the landlord or landlady
- Address of the rental property
- Living space in m²
- Number of rooms
- Amount of basic rent, operating costs, heating costs and total rent

- Amount of the deposit

Security deposit

The security deposit is a guarantee for the landlord. The maximum amount for the deposit is 3 basic rents (basic rent excluding service charges and heating costs). If you move out of the flat, you will get the money back.

Important: You must not leave any damage behind when you move out of the flat. In the event of damage, the repayment of the deposit will be reduced.

Do you want to terminate the tenancy agreement for your flat?

There are rules for cancelling a tenancy agreement. These rules apply to you as a tenant and also to your landlord or landlady.

A tenancy agreement cannot be cancelled overnight. You must inform your landlord or landlady at least three months in advance. In some cases, the notice period is shorter. The notice period that applies to you is stated in your tenancy agreement.

Always give notice of termination in writing. Ask your landlord or landlady to confirm the cancellation.

Handing over the flat

When the flat is handed over, a **handover protocol** is used to

- the current condition of the flat,
- which and how many keys you will receive and
- the current meter readings for electricity and water.
- Any defects or damage in the flat before you moved in, such as broken doors, windows or mould, should be noted and possibly even photographed.

A handover protocol is signed by the landlord and the tenant. Only sign it once you have checked everything and received the keys.

Register and re-register your place of residence

If you move into a flat, you must register at the [town hall of your new place of residence](#) within 14 days. Children aged 15 and over must come along to the registration.

What documents do you need to bring with you?

- Identity documents, such as a passport or child's identity card.
- A confirmation from your landlord or landlady. You can obtain a form from the town hall or [online](#).

You will then receive a **registration certificate**. The registration certificate is an important document. You should keep it in a safe place.

After a move: changing your address

If your address has changed following a move, you should inform important authorities of the new address. This does not happen automatically.

Important offices are, for example

- the health insurance company,
- the bank,
- your place of work,
- the job centre,
- the district of Kassel
- the employment agency or
- the BAMF.

It is also important that your name is on the doorbell and letterbox.

Housing benefit

What is housing benefit?

With housing benefit, the state supports low-income citizens who do not receive social benefits with their housing costs. Housing benefit is a financial subsidy, for example towards rent.

People with a low income can receive housing benefit. You must submit an application for this. If you receive money from the job centre or the district of Kassel and the costs for accommodation are already included, you are generally not entitled to housing benefit.

The entitlement to housing benefit and the amount depend on three factors:

- The number of household members,
- the amount of total income and
- the amount of rent or monthly charges.

You can use the [housing benefit calculator](#) to check for yourself whether you are entitled to housing benefit.

How can I apply for housing benefit?

You can obtain the application forms for housing benefit from [your local town hall](#) or [online](#). The town hall will also help you to complete the application.

You can either hand in the completed application form with the supporting documents to your [local authority](#) or send it by post to the following address:

Landkreis Kassel
Fachbereich Soziales
Wohngeld
📍 Ritterstraße 1, 34466 Wolfhagen

If you have any questions, you can also contact the [housing benefit office](#) directly:

@wohngeld@landkreiskassel.de

[+49 \(0\) 56110033179](tel:+49(0)56110033179)

Financial assistance from the job centre and social welfare office

Who receives financial assistance for housing from the Job Centre?

You can find out [here](#) who can generally receive financial assistance from the Job Centre and how you can apply for benefits.

An additional application is required for some benefits. Please enquire about your specific request first by telephone, e-mail or [digitally](#).

If you live in the district of Kassel, the [job centre in the district of Kassel](#) is responsible for you.

[Ständeplatz 23, 34117 Kassel](#)

[+49 \(0\) 56120780](tel:+49(0)56120780)

@jobcenter-Landkreis-Kassel@jobcenter-ge.de

Who receives financial assistance for housing from the social welfare office?

You can find out who can receive financial assistance from the Social Welfare Office and how you can apply for benefits [here](#): [Link Sozialamt](#)

An additional application is required for some benefits. Please enquire about your specific request by telephone or e-mail first.

If you live in the district of Kassel, the [Department of Social Affairs in the district of Kassel](#) is responsible for you:

[Kohlenstraße 132, 34121 Kassel](#)

[+49 \(0\) 56110031882](tel:+49(0)56110031882)

[@s_ozialam t501@landkreiskassel.de](mailto:s_ozialam_t501@landkreiskassel.de)

[Department of Social Affairs](#)

Costs for accommodation

The job centre/social welfare office will cover the costs of your rent as well as the running costs and heating costs for your home.

In the district of Kassel, there are fixed upper limits for rental costs that can be covered. The permitted amount of rental costs varies from place to place and depends on various factors. You can find out how high the rental costs may be in the district of Kassel in the table ["Appropriate accommodation costs"](#). The amounts stated refer to the basic rent. Costs for heating and hot water as well as ancillary costs are taken into account separately and paid in the actual amount.

Costs for electricity, internet and television are not taken into account separately. You must pay these costs yourself from the general benefits.

If you receive financial benefits from the job centre/social welfare office, you can be exempted from the licence fee. You can find out more here: [Broadcasting licence fee](#)

Relocation

If you need financial support when moving and renting a new flat, you must first check whether the rent for the new flat is reasonable. If the flat is not in the district of Kassel, you must ask the job centre/social welfare office that is responsible for the location of the new flat. It is best to enquire before you want to view a new flat.

Important: You should not sign a tenancy agreement if you have not yet spoken to the relevant job centre / social welfare office.

In any case, talk to your current job centre before planning a move. The staff will advise you on the exact procedure.

How can I get the rental costs approved by the job centre / social welfare office?

The best way is to submit the "[Rental offer](#)" form to the Job Centre / Social Welfare Office.

Deposit


The deposit is a security for the landlord or landlady. The maximum amount for the deposit is 3 basic rents (basic rent without utilities and heating costs). The job centre can grant the deposit as a loan on application. A loan means that the Job Centre lends you the money. The Job Centre pays the deposit directly to the landlord or landlady. You will then automatically receive fewer benefits each month until the deposit has been paid. If you move out of the flat and leave no damage behind, you will get the money back.

Initial furnishings

You have the option of applying for initial furnishings and household items. Initial furnishings include

- Furniture,
- curtains,
- mattresses,
- cooking utensils,
- crockery and
- if not available in the flat: cooker, sink, fridge and washing machine.

The amount you receive for the initial equipment is calculated individually. It may therefore take a little longer to process.

 **Important:** It is essential that you submit the application for initial furnishings before you purchase any furnishings.

Please note that it may take some time before the money is paid out. The job centre also has the right to inspect the home to check the amount of initial equipment required.

Emergency housing assistance

Homelessness

Homelessness means that you have no home. If you do not (or no longer) have a home, you must register at the [town hall of your municipality](#). They can provide you with emergency accommodation.

Emergency housing assistance

If you are threatened with homelessness, you can contact the [housing counselling service of the Diakonisches Werk](#). They will help you with

- Housing problems
- rent debts
- Difficulties with incidental rental costs
- Tensions in the tenancy
- Discharge from an inpatient facility
- Loss of accommodation
- securing the flat
- and the search for a new home.

The addresses and opening hours of the counselling centres in

- Baunatal,
- Lohfelden,
- Hofgeismar and
- Wolfhagen

can be found [here](#).

The general mail is @wohnen@dw-region-kassel.de.

Broadcasting licence fee

Television and radio stations can be divided into two groups: private broadcasting and public broadcasting. Private broadcasting is financed by advertising. Public service broadcasting, for example broadcasters such as ARD and ZDF, are largely financed by the licence fee.

Who has to pay the licence fee?

As a general rule, a licence fee must be paid for every home. If you live in a flat with your family or flatmates, only one person has to pay.

The licence fee must be paid even if the service is not used. It does not matter whether you have a television or radio in your household or not.

The licence fee currently costs €18.36 per month (as of April 2024).

Can I be exempt from the licence fee?

People who receive social benefits such as citizen's allowance (SGB 2), asylum benefits or social assistance can be exempted from the licence fee. You must complete an [online application](#) for exemption.

Note: If you live in asylum accommodation, you do not have to pay the licence fee. If you still receive a letter from the Broadcasting Fee Service, please contact the centre management.

Further information in various languages: [Arabic](#), [Chinese](#), [English](#), [French](#), [Russian](#) and [Spanish](#).

Tips for tenants

Ventilate: Cooking, washing laundry or showering cause damp air in the home. To prevent mould from forming, you should air your home regularly for at least 5 minutes with the windows fully open.

Tap water in Germany is of drinking water quality. You can use it for cooking and drinking without hesitation.

Remodelling your home: Before you want to change or remodel your home, be sure to talk to your landlord or landlady and obtain their written consent.

Waste separation: In Germany, waste is separated. There are usually specially labelled bins:

- Yellow for plastics (e.g. packaging, cans, bags, plastic film, drinks cartons),
- Brown for kitchen waste (e.g. leftover food, tea and coffee powder, eggshells, fruit and vegetables, old flowers),
- Green for paper (e.g. cardboard boxes, newspapers) and
- Grey for residual waste (everything that cannot be put in any of the other bins).

Bulky or special waste: Furniture, technical equipment or other large items may not be disposed of with household waste. Ask your [local council](#) how these items can be disposed of properly.

Rest periods: Noise should be avoided during the night (10 p.m. to 6 a.m.) and all day on Sundays and public holidays.

Internet, telephone, energy: Unless otherwise agreed in your tenancy agreement, you must order Internet and telephone services separately, for example. This also applies to electricity. There are many different providers for these services that you can choose from on the Internet, for example via [Verivox](#) or [Check24](#)

You can obtain energy advice from [Energie 2000](#). This is sometimes free of charge.

Housing during the asylum procedure

Residence requirement during the asylum procedure

During the asylum procedure, you are obliged to live in shared accommodation. The residence requirement is entered as an address on your identity card. If your asylum procedure ends with recognition, you must look for accommodation. You must also move out of the shared accommodation. As long as you are looking for accommodation, you can continue to live in the shared accommodation centre.

How is shared accommodation organised?

Shared accommodation usually consists of several rooms. You will have to share the kitchen and sanitary facilities with others.

Each accommodation has house rules. The house rules set out all the rules that apply to the accommodation. For example, when visitors are allowed in the accommodation or at what times everyone has to be quiet.

Security services are employed in larger accommodation centres. The security service ensures that the house rules are adhered to. If you have any personal questions, problems or conflicts, you can contact the house management.

Can I move into a private flat?

Have you received a positive BAMF decision?

If the [BAMF](#) has granted you protection status, you may move into a private flat. You may be subject to a **statutory residence requirement**. In most cases, you must **live in Hessen** for the first **three years**. You will find this obligation in your residence permit.


The obligation to live in Hessen can be lifted if you

- are employed,
- an apprenticeship or
- take up a course of study.

You can apply to the [Foreigners'](#) Registration Office to have the obligation cancelled.

Foreigners' Registration Office District of Kassel

 Obere Königstraße 8, 34117 Kassel



 [+49 \(0\) 561115](tel:+49(0)561115)

 [@zuwanderung@kassel.de](mailto:zuwanderung@kassel.de)

 [Contact form](#)

Your asylum procedure has not yet been completed or you have a tolerated stay permit?

During the asylum procedure, you are obliged to live in shared accommodation. In the following exceptions, private accommodation may be authorised. This must be applied for.

- If health reasons make it unreasonable to live in accommodation.
 -  You require a medical certificate.
- If you have income from secure work or assets that you can use to support yourself and your family. A job is secure if the probationary period is over and you have a permanent employment contract.
 -  You will need an employment contract, payslips and bank statements. You must pay the [user fees](#) for the shared accommodation regularly.
- If at least one person in a family is entitled to move out of the shared accommodation, you can enquire at the [refugee support](#) centre. The staff will tell you whether you are authorised to move out.

How can I apply for private accommodation?

Where you can apply for private accommodation depends on the location of the accommodation.

1. the private flat is located in the district of Kassel

The Kassel District [Refugee Aid](#) Service is responsible for checking this. You can submit the informal application for private accommodation here:

Landkreis Kassel

Fachbereich Soziale Dienste und Migration

Fachdienst Flüchtlingshilfe

📍 Albert-Einstein-Straße 6, 34227 Fuldaerbrück

☎️ [+49 \(0\) 56110031844](tel:+49056110031844)

✉️ migration@landkreiskassel.de

🌐 [Flüchtlingshilfe Landkreis Kassel](#)

You should enclose a copy of the following documents with the informal application:

- your identity card
- proof of medical necessity or income or assets
- Information about the rental costs (rental contract, rental offer, rental certificate)

2. the private flat is located in Hesse, but not in the district of Kassel

If the flat is not located in the district of Kassel (for example in the city of Kassel), you must submit an application for redistribution. The application can be downloaded [here](#). It must be submitted to the Darmstadt Regional Council.

3. the private residence is located outside of Hesse

If you would like to move to another federal state, please contact the responsible state authority. This is located in the federal state to which you wish to move. You can find an overview under "[Cross-state redistribution](#)".

Standards and rights in shared accommodation

- As a married couple or family, you have the right to live together.
- Women may only be accommodated in a room with other women or with their family.
- You do not have the right to choose a specific room. If you have problems with your flatmates, please contact the house management.
- Staff are generally only allowed to enter your room when you are there. Exceptions are possible if a dangerous situation is imminent or repair work needs to be carried out. Room checks without prior notice are not permitted.
- You have the right to receive visitors during the day.
- Shared toilets and showers must be separate for men and women and accessible at all times.
- In shared accommodation, you must collect your post from the house management.
- You have no legal right to internet access (WIFI) or TV in your accommodation. However, in many accommodations there is a possibility. You can find out what the technical requirements are in your shared accommodation from the house management.

Fire protection in shared accommodation

Fire safety means doing everything possible to ensure that no one is injured in the event of a fire and that the damage is minimised. It's about doing things to prevent a fire from starting and making sure everyone gets out of a building safely if there is a fire.

Here are some simple things that are important:

- **Keep escape routes clear:** Doors and hallways must always be open and clear so that everyone can get out quickly in an emergency.
- **Do not block doors:** Doors, especially smoke control doors, must not be fastened or blocked. These doors keep the smoke out and protect the people in the building.
- **Remove fire loads:** Things like old newspapers or paper should not be left in the loft or corridors because they could catch fire.

Important: Anyone who blocks doors or does anything else that jeopardises fire safety is liable to prosecution. Fire safety is therefore a task for everyone - especially for those who manage the building and have to make sure that everything is safe.

Be careful with grease fires: If something happens to hot fat in the kitchen, such as a deep fryer or a frying pan, never pour water on it. The water evaporates immediately, creating small droplets of fat that quickly cause the fire to explode. The whole room can burn within seconds, causing severe burns.

Smoke inhalation is also dangerous and can be fatal.

In the event of a fire, contact the fire brigade immediately by dialling **112** to get [help](#) quickly

User fees

If you live in shared accommodation, there are two situations in which you must pay user fees.

1. you have a current residence permit.

As soon as you have a residence permit, you can apply for money from the job centre or social welfare office. The district of Kassel is no longer obliged to accommodate you. You must therefore pay a user fee. This amounts to €426 per person per month. You will receive a notification of the user fee from [Flüchtlingshilfe Landkreis Kassel](#). You must take the notification to the [job centre](#) or [social welfare office](#). So that the user fees are paid from there.

2. you have a job.

If you work, you must pay the user fee to the district of Kassel yourself.

Please hand in the following documents to your house management:

- Notification from the job centre about the discontinuation of benefits
- employment contract
- payslip

You will receive notification of the amount of the user fee.

💡 You must inform the Refugee Assistance Service of any changes to your salary.

You can obtain further information from the [Refugee Assistance](#) Service.

Children, youth, family and elderly people

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and lasts until the child is 18 years old (of age).

In Germany, for example, it is forbidden to beat children. Education in Germany must be free of violence.

Children should attend a [day care centre](#) before going to school. Every child must go to [school](#).

There are authorities who ensure that a child is not harmed by its environment (including the family). If you have problems in the family or with parenting, there are many good free counselling centres.

There are also many [counselling centres](#) for older people.

Support and counselling with parenting

Children's rights must be observed when bringing up children and young people. Particularly important are

- Freedom from violence,
- health,
- education and
- freedom of expression.

Many questions often arise in everyday family life, for example about the development and upbringing of children. Talking to a specialist often helps.

There are also sometimes difficult situations in the family, for example:

- Problems at school
- puberty,
- professional and financial difficulties,
- long-lasting conflicts between parents,
- separation and divorce and much more.

Sometimes parents notice this in their children,

- anxiety,
- delays in development,
- problems with sleeping, eating or speech.

If you are worried about your child, you can also find counselling and help.

There are various counselling centres and institutions that can offer you professional support and advice. All consultations are treated confidentially.

Where can I find counselling or help?

- [Early help](#) (for pregnant women, parents and families with children aged 0 to 3 years)
- [Youth and family counselling](#) (for all parents and families with children and young people)
- [Youth welfare office](#) (for all parents and families with children and young people)

Money for support

As (expectant) parents, you can apply for various types of financial support (money). In some cases you can apply for this even before the birth. Not everyone can receive this support. It depends on your circumstances.

This includes

- [Child benefit](#)
- [parental allowance](#)
- [Child supplement](#)
- [Support with education and participation](#)
- Additional needs for initial baby equipment and additional needs for pregnancy for people who receive money from the [job centre](#), [social welfare office](#) or [refugee aid](#).

Ask your house manager or the authority whether you can apply for the money.

You can find an overview of the options [here](#).

Pregnancy and birth

Medical care

Pregnant women have a legal right to medical and health care. They are under special protection in Germany. They are entitled to counselling, medical care and support with new purchases for the child.

Gynaecologist:

If you are pregnant, you must first go to the gynaecologist. Have the preventive examinations carried out there. You will then receive a maternity pass. The maternity record is a document containing important information about your pregnancy, your health and that of your child. Always take your maternity record with you in case of emergencies.

The page [docotlib](#) will help you to find a suitable doctor.

Midwives:

You can also call on the help of a midwife. A midwife is a specialist for all questions relating to pregnancy, birth and childcare. She will accompany, advise and support you before, during and after the birth. She can also carry out check-ups and issue the maternity pass. Most of the services provided by midwives are covered by health insurance. The pregnancy advice centre can support you in your search for a midwife.

[HEDI](#) offers a multilingual search for midwives.

💡 Health insurance or health insurance certificates are important. You can find information on this [here](#).

💡 A free guide for expectant mothers with health tips for the period of pregnancy and after the birth can be found [here](#). It is available in several languages.

Paediatrician:

There are ten early detection examinations (U1-U9 and J1). These are compulsory. The child is therefore examined regularly up to the age of 6. The U1 and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. This page [docotlib](#) can help you find a suitable doctor.

💡 When registering for daycare, you may be asked for proof of complete early detection examinations.

Counselling centres

If you are pregnant, you will find free counselling centres in the district of Kassel and the city of Kassel to support you.

There you will receive advice on legal, financial or medical issues. Even if you are not sure whether you want to have the baby or are having difficulties.

The counselling centres are also there for you after the birth if you need support.

The counselling service offers you professional support.

All counselling sessions are confidential and anonymous.

Who can help?

- [Pro Familia](#) offers counselling on pregnancy, parenting, contraception and unwanted pregnancies. Counselling is available in person at 🗨️, by telephone at 📞 or online at 🌐. Counselling centres can be found, for example, in [Kassel](#) or in [Göttingen](#).
- The [VIVA-Stiftung](#) offers pregnancy counselling in Hofgeismar, Wolfhagen and Kassel. You must make appointments in advance.
📞 [+49 \(0\) 56181644300](tel:+49056181644300)
@beratungszentrum@viva-stiftung.de
- Multilingual information on sexuality and your rights is also available from [zanu](#).
- [Early help](#) has developed a [roadmap for pregnancy and birth](#).
- The [youth and family counselling](#) service of the district of Kassel advises families on parenting.
- The Counselling Centre for [Conscious Parenthood](#) offers advice on pregnancy.
- You can make appointments at the [counselling centre for children and parents](#) of the Child Protection Association.
📞 [+49 \(0\) 561899852](tel:+490561899852)
@beratungsstelle@kinderschutzbund-kassel.de

Help in an emergency

Pregnant women can turn to many contact centres in emergency situations:

- **Helpline**

The call is free and anonymous. You will receive counselling in a total of 18 languages. The counselling is confidential.

Call the free helpline at ☎ [08004040020](tel:08004040020).

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

Termination of pregnancy: A pregnancy can be terminated up to the end of the 12th week of pregnancy. This is called an abortion. You must observe the following:

- You must have attended a counselling session at a state-approved counselling centre. You will receive a counselling certificate for this.
- There must be a waiting period of three days between the counselling and the termination of the pregnancy.
- The termination must be performed by a doctor. You can find information on termination of pregnancy in several languages [here](#).

There are also telephone numbers and counselling services that you can contact in an emergency.

- **Medical emergency service for babies and children**

☎ 116117

- **Baby consultation Ehlen / Wolfhagen**

☎ [05692993021](tel:05692993021)

[Info sheet](#)

- **Children's Hospital Kassel**

☎ [05619805500](tel:05619805500)

- **Parents' hotline "Nummer gegen Kummer"**

☎ [08001110550](tel:08001110550)

- **[Online counselling for parents](#)**

This is anonymous and free of charge.

- **[Help with domestic violence](#)**

Counselling centres and women's refuges in the district and city of Kassel are listed here.

Or contact the [counselling centres](#).

Birth


You must register at a clinic in good time before the birth. Your gynaecologist or midwife can help you find a clinic.

There are several clinics in the city of Kassel and the district where you can give birth to your child, for example


Agaplesion Diakonie Clinics Kassel

📍 Herkulesstraße 34, 34119 Kassel


🌐 diako-kassel.de

 [+49 \(0\) +26 \(0\) 070](tel:+49(0)260070)


Gesundheit Nordhessen - Kassel Hospital

 Mönchebergstraße 41-43, 34125 Kassel


 klinikum-kassel.de/elternschule

 [+49 \(0\) 5619805400](tel:+49(0)5619805400)

District hospitals of Kassel - Hofgeismar

 Liebenauer Straße1, 34369 Hofgeismar

 www.hebammen-team-hofgeismar.de/kreissaal/

 [+49 \(0\) 5671810](tel:+49(0)5671810)

If you do not have health insurance, contact a [pregnancy counselling centre](#), which will work with you to find a solution to finance the birth.

Consider early on who can take you to the hospital for the birth.

In an emergency, call the emergency number for an ambulance:  112

Midwives will assist you during the birth. Doctors will provide you with medical assistance if necessary.

Midwives will also help with breastfeeding, caring for the baby and yourself after the birth. When you are discharged, midwives can also visit you at home or in your accommodation for a certain period of time. Ask at the clinic for a midwife for aftercare if you do not yet have a midwife.

You will receive a birth certificate from the clinic.

After the birth and financial support

After the birth, there are a few things to clarify so that you and your child are well looked after.

Contact a [pregnancy counselling centre](#) before the birth. They will tell you what you need to do and provide you with support.

If you are living in shared accommodation, report the pregnancy to the centre management. They will check whether there is enough space in the accommodation and order a baby cot. Your support group can also help you.

Newborn children must be registered with the [registry office](#). The maternity clinic will register the birth with the registry office.

You can obtain the birth certificate from the registry [office](#). You will find the registry office in your [town hall](#). For this you will need

- Your identity card,
- the birth certificate from the clinic and
- if available, your marriage certificate.

Initial equipment for pregnancy and birth

If you receive money from the [social welfare office](#), [job centre](#) or [refugee aid](#) , you can receive initial equipment. You must submit an application for initial equipment during pregnancy and childbirth. The maternity passport must be enclosed with the application.

If the application is approved, you will receive vouchers. You can use these vouchers to go shopping.

💡 Important: First submit the application, then buy the necessary maternity clothes or baby items and keep the receipts.

Child benefit

If one of the parents of the newborn child lives or works in Germany, you can receive child benefit for your child under certain conditions. [Child benefit](#) can be claimed from the [family benefits office](#).

Parental allowance

If you as parents have a permanent residence permit, you are entitled to [parental allowance](#) under certain conditions. You can find more information [here](#).

Maternity protection

If you are working, going to school or studying and are pregnant, you are entitled to maternity leave. You may only be employed for six weeks before the due date and up to eight weeks after the birth if you agree and may not be dismissed during this time.

If you are entitled to maternity benefit, your income will not be reduced during this time. Find out from a [pregnancy advice centre](#) whether you are entitled to this and how you can apply for maternity benefit.

Youth welfare office

The Youth Welfare Office supports parents in bringing up children and young people. Anyone can contact the Youth Welfare Office free of charge. Even children and young people if they have problems.

If you live in the district of Kassel, the youth welfare office of the district of Kassel is responsible for you.

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

✉️ [@jugendamt@landkreiskassel.de](mailto:jugendamt@landkreiskassel.de)

☎️ [+49 \(0\) 56110061324](tel:+4956110061324)

General social service

Children, young people and parents sometimes need help with parenting, for example. Or if a child needs special support at school or kindergarten. The staff at the Youth Welfare Office are experts and can advise you on your questions and problems. They know what support is available in the district of Kassel. And they will help you to get the right support for you or your child.

💡 Important! Counselling at the ASD is confidential. This means that everything you say during counselling is confidential. Counselling at the ASD is always free of charge.

There is a fixed contact person who is responsible for you. This depends on where you live.

In the district of Kassel, there are three ASD locations in Hofgeismar, Wolfhagen and Kassel.

☎ [+49 \(0\) 56110031288](tel:+49056110031288) (for all three locations)

📍 [ASD - Kassel district](#)

[Hofgeismar](#)

📍 [Garnisionstraße 6, 34369 Hofgeismar](#)

[Wolfhagen](#)

📍 [Ritterstraße 1, 34466 Wolfhagen](#)

[Kassel](#)

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

Early help (0-3 years)

The "Early Help" network looks after pregnant women and families with children aged 0 to 3. The aim is to

- To inform families about existing services in the district;
- to support families experiencing acute crises and
- to create networks with all professionals.

The network offers information and services relating to pregnancy, babies and (small) children. But also counselling, support and help. Part of the network are the family midwives and the family health and nursing carers (FGKiKP). They also come to your home.

The Early Help programme is free of charge for families. No application is required. The service is only available to families who want it. No-one is obliged to accept the offer.

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

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

@s ilvia-n.agy@landkreiskassel.de

☎ [+49 \(0\) 56110031229](tel:+49056110031229)

Assistance

You are not married under German law and would like your child to be recognised as your child under German law? You can have this recognised by the Youth Welfare Office in the area of guardianship.

Are you also a single parent and the mother or father of the child does not pay maintenance (= money) regularly or at all?

Then you can submit an application and the Youth Welfare Office will help you to ensure that

the father or mother pays maintenance for your child.

Guardianships, curatorships, guardianships

[🌐Homepage](#)

[📍Wilhelmshöher Allee 19-21, 34117 Kassel](#)

[@bpv-ks@landkreiskassel.de](mailto:bpv-ks@landkreiskassel.de)

[☎+49 \(0\) 56110031324](tel:+49(0)56110031324)

Advance on maintenance

Do you live alone with your child and the other parent does not pay maintenance (= money) for your child?

In this case, you can receive advance maintenance payments for your child. This is financial support. The other parent (mother or father) may have to pay the money back.

You can calculate the amount of money according to [🌐Düsseldorfer Tabelle](#) to calculate the amount.

The maintenance advance can be applied for [online](#).

Further information and contact persons can be found [here](#). Responsibility depends on where you live.

[📍Wilhelmshöher Allee 19-21, 34117 Kassel](#)

[@unterhaltsvorschuss@landkreiskassel.de](mailto:unterhaltsvorschuss@landkreiskassel.de)

Payment of kindergarten fees

Assumption of the costs of day-care centres (Kita) by the youth welfare office

The monthly costs for the day care centre can become a burden.

Families who are unable to pay these costs can turn to the youth welfare office. Under certain circumstances, the youth welfare office can cover these costs, for example if the parents receive money from the [jobcenter](#), [Sozialamt](#) oder der [Flüchtlingshilfe](#) receive money from the

You can find the application form [here](#).

[📍Wilhelmshöher Allee 19-21, 34117 Kassel](#)

[☎+49 \(0\) 56110031437](tel:+49(0)56110031437)

[🌐Wirtschaftliche Jugendhilfe](#)

Youth development and youth education centre

The youth development programme offers activities outside of school. The programmes contribute to education. They are inexpensive and very varied.

There are programmes for


- children
- young people
- families
- Volunteers and full-time employees in youth work

- school classes.

The programme includes

- camps (e.g. to Sylt)
- Offers for one day (e.g. a girls' day)
- Seminars over the weekend (e.g. a hip-hop camp)
- Training courses for the JULEICA. This is a training course for volunteers who work with young people.

Further information and current programmes can be found [here](#). You can register yourself or your child [online](#).

 [Kohlenstraße 132, 34121 Kassel](#)

 [+49 \(0\) 56110031554](#)

 [Jugendbildungswerk](#)

Youth and family counselling

Families and individual members can contact the youth and family counselling service. It provides support with questions relating to the family and parenting, including

- advises on parenting,
- supports them in the diagnosis of children and young people with their families,
- advises them on disputes between parents,
- offers coaching for parents,
- therapy for families,
- group programmes for children and young people with separated parents,
- creative therapy for children,
- organises events to provide information for parents, day-care centres and schools.

The youth and family counselling service helps you to clarify and overcome problems. Together with the staff, you can develop solutions to your questions. The counselling helps you to help yourself. The aim is to improve the life situation of families in the long term.


Counselling is voluntary, free of charge and confidential!

The [youth and family counselling service in the district of Kassel](#) has three locations. You will find them in Hofgeismar, Wolfhagen and Kassel.


@f [amilien](#) beratung@landkreiskassel.de

 [+49 \(0\) 56110031580](#)

[Hofgeismar](#)

 Kasinoweg 22, 34369 Hofgeismar

[Wolfhagen](#)

 Ritterstraße 1, 34466 Wolfhagen

[Kassel](#)

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)


Early support

Early intervention is aimed at families with a child who

- shows abnormalities in development,
- is disabled,
- or is at risk of disability.

It offers counselling and help for parents. It can also support and accompany the inclusion of children in a [day care centre](#).

Counselling and early intervention are generally free of charge for parents. Early intervention can be used from birth until the child starts school.

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

 fruehfoerderung@landkreiskassel.de

 [+49 \(0\) 5611001580](tel:+49(0)5611001580)

 [Frühförderung](#)


Juvenile court assistance


Juvenile court assistance is help for young people. It is for young people and young adults who are under

- are under investigation
- and charges are brought against them.

They receive counselling and support from the juvenile court assistance service. The aim is to prevent young people from committing further offences. The youth welfare office in the district of Kassel is responsible for this.

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

 [+49 \(0\) 56110031375](tel:+49(0)56110031375)

 [Jugendgerichtshilfe](#)


Financial support

Economic youth welfare is responsible for the costs of the youth welfare office. You can receive financial support there for your children. The carers receive money for the care they provide.

If you are unable to pay for this, the youth welfare office may be able to cover some or all of these costs for you. To do this, you must submit an application to the Youth Welfare Office. You can download the application form [here](#).

If you have any questions, please contact the staff.

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

 [+49 \(0\) 56110031437](tel:+49(0)56110031437)

 [wirtschaftliche Jugendhilfe](#)

Places of encounter

Family centres are places where families can get help and information. Many people work together in these centres to offer various things that support families. For example, it's about education, upbringing and counselling. The aim is to ensure that children are well looked after in daycare centres and that parents also get help and advice when they need it. In this way, everyone can come together, exchange ideas and learn from each other. There are such centres in many places in the district of Kassel. You can see exactly where below. These centres help people to get to know each other better and do things together.


Overview of family centres:  [Early help services for parents | District of Kassel](#)

Children

General information on childcare

Children of pre-school age are looked after in day care centres. They make it possible for both parents to go to work or attend a language course. Here, your child can make friends, learn the German language and discover new things by interacting with the carers and other children.

In Germany, all children are entitled to a childcare place from the age of one.

Children can be looked after in the  [daycare centre for children aged 1 - 6](#) (daycare centre) or by



[Kindertagespflege](#) (daycare). There is no "compulsory kindergarten". Parents pay a monthly fee, which is calculated individually.

Transport to the day care centre is to be arranged by the parents themselves.

Your child will be looked after by nursery teachers at the daycare centre and will learn many important things.

A distinction is made between municipal and private daycare centres.

Some employers also offer an in-house daycare centre.

The advantages of a municipal daycare centre are the lower fees that parents have to pay. Private daycare centres, on the other hand, are commercially oriented.

They are not subsidised by the state and therefore have to finance themselves. This is done through the childcare fees paid by parents.

These fees can be considerably higher than those charged by local authority daycare centres.

There is no legal obligation to attend a daycare centre.

During the time in the initial reception centre, there is no entitlement to a childcare place. Children in the asylum procedure have a legal entitlement to support in a daycare centre or in child day care, just like German children, if they are admitted to a municipal community

facility.


Between the ages of 1 and 3, you can request childcare in a day care centre or with a childminder. From the age of 3 until the child starts school, you are entitled to attend a day care centre.

Why is a day care centre good for my child?

Here your child can learn the German language and discover new things. They will also socialise with other children and get to know friends and the German culture.


Take advantage of this opportunity, it is important for your child's future. Attending a daycare centre also helps to prepare your child for school.

How do I find a place for my child in a daycare centre?

You must enrol your child. The best time to do this is shortly after your child is born. Ask your  [Municipalities in the district of Kassel](#) how and where you need to register your child.

If you have any questions, you can also contact the desired daycare centre or the provider of the facility directly.

Before the child is admitted, the parents' certificates of employment and the child's health booklet are often required.

It is best to find out in advance about the requirements of the relevant centre. The  [Youth welfare office](#) can also help you.

You should register for the daycare centre as early as possible.

Your child can then go to the daycare centre on time and you can go to work without any worries.

Of course, the demand and scarcity of places varies from daycare centre to daycare centre. However, it often turns out that there are not enough places available in the immediate vicinity of your home or accommodation.

Which daycare centre is suitable for my child?

When it comes to choosing a daycare centre, it is particularly advisable to do some research on site.

Many daycare centres offer an "open day", which usually takes place at the beginning of the year. Ask whether the values and attitudes of the daycare centre match your own.

This includes simple questions such as food provision or childcare times. More in-depth topics such as the world view of the daycare centre should also be considered in order to prevent possible conflicts.

Daily routine in the daycare centre

In general, every daycare centre has its own daily routine. In some cases, they differ greatly from one another.

However, each centre must fulfil certain conditions.

Most daycare centres open at 07:00.

At the beginning, the children are welcomed by the teachers.

The children then have time to have breakfast or play together.

After breakfast, they go with an educator to brush their teeth.

The children can then spend several hours playing according to their interests or taking part in various activities.

This also includes going for a walk or visiting the playground.

Your child can eat lunch at the daycare centre at a certain time.

Some daycare centres also offer rest and sleep times. Depending on the needs of the little ones, these can sometimes be shorter and sometimes longer.


On the whole, the children in each daycare centre have plenty of time to let off steam, make friends and get to know the German culture.

The children sing, play and talk to each other in chair and sitting circles.

Day care centre for children from 1 - 6 years

Child day care centres = Kita = "Kindergarten"

Children from the age of one until they start compulsory schooling are looked after by two to three carers in a group of 10 to 25 children.

Most day care centres are run by towns and municipalities. Ask your  [Municipalities in the district of Kassel](#) and register your child there. There are also other operators, for example churches.

Many daycare centres work closely with parents. The Vellmar-West daycare centre, for example, offers a parents' café.

Child day care

Child day care can stand for "child minder".

A childminder looks after up to 5 children in their home or in rented rooms. These are aged between 0 and 3 years. Up to 3 childminders can also join forces and look after up to 9 children in total. Qualification is a prerequisite for childcare.

You can find your childminder at the regional office in the district of Kassel. This office is responsible for the placement. The centre depends on where you live. Contact your centre to find a childminder.



1 Mothers' Centre Hofgeismar
 Tel. [+49 \(0\) 5671925564](tel:+4905671925564)
 h [https:// www.muetterzentrum-hofgeismar.de](https://www.muetterzentrum-hofgeismar.de)

2 German Red Cross, District Association Kassel-Wolfhagen e.V.
 Tel. [+49 \(0\) 56929940303](tel:+49056929940303)
 h [http://w ww.drk-kassel.de](http://www.drk-kassel.de)

3 Sternschnuppe Vellmar
 Tel. [+49 \(0\) 56182055569](tel:+49056182055569)
 h [https:// www.sternschnuppe-vellmar.de](https://www.sternschnuppe-vellmar.de)

4 AWO Family Education Centre Baunatal

Tel: [+49 \(0\) 56019690045](tel:+49056019690045)

[Family education centre](#)

5 ASB Lohfelden

Tel. [+49 \(0\) 5619518751](tel:+4905619518751)

h [http://w](http://www.asb-mehrgenerationenhaus.de) www.asb-mehrgenerationenhaus.de

Supervision in the afternoon

Many schools offer after-school childcare in the afternoon. This is organised in very different ways. Ask the school whether they offer after-school care. This childcare costs money. If you want your child to attend afternoon childcare, you must register your child. Your child will receive lunch at the childcare centre.

💡 If you do not have enough money, you can ask at the [job centre](#), [social welfare office](#) or [youth welfare office](#). There is money available there under the [Support with education and participation](#)

Childcare during the holidays

Daycare centres and schools are often closed during the holidays. Parents sometimes don't know how to look after their children.

In many places there is childcare during the holidays. These are organised by clubs, the church or the local authority. Ask at the school or



[Municipalities in the district of Kassel](#) if there is no holiday care.

💡 You must register your children if you want them to go to holiday childcare.

If you are unable to pay for holiday childcare, there is support available through the [Support with education and participation](#).

Children with disabilities

Where can I get counselling?

You can contact the [Early support](#) centre in the district of Kassel. They will provide you with information on support services.

@fruehfoerderung@landkreiskassel.de

 [+49 \(0\) 56110031580](tel:+49056110031580)

What do I have to do if I do not have a child with a disability?

It is important that your child is diagnosed. This means that your child's disability or illness must be recognised. For this you need an appointment at the Social Paediatric Centre (SPZ). There is a [SPC](#) at the hospital in Kassel or at the [University Hospital in Göttingen](#).

Day care centre

There are children and young people with a developmental delay or a disability. They may attend a day care centre. It is important that the framework conditions are suitable for the care of your child with a disability.

School

Children and young people with disabilities are required to attend school in the same way as children and young people without disabilities. There are also [special schools](#) on the list of schools in the district of Kassel. These are for children with disabilities. If you would like your children to go to a school with children without disabilities, this is also possible. This is called inclusion.


Contact the Counselling and Support Centre (BFZ). Here you will find support for the school attendance of your child with a disability. The BFZs are responsible for different specialisms.

Focus on emotional and social development

Hephata Hessisches Diakoniezentrum e.V.

Dietrich-Bonhoeffer-Schule


Private Schule


 Hessenweg 16, 34376 Immenhausen

 [+49 \(0\) 5673998440](tel:+49(0)5673998440)


Learning specialism


Baunsberg School

 Auf dem Weide 6, 34225 Baunatal

 [+49 \(0\) 5619495960](tel:+49(0)5619495960)


Astrind Lindgren School


 Hupfeldstraße 8, 34121 Kassel

 [+49 \(0\) 561313855](tel:+49(0)561313855)

Focus on mental development


Käthe-Kollwitz-Schule


 Käthe-Kollwitz-Straße 10, 34369 Hofgeismar

 [+49 \(0\) 567199250](tel:+49(0)567199250)


Specialising in physical and motor development

Alexander-Schmorell-Schule

 Grenzweg 10, 34125 Kassel

 [+49 \(0\) 561813028](tel:+49(0)561813028)

Multilingual children's books

 With these books, children can playfully discover a new language. It's fun and helps with learning.

On the website "mulingula-praxis.de" you will find books for primary school children to read and listen to in seven different languages. You can read the books yourself or have them read to you. There are also listening tasks for all the books.

On the [Amira](#) website you will find stories to read and listen to as well as games for primary school. The books are available in nine languages and can be downloaded.

Growing up - coming of age

What is the age of majority?

In Germany, a person reaches the age of majority on their 18th birthday.

Now the person may, for example, without the consent of the parents alone:

- Sign contracts (e.g. employment contract, training contract, purchase contract),
- rent a flat (buy alcohol),
- get married,
- and much more.

What does "help for young adults" mean?

Young people between the ages of 18 and 21 who have not yet received help from the youth welfare office and would like support can also contact the relevant [youth welfare office](#). An application must be submitted to the youth welfare office.

Do you need help with the transition to adulthood?

Unaccompanied minors who have received help from the youth welfare office up to their 18th birthday can also receive help from the youth welfare office or from so-called "[careleavers](#)" after their 18th birthday. A care leaver organisation is a group that helps young people who have lived with the youth welfare office or in a foster family and are now adults. The association supports you with things like finding a flat, looking for a job or dealing with the authorities. It ensures that these young adults are not alone and helps them to live independently.

older people

Care support centre - first point of contact

There is a care support centre in the district of Kassel. A care support centre is a place where people can get support if they need help with their care. Specialists work there to advise and help people. They explain what services are available and how to get support. The care support centre helps people to find the right help for their particular situation and is funded by the health and care insurance companies and the district of Kassel. The counselling is neutral and free of charge.

The staff will help you

- orientate yourself,
- find the right form of support and

- make the necessary applications.

They have lots of information and help on the subject of care.

The counselling is for:


- People in need of care of any age
- Caring relatives
- People with disabilities


Please make an appointment by telephone. The staff at the care support centre will be happy to help you.


Care support centre of the district of Kassel

 [Franz-Ulrich-Straße 6, 34117 Kassel Kulturbahnhof - Südflügel](#)

[@pflegestuetzpunkt@landkreiskassel.de](mailto:pflegestuetzpunkt@landkreiskassel.de)

 [+49 \(0\) 56110031399](tel:+49056110031399)

 [+49 \(0\) 56110031877](tel:+49056110031877)

 [+49 \(0\) 56110031483](tel:+49056110031483)

Counselling centres for older people

As people get older, they sometimes need support in everyday life. There are counselling centres in the district of Kassel that help older people and their families. Counselling is free and available to everyone.

You can get answers to many questions there, for example

- What help is available if I can no longer manage everything on my own?
- Who pays for care if I need support?
- Where can I get a rollator or other aids?
- How can I make my home safer so that I don't fall?
- What programmes are there for senior citizens to meet other people?
- Who can help me if I feel lonely?
- What can I do if I become ill in old age?

Family members who look after older people can also get help and tips from the advice centres. Sometimes it is not easy for them to organise everyday life with an older family member or to find the right support. At the advice centre, they can learn how to manage their tasks better, for example:

- How do I take good care of someone who is ill or in need of care?
- Where can I find support when I need a break?
- How can I deal with the changes in an older person's life?
- What financial help is available for family carers?
- How can I make my home safe so that my family member feels comfortable?
- What opportunities are there to talk to other people in similar situations?

Counselling can take place either at the advice centres or directly in your home so that you get the best help

We present some of our services here. Please note that not every offer is for people in your area. Please select an organisation that suits your location.

AWO Nordhessen GmbH
AWO Quartier Baunatal

📍 Am Stadtpark 10, 34225 Baunatal
 📞 [+49 \(0\) 56195380011](tel:+49056195380011)
 @b ianka.p.oetter@awo-nordhessen.de

AWO Quartier Baunatal looks after people from Baunatal.

Diakonisches Werk Region Kassel
Alten-Beratungs-Centrum (ABC) Hofgeismar

📍 Im Loggenhagen 1, 34369 Hofgeismar
 📞 [+49 \(0\) 5671925117](tel:+4905671925117)
 📞 [+49 \(0\) 5671925116](tel:+4905671925116)
 @a itenber.atungscentrum@t-online.de

The ABC Hofgeismar looks after people from Ahnatal, Bad Karlshafen, Calden, Espenau, Fuldata, Grebenstein, Hofgeismar, Immenhausen, Liebenau, Reinhardshagen and Wesertal.

Advice centre for the elderly in Kaufungen

📍 Sophie-Henschel-Weg 2, 34260 Kaufungen
 📞 [+49 \(0\) 5605945111](tel:+4905605945111)
 @i nfo@ber.atungsstellefueraeltere.de

The counselling centre for older people in Kaufungen looks after people from Helsa, Kaufungen, Lohfelden, Nieste and Söhrewald.

Social counselling centre and senior citizens' office Niestetal

📍 Dr Walter-Lübcke Platz 1, 34266 Niestetal
 📞 [+49 \(0\) 5615202142](tel:+4905615202142)
 📞 [+49 \(0\) 17663310989](tel:+49017663310989)
 📞 [+49 \(0\) 5615202140](tel:+4905615202140)
 📞 [+49 \(0\) 16096232714](tel:+49016096232714)
 @s usann.p.hilipp@niestetal.de
 @s ilvana.scheidemann@niestetal.de

The Niestetal senior citizens' office looks after people from Niestetal.

Diakonisches Werk Region Kassel
Counselling centre for senior citizens in Wolfhagen

📍 Schützeberger Straße 12, 34466 Wolfhagen

+49 (0) 569299746326

+49 (0) 569299746320

+49 (0) 15228561767

+49 (0) 1742371440

@senioren beratung.wolfhagen@dw-region-kassel.de

The Wolfhagen advice centre for senior citizens looks after people from Bad Emstal, Breuna, Habichtswald, Naumburg, Wolfhagen and Zierenberg.

Pension

For many people, the question arises: What happens if I can no longer work? In Germany, there is the social security system of the German Pension Insurance (DRV). The German pension insurance website offers a lot of information and can answer some questions about pensions.

www.deutsche-rentenversicherung.de

In principle, the pension is funded by contributions from employment subject to compulsory insurance. As a rule, half of the contribution is paid by the employer and the other half by the employee. The share is calculated from income and deducted directly from wages and paid to the pension insurance institution.

If you are now in a position to claim a pension, you must apply for it. The pension is not paid automatically. To do this, you must submit an application at least 3 months before you plan to retire. This makes the transition from employment to retirement easier.

However, pension insurance not only pays a pension, but also provides other benefits. These include, for example, rehabilitation measures to enable you to return to work. It is important that the later pension benefit does not decrease as a result. It can even increase if you remain able to work for longer as a result of such a measure.

The pension is very important as security in old age.

Pension insurance companies provide advice on various topics, for example on pensions in old age or pensions for surviving dependants.

If you have any questions, you can find out more here:

German Pension Insurance Information and advice centre

Friedrich-Ebert-Straße 25, 34117 Kassel

+49 (0) 56199797200

You can also get advice from the citizens' hotline of the Federal Ministry of Labour and Social Affairs.

+49 (0) 80003007007

Counselling centres for dementia

Families caring for people who need a lot of help sometimes feel very exhausted and alone. They can feel overwhelmed or have less contact with other people. Sharing experiences with

other families who are going through the same thing can help them to feel better and recharge their batteries.

In the district of Kassel, there are programmes to help people and their families who are dealing with dementia. This help is for everyone who is affected.

Possible offers:

There are also volunteers who look after people with dementia when they are still living at home. Here, attention is paid to what the person concerned needs and what they want.

Perhaps you are interested in helping people with dementia who still live at home? Then you can take part in special courses to learn more about it and find out how you can help.

**BARKE Weserregion
Dr Ebel Fachklinik Carolinum KG**

📍 Mündener Straße 9 - 13, 34385 Bad Karlshafen
☎ [+49 \(0\) 5672181633](tel:+4905672181633) (Mondays only)
☎ [+49 \(0\) 5672181652](tel:+4905672181652) (with answering machine)
@b [arke-we](mailto:arke-we@serregion.carolinum.com) serregion@carolinum.com

Covers the Bad Karlshafen and Trendelburg areas.

**Diakonisches Werk Kassel region
Centre for dementia**

📍 Im Loggenhagen 1, 34369 Hofgeismar
☎ [+49 \(0\) 5671925117](tel:+4905671925117)
@a [itenber](mailto:itenber@atungscentrum.t-online.de) atungscentrum@t-online.de

Looks after the areas of Ahnatal, Calden, Espenau, Fuldata, Grebenstein, Hofgeismar, Immenhausen and Liebenau.

Dementia centre BARKE

📍 Sophie-Henschel-Weg 2, 34260 Kaufungen
☎ [+49 \(0\) 5605945320](tel:+4905605945320)
@i [nfo@dem](mailto:nfo@dem.enzstelle-barke.de) enzstelle-barke.de

Looks after the areas of Baunatal, Fuldabrück, Helsa, Kaufungen, Lohfelden, Nieste, Niestetal, Schauenburg and Söhrewald.

**Diakonisches Werk Kassel region
Free space Vellmar**

📍 Schulstraße 10 b, 34246 Vellmar
Postal address: Hermannstraße 6, 34117 Kassel
☎ [+49 \(0\) 15221725800](tel:+4905615221725800)
@g [isela.m](mailto:isela.m@oetzing.dw-region-kassel.de) oetzing@dw-region-kassel.de

Looks after the Vellmar area.

Diakonisches Werk Kassel region Zeitlos - Centre for Dementia

📍 Schützeberger Straße 12, 34466 Wolfhagen

☎ [+49 \(0\) 569299746326](tel:+490569299746326)

☎ [+49 \(0\) 569299746320](tel:+490569299746320)

☎ [+49 \(0\) 15228561767](tel:+49015228561767)

☎ [+49 \(0\) 1742371440](tel:+4901742371440)

@s enioren.beratung.wolfhagen@dw-region-kassel.de

Covers the areas of Bad Emstal, Breuna, Habichtswald, Naumburg, Wolfhagen and Zierenberg.

Care

There are different forms of support if you need care.

You can receive money from long-term care insurance if you fulfil certain conditions. You can use this money to pay for part of your care. To receive money from long-term care insurance, you must have paid into the insurance scheme. You must also submit an application to the long-term care insurance fund. The long-term care insurance funds are affiliated with the health insurance funds.

They commission the medical service. They will assess you and determine your need for care.

💡 What is the need for care?

The following are in need of care

- physically,
- mental,
- mental or
- health problems.

And cannot compensate for these independently. People in need of care cannot cope with everyday life without help from others.

The restrictions must be permanent and last for at least six months.

Care can be provided either at home (outpatient) or in a care home. There are also many mixed forms of care. One example is day care.

You can find an overview of care services, care homes and day care centres in the [guide for senior citizens](#). You can also obtain a printed copy. To do so, please contact the elderly care planning department.

☎ [+49 \(0\) 56110061363](tel:+49056110061363)

@ Nathalie-huegues@landkreiskassel.de

You can obtain further information on care from the [Counselling centres for older people](#).

Leisure and everyday life

Children's clothing distribution "Kleiner Muck" in Bad Hersfeld



Children's clothing issue Kleiner Muck

Well-preserved children's clothing and infant supplies for children aged 0-10 years

for needy families, single parents and pregnant women

Authorisation certificate required

Opening hours:

every last Wednesday of the month from 14:00 - 16:00

if required, every Wednesday from 10.00 am to 12.00 pm by appointment

Information under:

Sozialdienst katholischer Frauen e.V. Fulda

Branch office Bad Hersfeld

■ [Am Markt 19 - 3. Stock, 36251 Bad Hersfeld](#)

■ [06621-172640](tel:06621-172640)

■ badhersfeld@skf-fulda.de

Second hand shops in Bad Hersfeld

Here you can buy second hand clothes at favourable prices:

[DRK Kleiderstübchen](#)

■ [Benno-Schilde-Straße 13, 36251 Bad Hersfeld](#)

■ [06621 92 64 - 0](tel:06621_92_64_0)

Opening hours

Tuesday: 10:00 to 14:00

Wednesday: 10:00 to 14:00

Thursday: 10:00 to 14:00

Friday: 10:00 to 14:00



VIA furniture exchange in Bad Hersfeld

Here you will be redirected to [Möbel und Mehr](#), the social department stores' of VIA.

Clothes chamber in Bebra



Who can shop at the clothing store?

Our clothes are for everyone. We are currently making appointments by telephone.

And on what terms?

We have reduced prices for food bank customers.

Can anyone come there?

Yes

Where is the clothing store in Bebra?

■ Caritas Association for the Hersfeld-Rotenburg district
Mühlenstraße 10
36179 Bebra

What are the opening hours?

Dates under:

06622 3131

Tafel in Bebra and Rotenburg



- The Tafel is a food distribution centre for people on low incomes.
- You can register via the Cafe Bilder im Diakonischen Zentrum Bebra
- Contact person is Frau George
- Issue for Bebra and Rotenburg

dz-bebra.cafe.bilder@ekkw.de

06622-3548

Issue in Bebra:

Tuesdays in the odd-numbered week from 12:00 to 14:00

Im Bilder 28; 36179 Bebra



Issue in Rotenburg:

Tuesdays in the even week from 12:00 to 13:00

[Kirchplatz 3, 36199 Rotenburg an der Fulda](#)

Bonhoeffer Haus

Living

How do I find a flat?

How do I find a flat?

[Here you will find](#) tips for finding a flat.

These are some of the questions that will be answered:

- What do I need to bear in mind when looking for a flat?
- What do I need to bear in mind when cancelling my current rental flat?
- How do I find a new flat? (The flat search)
- The interview with the new landlord
- How much can a flat cost?
- The certificate of eligibility for housing
- Where can I get cheap furniture and electrical appliances?

Waste separation

Waste separation

You can find out when which waste is collected in the "waste calendar", which you can find in your letterbox every year or collect from the town hall. Simply click on the town in which you live. You will then see the next collection dates for certain waste and can store it in your garage or cellar, for example.

Only certain types of waste may be thrown into each bin:

Yellow bin (also known as "yellow bag" or "green dot waste"): Lightweight packaging, i.e. all packaging that is not made of glass or paper (for example aluminium foil, plastic bags, tins, yoghurt pots, juice and milk cartons/tetrapacks, films, plastic bottles, coffee packaging).

Green bin: Paper waste and cardboard, such as paper bags, newspapers, catalogues, writing paper, cardboard boxes, cigarette packets. Please note: Very dirty waste paper, such as paper packaging for food, must be disposed of in the residual waste bin. Juice and milk cartons/tetra-packs belong in the yellow bag or yellow bin.

Black bin: Residual waste or household waste and all waste that cannot be recycled (e.g. porcelain, hygiene articles, soiled packaging, broken shoes or utensils, hoover bags, nappies, cigarette butts, window glass).

Organic waste or brown bin: Compostable kitchen and garden waste (e.g. coffee and tea grounds, fruit and vegetable scraps, egg and fruit shells, leaves).

You can find more tips on waste separation [here](#).

What do I need to know about "deposits"?

In Germany, there is a so-called "deposit obligation" for certain drinks packaging: If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you later return them empty to the empties collection point in a supermarket (usually a vending machine), you get this money back. This is called a "deposit". There are two different types of these special bottles:

On non-returnable bottles (which are recycled) you will find a square sign with a can and a bottle surrounded by an arrow. On bottles or cans with such a symbol you will receive a deposit of 8 to 25 cents. Here you can see the logo...



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.

What do I do with glass bottles without a deposit?

Glass bottles for which there is no deposit must be disposed of in certain containers. These are usually bottles for wine, cooking oil, vinegar, sauces, jams or tins. There are usually two or three containers: one for white glass, one for amber glass and one for coloured glass (blue and green). Be careful not to throw your bottles into the containers early in the morning or at night, as this can make a lot of noise and is usually prohibited before 8am and after 8pm.

What do I do with hazardous waste, electronic waste, bulky waste and old clothes?

Hazardous waste, electronic waste, bulky waste and old clothes must not be thrown away with household waste. Hazardous waste and electronic waste in particular are extremely harmful to nature and our health and must therefore be disposed of separately from household waste. In most municipalities, you can dispose of this type of waste at the recycling or reusable materials centre. You sometimes have to pay a small fee for disposal. However, you can sometimes even get a little money yourself for electronic waste. You can find a recycling centre near you [here](#).

Hazardous waste: medicines, solvents, batteries, energy-saving light bulbs, fluorescent tubes, pesticides and paint and adhesive packaging that has not been completely emptied. In some towns there is a collection service, in others you have to drive to the recycling centre yourself. Your local authority can tell you more about this. Energy-saving light bulbs, LEDs and batteries can also be disposed of at drugstores and DIY stores.

Electronic waste: all devices through which electrical current flows. In some cities there are collection containers for smaller electrical appliances, in others you have to go to a recycling centre or there is a collection service. Your local authority can tell you more about this. You can also hand in small electrical appliances (such as mobile phones or MP3 players) at large electronics shops. Large appliances are only accepted by electronics shops if you buy a similar new product there.

Bulky waste: bulky items and household appliances that do not fit into the normal bins due to their size and weight. There is metal, wood and residual bulky waste. You can take these items to the recycling centre yourself. In many cities, there are also fixed dates for the collection of bulky waste. It is best to enquire at the citizens' office.

Old clothes: In all small and large towns there are old clothes containers in which usable clothes and shoes are collected. The containers are often located in the car parks of supermarkets.

How can I avoid rubbish?

If you want to avoid waste in general, the following tips may help you:

- buy regional products without plastic packaging,
- buy durable products and less,
- Take a lunch box and a water bottle or thermos flask with you when travelling,
- take a basket or shopping bag made of fabric instead of buying plastic bags and
- swapping, borrowing and repairing - this will also save you money.

You can find more ideas for protecting the environment on the multilingual website <http://www.refugeeguide.de/de/kapitel-5-umweltfre...>

Important

If you dispose of waste illegally, for example by dumping or burning it in a forest or on the street, you will have to pay a fine. If your waste endangers the environment, you are also liable to prosecution. This can result in a very high fine or even imprisonment.

Save energy

Save energy

Energy prices are getting higher and higher.
Everyone can easily save electricity and gas in everyday life.
This is good for the environment and your wallet.

How to save energy:

Heating

Room temperature

Bedroom: 16 to 18 degrees

Living area: 20 degrees (level 3 on the thermostat)

Shock ventilation

Open windows and/or balcony doors wide for a few minutes several times a day.

The room air is fresh, but the walls do not cool down.

This will save you up to 200 euros in heating costs per year.

Venting

If there is too much air in the heating system, it gurgles and consumes more energy. That's why radiators should be vented regularly.

No fan heaters

Fan heaters consume a lot of electricity.

Do not cover radiators

Cooking

Do not preheat the oven

Baking with circulating air consumes less energy than with top and bottom heat.

Cooking with a lid saves energy.

Use appliances - heat water in a kettle instead of using a pot and cooker. To bake bread rolls: use a toaster instead of the oven. Both save energy.

Use the dishwasher - this saves electricity and water.
Important: Always fill the dishwasher and select eco mode!

Don't open the fridge door too often and don't leave it open.

A refrigerator temperature of 7 degrees is sufficient.

Home office & Co.

Room temperature

20 to 21 degrees is a good working environment.

No stand-by

Switch off or shut down devices that you are not using.
Unplug chargers that are not charging anything.

LED instead of halogen

LED lighting saves energy.

Washing & showering

Fill up the **washing machine** and wash at **30 degrees**.

Shower instead of bathing. Shower briefly and not too hot. Switch off the shower when lathering up.

Dry **towels in the air**, not on the radiator.

Avoid using a hairdryer or set it to the lowest setting.

Why is saving energy important?

Pay less.

If you save energy (electricity, oil, gas), you also save money.

Conserve resources.

If less energy is used, less gas, oil or wood is consumed.

Protect the environment.

This keeps the air clean (less carbon dioxide in the air)

You can find more tips on saving money [here](#).

Mastering life

Where can I print?

If you do not have the possibility to print yourself, you can visit a **Copyshop** service centre. There you can take advantage of various services such as printing, copying and scanning. Copyshops offers a practical solution for anyone who doesn't have their own printer or scanner. Whether you want to print out a few documents or make large quantities of copies, you can usually find everything you need in a copy shop.

Enter your postcode or place of residence [here](#) and find the Copyshop nearest to you.

How do I write an e-mail?

Tips for a short e-mail:

Subject: State in a few words what you are writing about.

Salutation: Use "Sehr geehrte/r [Name]" if you want to address the person politely. If you do not know the person's name, use "Sehr geehrte Damen und Herren".

Main part: Explain simply and directly what you want to know or what it is about.

Conclusion: Thank them and use a polite closing phrase such as "Mit freundlichen Grüßen". At the end, please add your name so that the person knows who the e-mail is from.

How do I scan a document?

Nowadays, you can also scan important documents with your mobile phone without using a real scanner. There are special apps that you can install on your mobile phone for this purpose. The way these apps work is that you simply take a photo of your document and the app helps you to scan it cleanly and clearly.

Once the document is scanned, you can save it directly to your mobile phone and then email it to someone. This is especially handy when you need to get something done quickly without travelling to a copy shop or scanner.

[Adobe Scan](#)

If you have an iPhone, you can do this directly in the Notes app. There is a function there that allows you to scan documents. You simply need to create a new note, select the camera icon and then select the "Scan documents" option. This allows you to easily scan and save the document.

Sport, culture and leisure

Sport

Sport is fun, keeps you healthy and brings people together. Around 400 sports and shooting clubs offer various types of sport. You can find out which sports are on offer in your town on the homepages of the [towns and local authorities](#).


Integration through sport:


Integration means that people who come from other countries are well received in our society. Sports clubs play a very important role in this. For more than 30 years, they have been helping to ensure that everyone, regardless of where they come from, can feel at home and make friends through sport. In our region, there are many sports clubs that are especially there to support people and help them to settle in better.


And many other clubs and local authorities take part in the "Sport & Refugees" programme run by the state of Hesse and provide so-called "sports coaches".

Our expert and integration coordinator will be happy to help you with your local integration work:

Heiko Weiershäuser

 Auedamm 2, 34121 Kassel

 ntegrat@sk-region-kassel.de

 0172 563 8241

Places of interest

Whether it's the Sababurg zoo, impressive museums and cultural sites or a well-developed network of hiking and cycling trails, the district of North Hesse has a lot to offer.

Interactive and multimedia elements make them an enjoyable experience for children, young people and adults.

You can find an overview of the cultural, hiking and leisure activities [here](#).

Do you have any questions about culture, history or leisure activities in our district? Our culture officer Patricia Ruffini will help you:

Cultural Officer
Patrizia Ruffini

@patricia-ruffini@landkreiskassel.de

<tel:+49-561-1003-2452>

Events

The district of Kassel attracts visitors with various events throughout the year. All current events can be found [here](#).

Libraries and bookshops

Do you like reading? Then visit one of our libraries. You can find an overview [here](#) or on the [homepages of the towns and municipalities](#).

Clubs and associations

Associations are very important in Germany. They offer people the opportunity to realise common goals. Over 50 million people are involved in the more than 620,000 clubs and associations in Germany. These goals can be of various kinds, such as

- leisure activities
- Sport and fitness
- Commitment to the needy and disadvantaged
- Protection of nature
- Contact with like-minded people and shared interests

Clubs and associations are a particularly good way to integrate into your new home.

Clubs

There are a large number of clubs in the district of Kassel. From sports clubs to music clubs and animal welfare organisations, everything is represented. Anyone can become a member of a club. This is a great way to socialise and make new friends.

Normally you have to pay an **annual membership fee** to be a member. However, you can obtain more detailed information about this directly from the association.

It may be possible for the membership fee to be covered by the Job Centre (**benefits according to SGBII**) . To do this, it is necessary to submit an [education and participation \(BuT\) application](#). Your responsible counsellor will be happy to help you with this.

Here you will be redirected to the city's directory of clubs Bad Hersfeld: [Clubs in Bad Hersfeld](#)

Sport in the district of Kassel

Would you like to do sport? Then take a look at the sports programmes available in the district of Kassel! Sport brings many different people together - no matter how old they are, where they come from or what they believe in.

People meet

- in teams
- at training
- at competitions
- at social activities organised by clubs

A feeling of solidarity is created through shared experiences.

Sports clubs and other groups offer special sports programmes for people who come from other countries. In Hesse, the cities and municipalities receive help from a programme called "Sport and Refugees". The sports coaches in the district of Kassel help the sports clubs and the people in the refugee accommodation centres to get to know each other and do sport together.

They organise sports activities such as

- swimming courses
- Taster sessions in various sports
- Recreational sports programmes

Children and young people are introduced to the clubs. This promotes integration through sport.

Contact:

 integration@sk-region-kassel.de

Mobility

Mobility

Many places in and around your home can be easily reached by public transport. A healthy, inexpensive and environmentally friendly alternative for getting from A to B is a bicycle.

Public transport

Public transport is available in the Hochtaunus district. These include bus, underground and suburban railway. This will get you to your destination.

💡 No public transport may be used without a valid ticket. You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.

Tickets are available from ticket machines and at all railway stations.

Bicycle

If you know that you will be living in the Hochtaunus district for a longer period of time, it is 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)
- Only children up to the age of 11 are allowed to cycle on footpaths
- It is forbidden to use a mobile phone on a bicycle

💡 Purchase and repairs: When buying a bike, make sure that it is equipped as follows and is therefore roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (2 per wheel)
- Reflectors on the pedals
- Bell
- Two independent brakes

Car

The Hochtaunus district has a well-developed road network. However, a car also pollutes our environment with noise and exhaust fumes. Therefore, avoid using a car whenever possible.

💡 Important traffic rules for car drivers (selection):

- Always drive on the right-hand side of the carriageway (only ever on the right-hand side of the road in the direction of travel)
- Always drive considerately
- The right-of-way rule "right before left" generally applies unless otherwise regulated
- Talking on a mobile phone is prohibited

You are allowed to drive a car in Germany if

- the car is roadworthy

- the car has third-party liability insurance
- the driver has a valid driving licence for the car

💡 For many countries outside the EU, you must have an international driving licence or a translation of your national driving licence.

💡 A foreign driving licence is valid in Germany for a maximum of six months. During this time, you must check which rules apply afterwards. The rules vary depending on the document and country of origin. Ask for advice at the driving licence office in the [district administration](#).

🌐 [Validity of foreign driving licences in Germany](#)

Hessenpass mobile

Hessenpass mobile

The Deutschlandticket is cheaper with Hessenpass mobil. It then costs 31 euros (from 1 January 2025 for 39 euros) per month. The ticket is only available as a subscription. It can be cancelled monthly.

The Hessenpass mobil is available to anyone who **lives in Hessen** and

- receive citizen's allowance,
- receive housing benefit,
- receive social welfare,
- are asylum seekers.

The proof of entitlement is sent automatically by the local authority responsible. Proof of eligibility must be presented at the time of purchase.

🌐 [German Railways](#)

🌐 [NVV Transport Association](#)

Advice centres, offices and emergencies

pro familia



The pro familia advice centre Kassel is recognised by the state. You will receive counselling on the following topics

- Pregnancy counselling,
- Counselling for unwanted pregnancies,
- couples and sexual counselling,

- sex education,
- contraception counselling,
- Separation and divorce counselling and
- Counselling for violence in partnerships and families

The counselling services are available for women and men. It is independent of nationality, religion, sexual orientation or disability.

Counselling can be

- in person on site,
- on the phone or
- by video.

pro familia Counselling centre

 Breitscheidstraße 7, 34119 Kassel

 [+49 \(0\) 56176619250](tel:+49(0)56176619250)

 kassel@profamilie.de

 [Profamilia Kassel](#)

Opening hours:

Monday: 9:00 - 13:00

Tuesday: 9:00 - 13:00 and 14:30 - 17:00

Wednesday: 9:00 am - 12:00 pm

Thursday: 9:00 - 13:00

Friday: 9:00 - 13:00

Please make an appointment by telephone.

Parental allowance counselling



The [pro familia Kassel advice centre](#) provides advice on entitlement to parental allowance.

You can download the parental allowance application form [here](#).

The online application for parental allowance is available [here](#).

You can use the [parental allowance calculator](#) at BMFSFJ to check your entitlement to parental allowance.

You can download the brochure on parental allowance and parental leave [here](#).

Counselling is free of charge.
Please make an appointment for a telephone consultation.

 [+49 \(0\) 56176619250](tel:+49(0)56176619250)

Child benefit counselling



The [pro familia advice centre in Kassel](#) helps with all questions relating to child benefit and also offers support in completing the application.

The online application for child benefit is available [here](#).

Website: <https://www.kindergeld.org/formulare.html>

Counselling is free of charge.
Please call to arrange a counselling appointment if you need help.

 [+49 \(0\) 56176619250](tel:+49(0)56176619250)

Child supplement counselling



The [pro familia Kassel advice centre](#) advises on entitlement to child supplement.

Via the [KiZ-Lotsen](#) you can also check for yourself whether you are entitled to child supplement.

You can download the application for child supplement [here](#).

The online application for child supplement is available [here](#).

Counselling is free of charge.
Please make an appointment by telephone:

 [+49 \(0\) 56176619250](tel:+49(0)56176619250)

Couples and sexual counselling



In [couples and sexual counselling](#), we support people who want to improve their relationship. They are supported in achieving more satisfaction in their sexuality.

Counselling is not free of charge.

■ [+49 \(0\) 56176619250](tel:+49056176619250)

Pregnancy counselling



The [pregnancy counselling](#) service will provide you with information if you are about to become parents or are parents and have questions.

You will receive support in asserting your rights.

You will receive counselling if you are thinking about terminating the pregnancy.

Counselling is free of charge.

Please make an appointment by telephone:

■ [+49 \(0\) 56176619250](tel:+49056176619250)

Contraception and subsidised contraceptives



You will receive part of the [cost of contraceptives](#) if you

- live at Landkreis Kassel and
- unemployed and receive money from the [job centre](#), [Sozialamt](#) oder der [Flüchtlingshilfe](#) from the job centre.

You must submit an application for this. You may only obtain the contraceptive after you have submitted the application.

For an IUD, Implanon or sterilisation, you need a cost estimate from your doctor. A cost estimate is a piece of paper that tells you how much the treatment will cost.

For the pill or other contraceptive methods, you need a prescription from your doctor. The prescription must not be written online, but should always be signed and returned to you by your doctor. You can then take this prescription to the pharmacy.

At pro familia you will receive counselling and help with the application.

Please make an appointment by telephone:

+49 (0) 56176619250

At the appointment, please bring

- the prescription or the cost estimate,
- your identity card and
- your proof of income.


The requirements for a contraceptive may vary depending on your age and current phase of life.

It makes a difference whether I am in a relationship, single, already have two children or am about to have my "first time". Information about fertility is also important.

Information about contraception is available in many languages.

- [Contraception Arabic-German](#)
- [Contraception Bulgarian-German](#)
- [Contraception Dari-German](#)
- [Contraception French-German](#)
- [Contraception English-German](#)
- [Contraception Kurmanci-German](#)
- [Contraception Polish-German](#)
- [Contraception Romanian-German](#)
- [Contraception Spanish-German](#)
- [Contraception Tigrinya-German](#)
- [Contraception Turkish-German](#)

pro familie Kassel  Breitscheidstraße 7, 34119 Kassel

 assel@p-rofamilie.de

 [Contraception counselling](#)

Pregnancy conflict counselling



You are pregnant and would like to terminate the pregnancy. The decision on whether to terminate the pregnancy is yours alone. Nobody can or may make this highly personal decision for you.

In order to have an [abortion](#), you must fulfil the following requirements:

- You must seek counselling at a recognised counselling centre. This is prescribed by law. The counselling is confirmed by a certificate.
- The abortion may only be carried out on the 4th day after the counselling at the earliest.

- The abortion can only be carried out by a doctor.
- The abortion must be carried out by the end of the 12th week after conception.
- pro familia is a state-approved counselling centre for this legally required counselling. We are subject to the duty of confidentiality. Counselling can be carried out anonymously on request.

Counselling is free of charge.

Please make an appointment by telephone at :

 [+49 \(0\) 56176619250](tel:+49(0)56176619250)

Here you can obtain information in different languages.

- [Albanian](#)
- [Amarhic](#)
- [Arabic](#)
- [German, English](#)
- [Arabic](#)
- [Farsi](#)
- [Somali](#)
- [Tigrinya](#)

Separation and divorce counselling



There are many reasons for the breakdown of a relationship. In most cases, dealing with a break-up is initially a quiet, one-sided process for one partner. It is often lengthy and fraught with doubt. Time and again, attempts are made to avoid the separation. Parents are also often afraid of damaging their children's development by separating. During the period of separation, it is important to come to terms with new perspectives on life.

[pro familia Kassel](#) offers the opportunity to develop perspectives for yourself. We help you to find your own ways of coping positively with the separation. People who have decided to separate should find out what is important now and what needs to be considered.

The following topics can be discussed in separation counselling:

- Housing situation
- finances
- custody

The counselling is geared towards the needs of the client. It can shed light on the psychological side of the separation as well as the steps that need to be taken in the event of separation/divorce. The cost of separation and divorce counselling depends on the income of the person seeking advice.

Counselling is subject to a fee depending on income.
For information and to make an appointment, please call



 [+49 \(0\) 56176619250](tel:+49056176619250)

Catholic Women's Social Service (SKF)



The Social Service for Catholic Women offers counselling for pregnancy. You can also take advantage of counselling after the birth up to the 3rd birthday. The counselling is free and anonymous.

There is also

- a shop for visitors to the advice centre.
Here you can buy clothes for the baby, the expectant mother and toys at a small price.
 Monday 10-11.30am and Tuesday 2pm-3.30pm
- The "pregnant & connected" group for pregnant women. Here you can talk about pregnancy issues and drink tea. The group is free of charge. Translators for Kurdish and Arabic are present at the meeting.
 Every 2nd Thursday from 10-11:30 am


Sozialdienst katholischer Frauen e.V. Kassel

 [Die Freiheit 2, 34117 Kassel](#)

3. Etage im Kolpinghaus

Entrance

Mittelgasse

 [+49 \(0\) 5617005236](tel:+4905617005236)

 info@skf-kassel.de

 <https://www.skf-kassel.de/skfkassel/>

Drug counselling

The counselling service is there for you if you need advice and support for problems with drugs.

You can contact the drug counselling service if

- you consume drugs and are dependent on them. This applies to both legal and illegal drugs.
- You use legal drugs and are a young person or young adult.

- You are a relative or carer of an addict.
- You are a teenager or young adult with youth-specific problems.

You receive support from the drug help centre for various questions and problems:


- You receive information for those affected and their carers.
- They receive counselling and long-term support.
- They receive outpatient therapy.
- They receive counselling during detoxification in all hospitals in the district of Kassel.
- They are placed in inpatient programmes.
- You will receive counselling if you lose your driving licence. You will be prepared for the MPU in individual counselling sessions.

The drug counselling service has two locations in the district of Kassel. These are in Wolfhagen and Hofgeismar. You can simply go to the counselling centres during consultation hours. You can also make an appointment by telephone.

📍 Bürgermeister-Laneus-Straße 1, 34369 Hofgeismar
 ☎️ [+49 \(0\) 567150199](tel:+490567150199)
 @ drogenberatung.hofgeismar@drogenhilfe.com
 🕒 Wednesday: 4-6pm, Thursday 10am-12pm and by appointment

📍 Schützebergerstraße 12, 34466 Wolfhagen
 ☎️ [+49 \(0\) 567150199](tel:+490567150199)
 @ drogenberatung.hofgeismar@drogenhilfe.com
 🕒 Thursday 2-5 pm and by appointment

Counselling for older people

Counselling for older people can be found at  [older people](#).

Counselling for refugees

Counselling for refugees

Who are we here for?

Are you a refugee with us? You are not alone during this time.

We are here to provide you with information and advice on enquiries relating to

- Asylum/court proceedings
- Lawyer
- Contacting the authorities
- Onward migration
- voluntary return
- etc.

Diakonisches Werk Kassel region
Refugee counselling for the Landkreis Kassel

Arrange an appointment with:

👤 Tatjana Ulshöfer

☎️ [+49 \(0\) 56170974216](tel:+49056170974216)

@ tatjana.ulshoefer@dw-region-kassel.de

🌐 <https://www.dw-region-kassel.de/migration-und-flu...>

In Kassel:

📍 Wildemannsgasse 14, 34117 Kassel

In Wolfhagen:

Every 1st and 3rd Wednesday of the month:

Diakoniezentrum Wolfhagen

📍 Schützebergerstraße 12, 34466 Wolfhagen

☎️ [+49 \(0\) 56170974216](tel:+49056170974216)

Migration counselling for adult immigrants (MBE)



The MBE-Beratung supports and accompanies migrants **aged 27 and over**. To receive counselling, you must have a **secure residence status** in Germany.

💡 If you are under 27, please contact the [Youth Migration Service](#).

💡 If you do not have a secure residence status. Contact the [refugee counselling](#) service .

You will receive counselling for questions and problems in everyday life. You will receive help in finding your way in Germany and integrating well into society.

Some of the topics you can get help with are

- Right of residence (when and how you are allowed to stay)
- Help with applications for social benefits (money or support from the state)
- Contact with authorities (such as government offices and other official bodies)
- Reading, explaining and answering letters, post, contracts and other important documents together
- Health and health insurance (how to take care of your health and how health insurance works)
- Protection against dangerous practices such as FGM (female genital mutilation)

- Family, children, school and education (how children can go to school and learn)
- Help with planning and guidance to navigate life and work
- Recognition of foreign educational certificates and qualifications (so that your qualifications are also recognised in Germany)
- Finding language courses (so that you can learn and understand the language better)

Counselling is **free, confidential and independent.**

Make an appointment.

Migration counselling for adult immigrants at Caritas in Kassel

📍 Die Freiheit 2, 34117 Kassel

☎ [+49 \(0\) 5617004211](tel:+4905617004211)

🕒 Monday + Wednesday 10 a.m. to 12 p.m., Thursday 2 - 4 p.m.

🌐 [Migration counselling for adult immigrants](#)

Migration counselling for adult immigrants at the Diakonisches Werk

📍 Wildemannsgasse 14, 34117 Kassel and Kölnische Straße 136, 34119 Kassel

☎ [+49 \(0\) 56170974217](tel:+49056170974217) and [+49 \(0\) 56110953130](tel:+49056110953130)

🕒 Monday from 9 am to 12 noon (Wildemannsgasse) & by appointment

🌐 [Migration counselling for adults \(Diakonie\)](#)

Migration counselling for adult immigrants (MBE) at the Schlachthof cultural centre:

☎ [+49 \(0\) 561220712670](tel:+490561220712670)

🕒 Without appointment:

Tuesdays 8:30 to 11:30, Weserstr. 26, 34125 Kassel

Thursdays 9:00 to 12:00, Mombachstr. 12, 34127 Kassel

🌐 [Migration counselling \(Schlachthof\)](#)

The migration counselling service for adult immigrants (MBE) is funded by the Federal Office for Migration and Refugees (BAMF) and by church funds.

Gefördert durch:



Bundesministerium
des Innern, für Bau
und Heimat

aufgrund eines Beschlusses
des Deutschen Bundestages



Youth migration service



The Youth Migration Service (JMD) helps young people who have recently arrived in Germany. They receive support if they have questions about school, work or the language.

The JMD helps:

- Young people between the ages of 12 and 27 who have come from other countries
- Employees of public authorities and other important institutions,
- People who deal with young immigrants.

The JMD provides:

- Help with personal integration,
- Support with settling in in Germany,
- programmes for groups,
- And works together with other organisations to help.

Please make an appointment for counselling. Counselling is free, voluntary and confidential. It is aimed at all young people who are not or no longer living in an initial reception centre or youth welfare facility. Click [here](#) for more information.

Youth Migration Service Kassel Caritasverband Nordhessen-Kassel e.V.

📍 Die Freiheit 2, 34117 Kassel

☎ [+49 \(0\) 5617004133](tel:+4905617004133)

@ jmd@caritas-kassel.de

🌐 [Jugendmigrationsdienst \(Caritas\)](#)

Jugendmigrationsdienst (JMD) Kassel

📍 Königsplatz 57, 34117 Kassel

☎ [+49 \(0\) 56157463730](tel:+49056157463730)

@ JMD-Kassel@ib.de

🌐 [Jugendmigrationsdienst \(IB\)](#)

Online counselling in Turkish, Kurdish and German

PENA-GER

Pena-Ger is a low-threshold counselling service.

The team at Pena-Ger helps people who have fled from other countries. The people who work there are counsellors and researchers. They support refugees on Instagram and by email. They help them to find their way around Germany and give advice on how the asylum procedure

works.

If someone has questions or needs help, the team helps them to find a good counselling service nearby. Pena-Ger's help is available throughout Germany and is free of charge.

Who can get help? For example, refugees who are queer, LGBTQIA+, people with disabilities or women who have fled.

Click here for the Instagram page: [pena.ger](#)

E-Mail: pena.ger@yahoo.com

If you don't speak any of these three languages but still need an online service, you can find more information [here](#).

Consumer advice centre Hesse

The Consumer Advice Centre offers independent and advertising-free advice for consumers. The advice concerns all situations in life. The aim is to help consumers to help themselves.


You will receive advice on the following topics:

- Telephone and mobile phone contracts
- Contracts with energy suppliers
- Unjustified claims
- Nutrition and health
- Purchases in shops, on the Internet or over the phone
- Product advice
- Saving energy in the household

Energy:

 Am Markt 1, 34369 Hofgeismar (Rahthaus)


 [+49 \(0\) 5671999000](tel:+49(0)5671999000)


 2nd Thursday of the month, 2-5 p.m.

The cost depends on your income. It is either free of charge or costs a maximum of €30.

Money & insurance, digital world, food, health & care, energy, contracts & complaints

 Rainer-Dierichs-Platz 1, 34117 Kassel (Hauptbahnhof, Südflügel)

 [+49 \(0\) 561772934](tel:+49(0)561772934)

 Monday: 10 am - 2 pm,

Tuesday: 10 am - 2 pm,

Wednesday: 10 am - 1 pm and 2 pm - 6 pm

Thursday: 10 am - 1 pm and 2 pm - 5 pm

The costs for counselling vary.

Please bring a translator with you if translation assistance is required.

Debt counselling

Some people have little money. They can't pay their bills and have debts. The debts get bigger and bigger. So do the worries. Debt counselling helps to solve the money problem.

People come to debt counselling when they

- are unable to pay for their home
- are afraid that they will no longer have electricity at home
- are afraid that they will lose their job
- Can't pay their bills
- Don't know what they have to pay
- Don't know how to pay for everything
- Want to manage their money better
- Need a bank account that is seizure-proof

This is how we help with debt counselling:

- We give you an overview of your debts and creditors (who gets money from you)
- We enter into negotiations with your creditors
- We maintain contact with lawyers, debt collection agencies, public prosecutors, bailiffs, etc.
- We limit the increase in your debts
- We are at your side with help and advice
- We provide you with ongoing advice to stabilise your overall situation
- We initiate debt settlement as part of the insolvency proceedings

Make an appointment by telephone between 8.30am and 10am.

Contact us:

■ Kulturbahnhof, Franz-Ullrich-Straße 6, 34117 Kassel

■ [+49 \(0\) 56110031397](tel:+49056110031397)

 [Debt counselling](#)

Psychological counselling centres

Psychological counselling centre

Psychosocial centre for refugees

The psychosocial centre is for people with a refugee background.

- The staff will support and advise you.
- They can tell you about further help and services.


- The support is free of charge.
- You will receive counselling from specialists for all ages. That means for children, young people and adults.
- Your legal residence status is not relevant.
- You will receive counselling in various languages.


[Here is](#) a video about the psychosocial centre. The video has subtitles in English, French, Arabic, Farsi and Russian.

There is counselling, support, stabilisation, individual discussions and group offers

- Do you yourself - or people around you - need help and support in a difficult phase of your life?
- Are you often sad or feeling pressure and stress?
- You can't sleep at night, have nightmares or memories of stressful experiences?
- Do you feel inner tension, have mood swings or concentration problems?
- Would you like to talk about your worries and fears in a safe, trusting space?

Make an appointment by phone or email.

 Treppenstraße 4, 34117 Kassel

 [+49 \(0\) 56181644322](tel:+49056181644322) (Mon, Wed, Fri, 10am-12pm)

 pzg@viva-stiftung.de

In a crisis, please contact the following centres:


Social Psychiatric Service Kassel

 [+49 \(0\) 5617875390](tel:+4905617875390)

Crisis intervention (24 hours)

 [+49 \(0\) 8001110111](tel:+4908001110111)


Medical on-call service (24 hours)

 116117

Social psychiatric service

You can discuss your questions and problems relating to mental impairments. They will be discussed in a protected environment. You will receive support in your search for suitable treatment or help. There are one-off counselling sessions and support over a long period of time.

The social psychiatric service is particularly suitable for people who refuse other help. The staff will also help you if you are unable to adhere to compulsory programmes.

 Könliche Straße 54a, 34117 Kassel

 [+49 \(0\) 5617875390](tel:+49(0)5617875390)

 [Homepage](#)

Asylum application and BAMF

The BAMF is the Federal Office for Migration and Refugees.

Are you registered in Germany and living in a reception centre? What happens next? The next steps are outlined here:

1.1 Applying for asylum in person

You apply for asylum at the BAMF  [Asylum and Refugee Protection](#).

Important: You must submit your application in person, you cannot send it by post.

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

1.2 First interview appointment (asylum application)


If your interview date has been set, go to the [Refugee Support Service](#) with your invitation before your appointment to cover the travel costs.

1.3 Personal interview

The 2nd interview appointment is the actual interview. The BAMF will decide on your asylum application. It will then send you a decision.

a) The decision is **negative**

If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to your [migration counsellor](#) immediately.

If you decide to leave voluntarily, you can receive financial support for your new start in your home country. Contact the  [regional council](#).

b) The decision is **positive**, i.e. you are recognised. What are the next steps?

Electronic residence permit (eAT): Immediately after the BAMF decision has been delivered, it is necessary to obtain an identity document or its equivalent: [Department for Immigration and Integration](#).

Job centre: You will no longer receive your money from the social welfare office, but must submit an application to the job centre: [Jobcentre](#)

Housing: Helpful tips on finding accommodation can be found under [House hunting](#).

All information on this and much more can also be found in the  [App Ankommen](#).

Immigration office

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

apply for your residence permit.


The Foreigners' Registration Office will also help you:

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

After approval by the BAMF


Apply for an electronic residence permit (eAT)

(1) Application

You can [apply](#) for the  [residence permit](#) at the Citizens' Office of the City of Kassel, Department for Immigration and Integration. The department is responsible for people who live in the district of Kassel and in the city of Kassel.

(2) Appointment

Your fingerprints will be taken at the appointment.


You must bring documents with you to the appointment. Which  [documents](#) you need to bring depends on the residence title.


(3) Collection

The electronic residence permit can be collected after approximately three weeks. You will receive the information for collection by post. Please make an appointment for three weeks after you have submitted your application.

Make an appointment.

 Rathaus, Obere Königsstraße 8, 34117 Kassel

 [+49 \(0\) 561115](tel:+490561115)

 [Online mailbox](#)

(Residents') registration office

If you are staying in Germany for longer than three months, you must register a place of residence. This is the address where you live. You can do this at the [city or municipality](#).

Please bring the following with you:

- Registration form
- Identity card or passport of each person on the registration form
- Confirmation from your landlord

If applicable, please bring


- Proof of last address in Germany (e.g. previous registration confirmation, date of moving in and out) after a longer stay abroad

💡 You will then receive a confirmation of registration. Keep this in a safe place. The confirmation of registration is required, for example, for school enrolment or for social benefits.

Employment Agency

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

- Are you looking for a job?
- Do you need help choosing a career?
- Would you like to have your qualifications recognised?
- --> Then contact the Employment Agency.

Is your asylum procedure still ongoing? Or are you tolerated? Then the  [employment agency](#) is your point of contact.

- They will help you with questions about the transition between school and work (careers advice).
- They will place you in work.
- And they will advise you on further vocational training.

💡 **Are you recognised?** Then the [job centre](#) is your point of contact for advice and placement in the labour market.

Kassel Employment Agency

📍 Lewinskistraße 6, 34127 Kassel

☎ [+49 \(0\) 8004555500](tel:+4908004555500)

 [Kassel](#)

Postal address: Agentur für Arbeit Kassel, 34195 Kassel

Hofgeismar Employment Agency

📍 Bahnhofstrasse 24, 34369 Hofgeismar

☎ [+49 \(0\) 8004555500](tel:+4908004555500)

 [Hofgeismar](#)

Postal address: Agentur für Arbeit Hofgeismar, 34195 Kassel

Wolfhagen Employment Agency

📍 Raiffeisenweg 2, 34466 Wolfhagen

☎ [+49 \(0\) 8004555500](tel:+4908004555500)

 [Wolfhagen](#)

Postal address: Agentur für Arbeit Wolfhagen, 34195 Kassel

Social welfare office

Anyone can fall on hard times due to an accident, illness, death of a partner, unemployment or lack of or insufficient income. Under certain circumstances, you can receive social assistance. Social assistance is a legal right. However, this only applies if the person concerned cannot help themselves and no one else can help. It does not matter how you got into need.

The social welfare office is responsible for the following benefits:

- Basic security in old age and in the event of reduced earning capacity

- Help with care
- Help with living expenses
- Integration assistance
- Help to overcome particular difficulties
- Assistance with health
- Assistance in other life situations

The Social Welfare Office will **advise** and **support** you in all matters relating to these topics.

The social welfare office will ask you about your financial circumstances. You will therefore have to show whether you have any valuables such as jewellery or money. You will sign some documents and declarations. Please bring all documents with you. You must provide evidence of your income and expenditure.


You will also receive benefits for your living expenses.


The social welfare office will help you with:


- Baby equipment
- School supplies for your child
- sickness certificates
- Authorisation for operations and other medical measures
- [Support with education and participation](#)

You must submit an application to receive money from the Social Welfare Office.

The Social Welfare Office has three locations. **Please make an appointment.**

 Garnisonstraße 6, 34369 Hofgeismar

 Kohlenstraße 132, 34121 Kassel

 Ritterstraße 1, 34466 Wolfhagen

 [Social welfare department](#)

 [+49 \(0\) 56110031274](tel:+49(0)56110031274)

Housing benefit


What is housing benefit?

With housing benefit, the state supports low-income citizens who do not receive social benefits with their housing costs. Housing benefit is a financial subsidy, for example towards rent.

People with a low income can receive housing benefit. You must submit an application for this. If you receive money from the job centre or the district of Kassel and the costs for accommodation are already included, you are generally not entitled to housing benefit.

The entitlement to housing benefit and the amount depend on three factors:


- The number of household members,
- the amount of total income and
- the amount of rent or monthly charges.

You can use the  [housing benefit calculator](#) to check for yourself whether you are entitled to housing benefit.

How can I apply for housing benefit?

You can obtain the application forms for housing benefit from your local [town hall](#) or [online](#). The town hall will also help you to complete the application.

You can either hand in the completed application form with the supporting documents to your [local authority](#) or send it by post to the following address:

Landkreis Kassel
Fachbereich Soziales
Wohngeld
 Ritterstraße 1, 34466 Wolfhagen

If you have any questions, you can also contact the housing benefit office directly:

@wohngeld@landkreiskassel.de
 [+49 \(0\) 056110033179](tel:+49(0)056110033179)

Basic income support / subsistence assistance

Basic income support in old age and in the event of reduced earning capacity (§§ 41 - 46 SGB XII) is intended to support people

- who have little money,
- receive a low pension or are unable to work due to illness or disability,
- so that they have enough money for food, clothing and housing.

How much support someone receives depends on their income and assets. Basic income support is paid by the state if someone has little or no money.

Who can receive benefits under this law?

- People who have reached the age of 18.
- Persons with habitual residence in the Federal Republic of Germany.
- Persons who have exceeded the standard retirement age in accordance with § 41 Paragraph 2 SGB XII or
- are permanently fully incapacitated for work within the meaning of § 43 Paragraph 2 SGB VI.

Receipt of a pension due to old age or full reduction in earning capacity is not a prerequisite.

If you are unable to receive basic income support, there is also assistance with living expenses (§§ 27-40 SGB XII).

You can receive basic income support and assistance with living expenses if you submit an application. You can receive this assistance if you do not have enough money to support yourself. This means that your income and assets are not sufficient. The assistance therefore depends on how much you need.

The necessary living expenses include in particular

- Food,
- accommodation,
- clothing,
- personal hygiene,
- household goods,
- heating and
- personal needs of daily life.

The standard rates in accordance with Section 28 Paragraph 1 SGB XII cover the entire need for necessary living expenses outside of institutions as a lump sum. Exceptions are defined by law.

You can download the application form [here](#).

You will need

- a valid identity card,
- a pension certificate or medical certificate
- Proof of income, for example pension, sickness benefit, child benefit, maintenance payments or advance maintenance payments
- Proof of assets, for example savings
- Tenancy agreement
- Proof of expenses, e.g. advance payments and bills for utilities and heating costs, documents on insurance premiums
- Proof of health and long-term care insurance, i.e. details of health insurance and insurance status or contract for private health and long-term care insurance

Submit an application to the [social welfare office](#).

Care assistance

If you are in need of care and cannot finance the costs of care (at home or in a retirement home) from your own resources, you are entitled to financial support under certain conditions. This is called care assistance.

💡 You must always follow this sequence when receiving care assistance:

- First, you can get help with care at home, which is **outpatient care**.
- If this care is not possible, then you can get help with care in an institution where you are only temporarily. This is **partial inpatient care**, for example day care.
- Only if these two types of care are not possible can you get help with **full inpatient care**. With this type of care, you always live in the facility, which is then a care facility. Care at home always comes first!

You can get help with care if you:

- live alone and have no more than 10,000 euros or
- live with another person, for example a spouse, and have no more than 20,000 euros.

You must be in need of care. This is determined by the Medical Service of the Health Insurance Fund (MDK).

You can only receive care assistance if:

- you do not have enough money yourself or
- you do not receive any money from another office or authority, for example from the care insurance fund or the health insurance fund
- you do not receive any money from another person either, for example for your living expenses

If you are not sure whether you will receive care assistance, we can provide you with [information and the application form](#).

- 📍 Garnisonstraße 6, 34369 Hofgeismar
- 📍 Kohlenstraße 132, 34121 Kassel
- 📍 Ritterstraße 1, 34466 Wolfhagen

☎ [+49 \(0\) 56110031882](tel:+49(0)56110031882)

Integration assistance for people with disabilities

Integration assistance is for people with a disability. It helps them to lead a self-determined life. It promotes participation in life in society. Disadvantages should be counteracted.

There are two authorities responsible for integration assistance. This depends on the age of the person.

- The district of Kassel is responsible for children and young people from birth until the end of school.
- The district of Kassel is responsible for people who have reached the standard age limit and are applying for integration assistance for the first time.
 - 💡 The standard age limit is between the 65th and 67th birthday.

Integration assistance in the district of Kassel

- 📍 Kohlenstraße 132, 34121 Kassel
- ☎ [+49 \(0\) 56110031424](tel:+49(0)56110031424)
- ☎ [+49 \(0\) 56110031931](tel:+49(0)56110031931)
- 🌐 [Homepage](#)

- The LWV is responsible for people who have finished school.

Integration assistance LWV Kassel

📍 Ständeplatz 6-10, 34117 Kassel

☎ [+49 \(0\) 56110045116](tel:+49056110045116)

☎ [+49 \(0\) 56110042717](tel:+49056110042717)

@silke.gessner@lww-hessen.de

Registry office

The registry office has several tasks.

The tasks at a glance

- If you want to get married, you must register this with the registry office.
- You can change your name at the registry office.
- You must register your newborn child in person at the registry office.
- You will receive various documents from the registry office. These are the birth certificate, the death certificate and the marriage certificate.
- A Muslim marriage is not automatically recognised by the registry office in Germany. In order for it to be legally recognised, it must also be registered at the registry office.

You can find the registry offices in your [town or municipality](#).

Job centre

The job centre is responsible for basic benefits for jobseekers (**citizens' allowance**). This also includes recognised persons entitled to asylum and quota refugees.

What benefits are available?

The job centre's tasks are

- Providing for your livelihood: The job centre helps you to get enough money for your daily needs.
- Help with finding a job: The job centre provides support in finding a job.
- Cover the costs of housing and heating: The job centre pays the rent and heating costs if someone has little money.
- Initial equipment for the home and clothing: The job centre helps if you need furniture or clothing to get started in a new home.

The job centre helps, advises, mediates and supports its customers. The aim is for people to be able to support themselves.

There are various ways of doing this, such as

- further vocational training
- retraining
- work opportunities
- There may also be benefits for employers

💡 The job centre is not responsible for people in the asylum process or people with tolerated status. Please contact the [refugee aid](#) centre.

🌐 [Jobcenter digital](#) is an online service. You can use it to submit applications and contact your caseworker. You will receive the access data on site or by post.

The [job centre](#) has three locations in the district of Kassel.

Kassel office

📍 Ständeplatz 23, 34117 Kassel

☎ [+49 \(0\) 56120780](tel:+49056120780)

Hofgeismar office

📍 Bahnhofstraße 24, 34369 Hofgeismar

☎ [+49 \(0\) 56719954444](tel:+49056719954444)

Wolfhagen office

📍 Raiffeisenweg 2, 34466 Wolfhagen

☎ [+49 \(0\) 5692984944](tel:+4905692984944)

Specialist service for refugee aid

The **Fachdienst Flüchtlingshilfe** is your contact for benefits under the Asylum Seekers Benefits Act. The specialised service is also responsible for questions regarding care and accommodation.

📍 Albert-Einstein-Straße 6, 34227 Fuldabrück

🕒 Mo: 9 - 12:30, Do: 9 - 12:30

✉ [@migration@landkreiskassel.de](mailto:migration@landkreiskassel.de)

🌐 [Homepage](#)

Services for refugees

Assistance under the Asylum Seekers Benefits Act (AsylbLG)

You can apply for asylum seeker benefits from the [Refugee Assistance Service](#). Benefits can take the form of benefits in kind such as furniture or cash payments.

You will receive benefits in accordance with the Asylum Seekers' Benefits Act

- if you are a foreigner **without a residence permit**
- if you are a foreigner **with permission to stay** or a **tolerated stay permit**
- if you have **no income or assets**
- if you **earn too little in your job** and need support to cover your living expenses

You can receive money for

- your daily needs for food and toiletries etc.
- Rent, accommodation and heating
- Illness, pregnancy and childbirth
- Initial furnishings for your home
- Travel costs to the [BAMF](#)
- [Education and participation](#)

💡 You must inform the Refugee Assistance Service of any changes. This is important, for example, if you move house, have a job or are pregnant.

If you need help or support, call and make an appointment.

📍 Albert-Einstein-Straße 6, 34227 Fuldabrück

🕒 Mon: 9 - 12:30, Thu: 9 - 12:30

☎️ [+49 \(0\) 56110031844](tel:+49(0)56110031844)

✉️ [@migration@landkreiskassel.de](mailto:migration@landkreiskassel.de)

🌐 [Homepage](#)

Support for refugees

In the district of Kassel, assigned asylum seekers are looked after by the [specialised refugee aid service](#).

Accommodation is usually organised in three stages.

1. Emergency accommodation in Fuldabrück
2. Shared accommodation in the district of Kassel
3. Own flat in the district of Kassel

There are house managers in the emergency accommodation and in the shared accommodation centres. They are available to refugees and volunteers. House managers provide advice and support when arriving in Germany. They answer questions about life in the shared accommodation and everyday life. These include questions such as:

- Can I rent a flat?
- Why haven't I received any money yet?
- Can I do an apprenticeship?
- How do I get a work permit?
- Can my child go to kindergarten?
- How do I get an appointment at the immigration office?

After people have moved out of the shared accommodation, they usually live in their own flats. The housing support service can then support the refugees. This applies for up to two years after recognition.

Housing support helps with

- Questions about social benefits,
- Contact with landlords,
- procurement of furniture,
- making applications,
- registering electricity and heating,
- enrolment in schools and daycare centres,
- Contacts in the neighbourhood to clubs and social services

You will find your contact person in the [Refugee Support Service](#).

Medical aid

Asylum seekers receive medical assistance during the asylum procedure via the [specialised refugee aid service](#). This provides you with basic medical care.

You can read about what you need to consider when seeing a doctor [here](#).

💡 Asylum seekers choose a family doctor in their place of residence themselves. The doctors' surgeries and the refugee aid organisation will take care of the costs. Make sure you take your medical certificate with you to the doctor. You can obtain this from the [Refugee Aid Service](#).

You will receive the sickness certificate four times a year. It is always valid for three months.

The following applies in principle:

- You are entitled to basic medical care for acute illnesses and pain.
- You are entitled to every recommended immunisation and preventive examination. Vaccinations must be recommended by the Standing Committee on Vaccination.
- You also receive free medical services that are important for your health. You must pay for individual health services yourself.

Consult a doctor if

- you are acutely ill or in pain,
- you are [pregnant](#),
- you are chronically ill. This is the case, for example, if you have diabetes, epilepsy or mental illness.
- vaccinations and check-ups for children are due.

💡 As soon as you have a residence permit, you must register with a statutory health insurance company. There you will receive an insurance card. This entitles you to the same benefits as all citizens in Germany.

WIR Diversity Centre



The WIR Diversity Centre can be contacted by many people.

- For [volunteers](#) on the topic of integration and refugees.
- For full-time employees in the field of integration and refugees.
- For people with a history of migration
- For people with questions on these topics.
- For people who would like to get involved.

The Diversity Centre is part of the [Refugee Aid Service](#) in the district of Kassel.

You can contact the Diversity Centre if you have any questions about integration. The staff are there to help you and will work with you to find solutions. The WIR Diversity Centre also takes care of various grants and projects that support integration. The aim is to help local people to settle well into society. A network of local and regional help is being built up so that people receive long-term support and guidance. If you are interested in getting involved or need help, you will find the various options below.

Lay interpreters

- Do you have an appointment and need an [interpreter](#)?
- Do you speak languages other than German? And would you like to volunteer?

Then get in touch with the Diversity Centre.

Integration guides and health guides

- Are you new to the district of Kassel? And have questions on topics such as school, doctor, bank account, contracts, job,...? Then we have [integration](#) and [health guides](#) who can help you.
- Would you like to volunteer for refugees?

Get in touch with the Diversity Centre.

Network

- The Vielfaltszentrum sends out a [newsletter](#) every Friday. This contains information on migration and integration issues.
- Digital consultation hours are offered regularly for anyone who is interested.

Diversity-orientated opening

- Associations and organisations are supported in opening up to more diversity and becoming more inclusive.

Intercultural weeks

The [Intercultural Weeks](#) take place throughout Germany. They always take place at the end of September. Anyone can take part on their own, as a group or with an organisation. An overview of the programme is provided by the Diversity Centre.

If you would like to find out more about the WIR state programme, you can download the [WIR brochure](#).

You can also access a handout on the subject of "[Criticism of racism and diversity orientation of the WIR diversity centres](#)".

📍 Albert-Einstein-Straße , 34277 Fuldabrück

✉ @vielfaltszentrum@landkreiskassel.de

☎ [+49 \(0\) 56110031534](tel:+49(0)56110031534)

☎ [+49 \(0\) 56110031717](tel:+49(0)56110031717)

Labour market integration

Are you looking for a job? Would you like to start an apprenticeship? Or would you simply like to find out about the opportunities on the labour market?

Employment Integration will be happy to support you.

- You can make an appointment for counselling. You will be asked about your school and profession in your home country. You will also talk about your goals in the Kassel region.
- The employment integration centre will then determine the needs of employers.

You will receive support with

- Pratika for orientation in your profession,
- placement in measures,
- placement in work,
- placement in school education and
- placement in vocational training.

💡 Important: You need a permit from the foreigners authority if you want to work. If you start work, you must inform the [Fachdienst Flüchtlingshilfe](#) inform the immigration office.

Contact the labour market integration office.

📍 Albert-Einstein-Straße 6, 34277 Fuldabrück

✉ @migration@landkreiskassel.de

☎ [+49 \(0\) 56110031847](tel:+49(0)56110031847)

✉ @nadeshda-gaas@landkreiskassel.de

☎ [+49 \(0\) 56110031930](tel:+49(0)56110031930)

✉ @volker-eckhardt@landkreiskassel.de

Violence and crisis intervention

The Crisis Intervention Centre helps people who have had to flee their home country and are now living in accommodation. It supports, advises and organises help for those who have major problems or are in a difficult situation. Crises can arise for many reasons, for example when someone loses a loved one, falls ill or has an accident. Leaving home, violence or arguments within the family and with friends can also cause difficult times.

Sometimes those responsible in the accommodation centres do not know exactly what to do when someone needs help. The Crisis Intervention Centre therefore gives them advice, supports them and helps them to find good solutions.

What does the Crisis Intervention Centre do?

- It gives the managers of the shelters and the helpers tips on what they can do.
- It looks at what help is needed and organises it.
- It helps to find a good and safe place to live.
- She co-operates with other institutions involved.
- She discusses difficult cases with other experts and help organisations.
- She writes down important things so that nothing is forgotten.
- She works closely with protection and care professionals.

In this way, people can get the help they need in difficult times.

You will find your contact person in the [Refugee Assistance](#) Service.

Youth welfare office

The Youth Welfare Office has many services for families. Children and young people can also contact the Youth Welfare Office.

You can find the information under [Children, Youth, Family and Older People](#).

Counselling for the promotion of democracy

Partnership for Democracy

Our democracy must be filled with new life every day. It needs people who stand up for important values such as freedom, equality and co-determination. People can help to ensure that values are preserved and disseminated in our society. By living democratic values on a daily basis, you help to promote them and pass them on to future generations. In this way, everyone helps to preserve and strengthen democracy.

The "Live Democracy!" programme exists to support people who are particularly committed to democracy. The Partnership for Democracy is supported by the programme.

The aims of the Partnerships for Democracy programme are

- Strengthen civil society.

- Promote democratic cohesion.
- Bring people into dialogue with each other.
- Establish contacts - especially with young people.
- Strengthen commitment against misanthropy.

How are these goals being pursued?

These goals are pursued through three measures.

1. promotion of projects

You will be supported in developing a project idea.
You can receive financial support for projects. The projects must promote diversity.
Projects against marginalisation can also be funded.

💡 Submit an application. You can find the application form and further information [here](#).
Funding is voted on by the monitoring committee.

2. democracy conferences

A democracy conference takes place once a year. This is organised by the specialist unit.
Various topics can be dealt with at the democracy conference.

3. youth forum

The youth forum supports young people in their participation in the district of Kassel. This gives young people's issues more visibility.

Are you interested in getting involved in democracy? Would you like to apply for funding for a project idea?

Please contact the specialist and coordination centre.

📍 Kurfürstenstraße 19, 34466 Wolfhagen

✉ a.noureddine@region-kassel-land.de

☎ [+49 \(0\) 56929977716](tel:+49056929977716)

Gefördert vom



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

im Rahmen des Bundesprogramms

Demokratie **leben!**

HESSEN



Gefördert im Rahmen des Landesprogramms





Centre for the Promotion of Democracy and Prevention of Extremism (DEXT)



DEXT-Fachstelle

This is a centre for the promotion of democracy and the prevention of extremism (DEXT).

If you have any questions about how to strengthen democracy, you can contact the centre. They will also help you find out how to prevent extremism. The topics they work on depend on what is important in your area.

The DEXT-Fachstelle is aimed at

- all people in the district of Kassel
- Social work
- schools
- Associations and initiatives
- youth organisations
- Politics and much more

Topics can be, for example

- Democracy and participation
- human rights
- Hate speech (hate speech)
- Group-focused misanthropy (racism, sexism, anti-Semitism)
- (Online) radicalisation
- Extremism (right-wing extremism, left-wing extremism, religiously motivated)

The DEXT-Fachstelle offers

- Counselling and help
- Preventative services
- Networking and cooperation in the district
- Courses on many different topics.

Counselling sessions are secret and nobody knows who you are.

📍 Kohlenstraße 132, 34121 Kassel
 @ marilen-krempler@landkreiskassel.de
 ☎ +49 (0) 56110031059

HESSEN



Gefördert im Rahmen des Landesprogramms



Mobile counselling team against racism

The mobile counselling team offers support in promoting democracy. It promotes voluntary commitment from society. The aim is to protect the region from right-wing extremist ideas and groups.

Local people often do not know exactly how to deal with problems or disputes, especially when it comes to right-wing extremist or racist ideas. Many people ask themselves the question: How should I react? In the following and many other situations, you can contact the counselling team:

- Racist attacks & violence,
- Slogans against refugees,
- Neo-Nazis in the town,
- right-wing extremist youths in youth clubs and classrooms,

- hate-motivated fights.

Counselling

The team offers professional counselling. The advice is free of charge and can be used by organisations or individuals. It is anonymous.

Prevention

The team also works preventively in the area of promoting democracy. This means that they do something beforehand to prevent extreme or bad behaviour. For example, they offer various programmes and hold events to help people get on better with each other.

Networking

The team is part of the Hesse counselling network. This puts them in contact with other important partners. This is useful when it comes to other topics where they need support.

Get in touch with the mobile counselling team. Or find out more at: 

<http://www.mbt-hessen.org/>

[@info@mbt-hessen.org](mailto:info@mbt-hessen.org)

[+49 \(0\) 5618616766](tel:+4905618616766)

Financial support for families

Parental allowance

Many parents want to look after their child after the birth. To do this, they do not work for a certain period of time.

Or you only work part-time. Part-time means that you work less than 30 hours a week.

If you have applied for parental allowance, you can receive at least 300 euros each month. But it can also be more. You normally receive parental allowance for 12 months. But it can also be longer.

You will receive parental allowance if you are resident and living in Germany. You need a residence permit. You must live with your child.

[Explanatory video](#)


[Homepage](#)

[Parental allowance digital](#)


[Parental allowance calculator](#)

Your advice centre is at the Amt für Versorgung und Soziales in Kassel. Please make an appointment.

 Mündener Straße 4, 34123 Kassel

 [+49 \(0\) 56120990](tel:+49056120990)

[@poststelle@havs-kas.hessen.de](mailto:poststelle@havs-kas.hessen.de)

 Monday and Wednesday: 8.00 a.m. to 3.30 p.m.

Friday: 8.00 a.m. to 12.00 p.m.

Child benefit

The German constitution places families under special protection. The German state therefore guarantees a wide range of security and support, especially for children. The Family Benefits Office of the Federal Employment Agency is your point of contact when it comes to child benefit. The family benefits office processes your applications and pays out the cash benefits. You can also complete the applications conveniently online.

All children in Germany are entitled to child benefit from birth until they reach the age of 18 (in some cases even beyond this age). Your child must **live in your household and be cared for by you.**

Child benefit is only ever paid to one person, usually one parent. If there are several children, the individual amounts are paid out as one sum. You will often receive at least 219 euros per month for each child.

If you have several children, the number of children determines the amount of child benefit. You are entitled to more child benefit from the third child onwards

How do I receive child benefit?

You must submit an application to the Family Benefits Office of the Federal Employment Agency. Please also contact your benefit provider (job centre or district of Kassel) for more information.

💡 Note for asylum seekers: You cannot receive child benefit during the asylum procedure. This is only possible once you have a positive decision from the BAMF.

Child benefit for foreign nationals in Germany

If you are a foreign national, you may be entitled to child benefit. You must fulfil one of the following requirements:

- You are a national of a member state of the European Union (EU), the European Economic Area (EEA) or Switzerland.
- You are a national of one of the following countries: Algeria, Bosnia-Herzegovina, Kosovo, Morocco, Montenegro, Serbia, Tunisia or Turkey. You are also employed in Germany and pay social security contributions.
- You have a valid settlement or residence permit that authorises you to work in Germany.
- You are a recognised refugee.

General requirements for child benefit

You are entitled to child benefit if these conditions apply:

- Your child is under 18 years of age (in special cases, child benefit is also available for children of full age).
- You look after your child regularly and it lives in your household (this also applies to stepchildren, grandchildren or foster children).

Please contact the Hessen Family Benefits Office. You can also use the online service.

📍 Lewinskistr. 6, 34127 Kassel

@[online notification](#)

☎️ [+49 \(0\) 8004555530](#) (Questions about child benefit and child supplement)

☎️ [+49 \(0\) 8004555533](#) (Payment dates)

* The call is free of charge for you

Child supplement

The child supplement is a benefit for families with a low income. You can receive the child supplement if you have enough income for yourself. However, this must be sufficient to provide for your entire family.

📍 Lewinskistr. 6, 34127 Kassel

@Familienkasse-Hessen@arbeitsagentur.de

☎️ [+49 \(0\) 8004555530](#) (Questions about child benefit and child supplement)*

🕒 Mon: 08:00 - 12:00, Tue: 08:00 - 12:00, Thu: 13:00 - 17:00

🌐 <https://web.arbeitsagentur.de/kiz/ui/start>

Police

💡 When dealing with the police, **remain calm and friendly**.

What are the police allowed to do in Germany?

The police must abide by the law!

You will be stopped by the police:

The police may ask for your name, birthday, place of birth, place of residence and nationality. You do not have to answer any further questions from the police.

In turn, the police are obliged to show you their identity card on request.

Identity card check:

In Germany, it is compulsory to carry an identity document.

Search of persons:

The police must be given an important reason (e.g. suspicion of a criminal offence) to search a person.

Search of the home:

The police may only search a home with the written authorisation of a judge. Exception: if there is an imminent danger.

Vehicle checks:

The police may stop vehicles. The police may ask everyone in the car to get out. The police may check identification (see above) as well as the driving licence and vehicle documents. The police may also check the technical condition of the vehicle. A search of the vehicle is only permitted with the written authorisation of a judge. Exception: if there is an imminent danger (see above).

Blood or urine test:

If there is concrete suspicion (e.g. rapid test, conspicuous driving behaviour), the police can request a blood or urine test for drugs and alcohol. The blood test is carried out by a doctor.

Invitation (summons) to give evidence:

You do not have to accept an invitation from the police to give evidence. Invitations from the public prosecutor's office or court must be accepted. If your German is not sufficient for the police, public prosecutor's office or court to understand everything, you must say so! You will then be provided with an interpreter free of charge so that you understand everything and are understood.

Press charges yourself:

You can file a complaint yourself at any police station or public prosecutor's office.

Support from the police:

The migration officers of the police in North Hesse can help when it comes to people from other countries. They know a lot about different cultures and have had experiences themselves because they also come from another country. They act as a bridge between the police and people who are new to Germany. This makes it easier for everyone to talk to and understand each other. If you have any questions about the police or criminal law, you can turn to them:

The migration officers at the North Hesse Police Headquarters are Mr Hiwad Haqmal and Ms Katrin Esaulov. All information and contact details can be found [here](#).

Work, training, study

Education

In Germany, it is important to have a vocational qualification. People with such a qualification often earn more money, have better chances of finding a permanent job and are less affected by unemployment than people without a vocational qualification.

If you need help finding an apprenticeship, click [here](#). If you are having difficulty finding a suitable position in your area, use the [training atlas](#).

- **Important:** You may need to apply for a work permit from the [foreigners authority](#) before you start your apprenticeship. It usually takes three to four weeks for the work permit to be ready. Click [here](#) to find out more.

Search for an apprenticeship

There are many different professions. It is not easy to decide on a particular apprenticeship. There are various programmes that can help you find a suitable apprenticeship in the city or district of Kassel.

- Visit training fairs,
- Large companies often organise an "open day". You can find information in the newspaper or on the companies' websites,
- Look in the HNA (on Saturdays) or in the Extratip,
- Go to the [careers information centre \(BiZ\)](#),
- Take a look at the [career counselling](#) services,
- Use your school work placement to perhaps get to know your future training company,
- You can also get to know a company through a voluntary internship during the holidays and test whether the profession is something for you,
- Talk to friends, acquaintances, your parents and teachers - they might have a tip for you.

You don't know what you want to do yet?

[Handbook Germany: How do I find the right career for me?](#) (in 9 languages)

Here you can find online apprenticeships in the city and district of Kassel:

[Job exchange of the employment agency](#)

[AZUBIYO job portal](#)

[At meinestadt.de](#)

[At the IHK](#) (Kassel-Marburg Chamber of Industry and Commerce)

[At MEBERUFE](#) (metal professions)

[Job and training exchange Careers North Hesse](#)

Would you like to work in administration or are you aiming for a career as a civil servant? Then an apprenticeship with the district of Kassel might be the right choice for you. [Find out more here](#).

Where can I get practical help?

The integration management of the district of Kassel supports refugees on their way into the labour market. The integration management shows you offers and opportunities for work, training, internships, but also in qualifying (transitional) measures.

📍 Albert-Einstein-Str. 6, 34277 Fuldabrück

☎ [+49-561-10031847](tel:+4956110031847) / [+49-561-10031930](tel:+4956110031930)

✉ nadeshda-gaas@landkreiskassel.de / volker-eckhardt@landkreiskassel.de

The [Youth Vocational Assistance](#) Centre in the district of Kassel supports young people with its own services in completing school, choosing a career and looking for an apprenticeship.

📍 Kassel District Youth Vocational Assistance Centre, Rainer-Dierichs-Platz 1, 34117 Kassel

🌐 <https://www.landkreiskassel.de/microsite/agil/uns...>

If you do not yet have a vocational qualification, you can go to the Vocational Information Centre (BIZ).

📍 Lewinskistr. 6, 34127 Kassel

☎ [+49-561-7011774](tel:+49-561-7011774)

✉ @Kassel.BIZ@arbeitsagentur.de

🕒 Montag, Dienstag, Mittwoch und Freitag jeweils von 08:00 Uhr bis 12:00 Uhr; Donnerstag von 13:00 Uhr bis 16:00 Uhr.

In-company training / dual training

In-company or dual training is the best-known form of training in Germany. Theory and practice alternate. This means that you work in a company or firm and also attend vocational school. You can gain practical experience in the company right from the start - and you will also receive a training allowance for this.

You need: the qualification required by the company

You apply: to the company

You learn: in the company and at vocational school

You will receive: a training allowance, vocational training allowance (BAB) under certain conditions, a trainee card

If you think you need additional support during your training, find out about [possible programmes](#).

School education

There are many professions that you can only learn in a school, for example in vocational schools, vocational colleges or specialised academies. You have full-time lessons there, which means that you are at school all day and don't do another job on the side. During your training, you will also do work placements or work in a company for part of your training.

Here are some examples of professions that you can learn in a school-based apprenticeship:

- Geriatric care assistant
- geriatric nurse
- Occupational therapist
- Educator
- Health and paediatric nurse
- Healthcare and nursing assistant
- Nursing assistant
- Medical-technical radiology assistant
- Emergency paramedic
- Operating theatre assistant
- Nursing specialist
- Physiotherapist
- Podiatrist
- Actor
- Dance teacher

The requirements for school-based training vary depending on the profession and school. In most cases, you will need a secondary school leaving certificate, but there are also training programmes that you can do with a secondary school leaving certificate.

A school-based apprenticeship usually lasts one to three years. You can do this training at state or public schools. If you attend a public school, you often have to pay school fees, i.e. you have to pay money for the school.

During school-based training, you will not normally receive a salary, i.e. no money for the work you do. One exception is the healthcare sector: in some healthcare professions, you will also receive money during your training.

Dual study programme

The dual study programme is a special form of study. It combines studying at a university or university of cooperative education with training in a company. At the end of this degree programme, you will have two qualifications: one from the university and one from the company. This programme is mainly offered in commercial or technical fields, such as economics, mechanical engineering or computer science.

The dual study programme usually lasts three to five years. In order to be admitted to this form of study programme, you need a [German university entrance qualification](#).

You can find more information at: [Make it in Germany](#)

Youth vocational assistance


The [Youth Vocational Assistance](#) Centre in the district of Kassel supports you if you want to graduate from school, choose a profession or look for an apprenticeship. There are many different programmes that can help you. Here we present some of our programmes:

Jugendberatung U25 - Projekt Gatekeeper

Jugendberatung U25 is aimed at young people under the age of 25. It will help you if you want to start a job. The counselling service also supports you when visiting public offices. You can also get help with filling out applications.


Contact:

Julia Orth

 [+49-561-1003-1863](tel:+49-561-1003-1863)

[@julia-orth@landkreiskassel.de](mailto:julia-orth@landkreiskassel.de)

Matthias Horeis

 [+49-561-1003-1861](tel:+49-561-1003-1861)

[@matthias-horeis@landkreiskassel.de](mailto:matthias-horeis@landkreiskassel.de)

"Schulabschluss- und Übergangsbegleitung - Deine Chance"


The project helps you to make the transition from school to work. It offers support and opportunities to prepare for your future job.

This includes

- regular interviews,
- Discussions with your parents and family,
- Learning aids to help you prepare for your school-leaving certificate,
- Support with starting your training and career,
- project days,
- group programmes,
- and leisure activities.


Contact:

Carolin Henn

 [+49-561-1003-1706](tel:+49-561-1003-1706)

[@carolin-hen@landkreiskassel.de](mailto:carolin-hen@landkreiskassel.de)

David Gräbener

 [+49-561-1003-1706](tel:+49-561-1003-1706)


[@david-graebener@landkreiskassel.de](mailto:david-graebener@landkreiskassel.de)

Career mentors

Experienced people can help you find an apprenticeship and get off to a good start. They will support you in choosing an occupation, writing applications and preparing for job interviews. They do this voluntarily to help you.

Contact:

Brigitte Vogler

 [+49-561-1003-1275](tel:+49-561-1003-1275)

[@berufspatenprojekt@landkreiskassel.de](mailto:berufspatenprojekt@landkreiskassel.de)

Subsidised training for young people

The district of Kassel offers apprenticeships for young people up to around 30 years of age who


- live in the district of Kassel
- have no or poor school-leaving qualifications
- have already dropped out of training and/or are long-term unemployed
- are in a difficult social or personal life situation.

Before you start your training, you can visit the company where you will be working. There is also a preparation period that lasts a few weeks before you really get started.

[Current apprenticeships](#)

Contact:

Ulrike Beutnagel

 [+49-561-1003-1544](tel:+49-561-1003-1544)


[@ulrike-beutnagel@landkreiskassel.de](mailto:ulrike-beutnagel@landkreiskassel.de)

Projekt „stütz2learn“

The project helps people who come from other countries and have difficulties with the language at vocational school.

Contact:

Alexander Schulze-van der Veek

 [+49-561-1003-1867](tel:+49-561-1003-1867)


@alexander-schulze-van-der-veek@landkreiskassel.de

Projekt HAPE - Hauswirtschaft, Pflege und Erziehung

The programme is for people who are training in housekeeping, care or education or who would like to start in these professions.

Contact:

Cordula Markitz

 [+49-561-1003-1543](tel:+49-561-1003-1543)

@cordula-markitz@landkreiskassel.de

Qualification & employment of young people

The "Qualifizierung und Beschäftigung" project at Wasserschloss Wülmersen helps young people aged 16 to 30. They can learn how to work in housekeeping, the wood workshop or the metal workshop. Everyone is given a plan that suits them so that they can achieve the qualification they want.

Contact:

Carina Stender

 [+49-5675-7210817](tel:+49-5675-7210817)

@c.stender@wasserschloss-wuelmersen.de

Study

General information

There are two types of universities in Germany:

Universities of Applied Sciences (FH):

Studying at a university of applied sciences helps you to learn practical skills that you will need later in your career. Practical means that you learn things that you can apply directly in everyday life or at work. It is less theoretical and more focussed on preparing you well for work. That's why there are fewer subjects than at university.

The most important subjects are usually technology, social affairs, business and media.

Universities:

Studying at a university is orientated towards science and research. You can obtain a doctorate there.

Possible degrees:

- Bachelor's degree
- Master's degree
- State examination (Staatsexamen)
- Doctorate

There is also the option of doing a distance learning programme.

💡 You don't need a degree programme for every profession. You can also do an [apprenticeship](#).

💡 More information under ["Studying in Germany"](#).

💡 You can find the right university and the right degree programme in the ["University Compass"](#)

Refugees can study in Germany. However, they must fulfil the same requirements as other foreign students. They must also speak and write German very well (level C1).

Many universities offer counselling for refugees.

University of Kassel

Counselling centre for refugees and studying

📍 Moritzstr. 18, Room 2128a, 34127 Kassel

✉ [@refugees.welcome@uni-kassel.de](mailto:refugees.welcome@uni-kassel.de)

☎ [+49-561-8042205](tel:+49-561-8042205)

☎ [+49-561-8043277](tel:+49-561-8043277)

🕒 Open consultation hours: Monday, Tuesday, Thursday from 13:00 to 15:00

Studying with foreign qualifications

What do you need to apply to a German university?

- Proof of higher education entrance qualification (HZB)
- Sufficient knowledge of German
- proof of health insurance

To obtain a HZB, send your certificates to [uni-assist](#). They will check whether your certificates are sufficient for studying in Germany.

What then?

Option 1

The HZB is equivalent to a German Abitur: You can start any degree programme after passing the German Language Test for University Admission (DSH) or the [TestDAF exam](#).

Option 2:

A subject-specific HZB: You can only study certain subjects.

Option 3

No HZB: You must attend the [Studienkolleg](#) and take the examination to determine your higher education entrance qualification.

💡 You can use [ANABIN](#) to check in advance whether certificates obtained abroad entitle you to study.

Financial support during your studies

BAföG

BAföG is financial aid from the state that helps you to pay for your studies or training if you don't have enough money.

There are two main types of BAföG:

For students: If you are studying at a university or college, you can get BAföG. You don't have to pay back half of it, the other half you have to pay back later. This means that you receive part of the money as a gift and the other part as a loan, which you can pay back later in instalments.

For trainees: If you are doing an apprenticeship, you can also receive BAföG if you fulfil certain requirements.

BAföG can also be granted to recognised persons entitled to asylum, recognised refugees or people with subsidiary protection.

Important: If you are only tolerated or the asylum procedure has not yet been completed, you cannot receive BAföG. Tolerated persons must live legally in Germany for at least 15 months before they can apply for BAföG.

💡 Find out from the [Studierendenwerk Kassel](#) whether you can get BAföG

Contact:

📍 Campus Center, Moritzstr. 18, 34126 Kassel

☎ [+49-561-8042551](tel:+49-561-8042551)

@foerderung@studierendenwerk.uni-kassel.de

Scholarship

Students can receive a scholarship from foundations.

[Avicenna Studienwerk](#)

[Evangelisches Studienwerk Villigst](#)

[Friedrich Ebert Foundation](#)

[Friedrich Naumann Foundation](#)

[Hans Böckler Foundation](#)

[Heinrich Böll Foundation](#)

[Konrad Adenauer Foundation](#)

[Study Foundation of the German People](#)

[HessenFonds for refugees and persecuted persons](#)

Labour

General information

Am I even allowed to work in Germany?

I come from the EU / EEA / Switzerland

People from the EU / EEA / Switzerland do not require a special permit to work in Germany.

I come from a country outside the EU / EEA / Switzerland (third country)

Persons from a third country require a work permit. Their residence permit states whether and under what conditions they are authorised to work in Germany.

There are special regulations for certain groups. For example for: Skilled workers, highly qualified workers, EU Blue Card holders, researchers, the self-employed and jobseekers. You can find more information here: [Make it in Germany](#)

Working during the asylum procedure or with tolerated status

If you are still in the asylum procedure or have tolerated status, there are special rules that you must observe. You are not allowed to simply work yourself. Before you start work or training, you must ask the foreigners authority for permission.

What applies to an internship?

In most cases, an internship is considered employment. You must therefore also apply for a work permit for an internship.

IMPORTANT: The work permit is not generally valid, but only for a specific job. If you change jobs or the conditions of your employment change, you must submit a new application for a work permit.

Where can I apply for a work permit?

Apply for a work permit

Department for Immigration and Integration City and District of Kassel

 Town Hall, Obere Königstraße 8, 34117 Kassel

 [+49-561-115](tel:+49561115)

 [@Application portal](#)

 <https://www.kassel.de/service/media/online-servic...>

What documents do I need?

- Valid authorisation to stay, BAMF decision rejecting the asylum application or tolerated stay permit
- ID document (e.g. passport, ID card) or replacement ID, if available
- Employment contract and [declaration of employment](#).

- If acting on behalf of another person: Proof of authorisation to represent


Send the completed forms either by post or by e-mail to the Department for Immigration and Integration of the City and District of Kassel. You will be informed as soon as the decision on your application is available. You will be given a date on which the work permit will be entered in your identity card.


IMPORTANT: You are not allowed to work before this date.


Fair Integration in Kassel advises refugees and people who do not come from the EU on their rights as employees in Germany. You can bring your questions about your employment contract, working conditions and pay to the counselling session. Fair Integration informs you about your rights and also helps you to obtain your rights.


Counselling is free and anonymous on all labour and social law issues.

Fair Integration Kassel

 DGB-Haus - 4th floor - room 4.018, Spohrstraße 6-8, 34117 Kassel

 +49-151-54161593

 [@ahmad.sharaf@emwu.org](mailto:ahmad.sharaf@emwu.org)

 Telephone counselling hours: Monday to Friday 9:00 - 12:00 and 13:00 - 16:00

Helpful information about working in Germany can be found here:

- [Make it in Germany](#) (in 15 languages)
- [Handbook Germany](#) (in 9 languages)
- [Equal Treatment Centre EU Workers](#) (in 11 languages)
- [Fair integration](#) (in 4 languages)
- [Rights on the labour market](#) (in 5 languages)

Mini job

A mini-job is a marginal employment in which you are either only allowed to earn a certain amount per month. Or you are only employed on a short-term basis for a few weeks or months.

IMPORTANT: The statutory [minimum wage](#) also applies to mini-jobs. If you work in a mini-job, you are not entitled to unemployment benefit. Anyone working in a mini-job must take care of their own health insurance.

You can find the current earnings limits for mini-jobs [here](#)

Further information can be found here:

[Minijob Centre](#)

[Handbook Germany](#)

Taxes and social security contributions

When people work in Germany, they receive money every month - that's called a wage. But they are not allowed to keep all of it. A portion is automatically deducted to pay for important things. For example:

- Taxes - The money goes to the state so that roads can be built, schools can function and the fire brigade can come when there is a fire.
- Insurance - This helps if someone falls ill, loses their job or needs money in old age.

Such contributions are also called social security contributions because this money is there to support everyone in difficult times.

If someone falls ill, **health insurance** helps them to go to the doctor without having to pay for everything themselves.

When people get old and can no longer work, they get money from **pension insurance**.

If someone loses their job, there is **unemployment insurance** so that they still have some money to live on.

And if someone is so old or ill that they can no longer manage on their own, **care insurance** helps.

Gross / net

The money that appears on paper at the beginning is called gross salary. The money that remains after deductions and that you actually receive is called net pay.

Gross = wage stated in the employment contract

Net = the salary you receive

Tax return

In your annual tax return, you can claim various expenses from the tax office as tax-reducing. This can result in either repayments in your favour or additional payments to the tax office. For many people, submitting a tax return is not a problem, so it is best to ask the tax office whether this applies to you.

Do you need help with your tax return? Contact your local income tax assistance association or a tax consultancy. The tax office can also help you with further questions.

Tax identification number

The tax ID is an 11-digit number and is used for income tax purposes. The employer requires this number. If you do not have this number in your documents, you can request it in person at the town hall or in writing from the [Federal Tax Office](#).

National insurance number

You need a national insurance number to get a job. You can obtain this from your health insurance company.

Undeclared work

Work for which no taxes and social security contributions are paid is illegal and is referred to as "illegal employment" in Germany. There is a risk of fines and imprisonment!

If someone receives social benefits or unemployment benefit but still works and conceals this from the social welfare office, the employment agency or the job centre, this is also known as undeclared work.

Internship

An internship is a temporary job. You can familiarise yourself with professions during an internship. You can see which profession is right for you. You get to know companies and organisations. You can see whether you want to work there. The company or organisation gets to know you. This may result in a job or apprenticeship after the internship.

IMPORTANT: As an internship is considered employment, a work permit is required.

Whether you receive money during an internship depends on several factors. For example, the type of internship, the duration or the sector. You are entitled to payment if you are older than 18 and the internship lasts longer than three months. In these cases, the [minimum wage](#) applies. Compulsory internships that are prescribed by school or university do not have to be paid.

You are not entitled to holiday during a compulsory internship. In a voluntary internship, it is possible to take holiday if the internship lasts more than 4 weeks.

IMPORTANT: You are entitled to an internship certificate. This means that the company or organisation must issue an internship reference. The internship certificate is important. It helps later when applying for an apprenticeship or a job.

How do I find an internship?

- Ask a company or organisation directly in person,
- Send an application to a company or organisation,
- Apply for advertised internships via websites

Payment of wages during illness

In Germany, employees have the right to continue to receive their salary even if they are ill and unable to work. If someone falls ill, the employer continues to pay their salary, but only for a certain period - namely a maximum of **42 calendar days** (i.e. **6 weeks**).

After that, the health insurance fund usually takes over part of the income in the form of **sick pay** if the illness lasts longer. This means that you do not have to worry about your salary if you fall ill, as long as the illness does not last too long.

Minimum wage

There is a fixed **minimum wage** in Germany. This means that everyone must receive at least a certain amount of money for their work. This amount is constantly being increased.

The minimum wage may not be less than the fixed amount. Even if someone works longer hours than stated in their contract, they must not be paid less. If the working hours are longer, more

money must be paid.

Click here for an [explanatory video](#)

The minimum wage does not apply to

- Young people under the age of 18 who have not completed vocational training,
- Trainees,
- Long-term unemployed persons during the first six months of their employment after the end of unemployment,
- Interns in certain types of internships (school or study-related internships or internships for professional orientation up to three months),
- voluntary work,
- self-employed persons.

Labour contract

When someone starts a job, they are given an employment contract. This contract states when you have to work, how much holiday you have, how much money you earn and how long you have to wait if you want to leave the job. Both the person working and the company must abide by these rules. **IMPORTANT:** Do not sign the contract until you have understood everything!

There are laws in Germany that regulate and ensure the rights of employees. For example:

- Regulation of working hours,
- [minimum wage](#),
- holiday entitlement,
- protection against dismissal,
- Representation of company interests (works council),
- Regulation of the work of trade unions

Probationary period

The probationary period is a special time when you start a new job. During this time, both you and the company check whether everything fits together well. This means that you can try out whether you like the job and whether you can do the tasks well. The probationary period usually lasts a few months. If everything goes well, you can stay in the job permanently after the probationary period. If it doesn't work out so well, you or the company may decide that it's better to go your separate ways. So it's an important time to see if everything fits!

Permanent employment contract

There is usually a probationary period of three or six months. During this period, the employer and employee can terminate or be terminated within two weeks. At the end of the probationary period, a permanent employment relationship begins with longer protection against dismissal.

Fixed-term employment contract

The employment relationship ends on the agreed date without the need for notice of termination.

Mini job

The maximum earnings per month are € 520 and are tax-free. Click [here](#) for more information.

Temporary work

Temporary work means "working on a temporary basis": the employee has an employment contract with a temporary employment agency. The hiring company assigns you to one or more customers on a temporary basis. For this reason, temporary work is also called "employee leasing".

Payment of wages in the event of illness

If you are ill and cannot go to work, you must first [report sick](#) to your employer. This means that you tell them that you cannot come in because you are not feeling well. If you call in sick, you will still receive money from your employer. This is called sick pay. This means you get paid for a certain period of time, even if you can't work because you need to rest and get well. Click [here](#) for more information.

Application and job interview

If you want to start an apprenticeship or work in Germany, you must apply in writing.

In most cases, you apply to a company because it has placed a job advert on the Internet or in the newspaper. This means that the company is looking for new employees. The job advert states what kind of work or training is involved and what expectations the company has of the employee. It also states where and how you should apply.

If the company is interested in you, you will usually be invited to an interview where you can introduce yourself in person. Please allow enough time and make sure you arrive on time for the appointment. It is best to prepare for the interview in detail beforehand and gather important information about the company. Visit the website and read through the company's history, find out about the products or services. If you arrive on time for the appointment and ask questions during the interview, you will show the company your motivation and interest in the apprenticeship or job.

An application usually consists of three parts:

Cover letter / letter of motivation: In your personal cover letter, you briefly introduce yourself and say 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 and 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.

Certificates and supporting documents: It is important that you include 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.

IMPORTANT: 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.

Assistance with applications:

Integration management of the district of Kassel

📍 Albert-Einstein-Str. 6, 34277 Fuldabrück

☎ +49-561-10031847 / +49-561-10031930

@nadeshda-gaas@landkreiskassel.de / volker-eckhardt@landkreiskassel.de

Helpful websites:

[Planet Beruf](#)

[Europass](#)

[Application.net](#)

[Application2go](#)

Find a job

General Information

[Handbook Germany](#)

[Make it in Germany](#)

[Employment Agency](#)

Job centre and employment agency

The Employment Agency and the Job Centre will help you find a job. Which office is responsible for you depends on whether you are allowed to stay in Germany and how long you have been unemployed.

If you receive citizen's allowance, the job centre will also help you to find a job.

The job centre in the district of Kassel

Do you live in Ahnatal, Baunatal, Espenau, Fuldabrück, Fuldata, Helsa, Kaufungen, Lohfelden, Nieste, Niestetal, Schauenburg, Söhrewald or Vellmar?

Kassel office

📍 Ständeplatz 23, 34117 Kassel

☎ +49-561-20780

Do you live in Bad Karlshafen, Calden, Grebenstein, Hofgeismar, Immenhausen, Liebenau, Reinhardshagen, Trendelburg or Wesertal?

Hofgeismar office

📍 Bahnhofstraße 24, 34369 Hofgeismar

☎ [+49-05671-9954444](tel:+49-05671-9954444)

Do you live in Bad Emstal, Breuna, Habichtswald, Naumburg, Wolfhagen or Zierenberg?

Wolfhagen office

📍 Raiffeisenweg 2, 34466 Wolfhagen

☎ +49-5692-984944

All jobseekers without an employment ban can take advantage of the job placement services offered by the Employment Agency.

The Kassel Employment Agency in the district of Kassel

Kassel

📍 Lewinskistraße 6, 34127 Kassel

☎ 0800 4 5555 00

Hofgeismar

📍 Bahnhofstrasse 24, 34369 Hofgeismar

☎ 0800 4 5555 00

Wolfhagen

📍 Raiffeisenweg 2, 34466 Wolfhagen

☎ 0800 4 5555 00

Job exchanges on the Internet

There are many sites on the Internet where you can search for jobs. You can use filters to specify where and in which area you would like to work. You can usually register there and create your own profile. You will then regularly receive new job offers so that you don't have to search for a job yourself every day.

Minimum wage and working conditions

The minimum wage is the least amount of money someone is allowed to receive for their work. In Germany, there is a fixed amount that ensures that nobody is paid too little for their work.

Working conditions are the rules on how you are treated at work. For example, how long you have to work, how many breaks you get and whether the workplace is safe. Everyone has the right to work in a safe and fair place.

Special offers for women

Women can work in many different professions, just like men. They have the same right to choose a job they like. Whether they want to be a doctor, teacher, engineer or cook, women can achieve anything they set their minds to.

In the professional world, everyone should be treated fairly. This means that women should earn as much as men if they do the same job. It is important that women and men work together and respect each other so that everyone has the same opportunities.

Here you will find special offers to help you find a suitable job, catch up on your degree or enter the world of work.

WiN - Re-entry in North Hesse

WiN is a counselling service for women. The service is free of charge and open to all. The aim is to enable women to enter training or work.

The programme includes

- Support with career orientation and job search
- Advice on part-time training
- Job application coaching
- Promotion of qualifications
- Promotion of digital skills
- Provision of digital devices and support for participation in online programmes

Here you will also find information on childcare close to home, on catching up on school and vocational qualifications and on further training and funding opportunities.

Contact us:

📍 WiN, Rainer-Dierichs-Platz 1, 34117 Kassel

☎ [+49-561-1003-1862](tel:+4956110031862) / [+49-561-1003-1545](tel:+4956110031545)

@ marlies-boehm@landkreiskassel.de / patricia-cortmann@landkreiskassel.de

Digi Turn

Digi Turn helps women who came to Germany after 2015 and do not yet speak German very well. The programme aims to help these women find a good start in the world of work. They receive support with training and finding a job. Help is also provided with writing applications and organising childcare.

The programme includes

- Personal counselling and support
- Information about education and work in Germany
- Support with practising speaking German
- Help with learning the basics of computers and digital devices
- Support with childcare

Contact:

📍Frauencomputerschule, Wilhelmshöher Allee 164, 34119 Kassel

☎+49-561-35161

@info@frauencomputerschule-kassel.de

🌐www.frauencomputerschule-kassel.de

🗓️Personal counselling on the 2nd and 4th Monday of the month from 10:00 to 12:00

BENGI e.V.

BENGI e.V. is a women's organisation in Kassel that is particularly committed to women with a migration background. The aim of the organisation is to help these women to find their way better in everyday and professional life. BENGI offers many different events and courses. These cover topics such as work, family, health, rights in Germany, politics, culture and history.

Special offers of the organisation:

- BENGI has been offering special German courses for women (integration courses) since 2005
- Since 2015, BENGI has been helping mothers with a migration background to find a job (project "Professional and social integration of migrant women by strengthening their self-help potential")
- Since 2016, BENGI has been bringing refugees and helpers together ("Gemeinsam Schaffen" project)

Contact:

BENGI e.V.

📍Kurt-Schumacher-Str.29A, 34117 Kassel

☎0561-50958

@bengi-ks@t-online.de

Volunteering

Volunteer help for people who are new here

In the Kassel area, there are groups of people in many towns and villages who help others. These people do this voluntarily and do not receive any money for it. They help people who come from other countries, for example with important appointments, at the doctor's or when they are looking for a flat or a job. This makes it easier for the new people to live here.

If you would also like to help others, you can ask in your village or town how you can get involved. If you need help yourself, you can also contact these groups or the city administration.

The volunteers can show you where you can go to have fun or do sports. They can also help you to learn a bit of German.

The [volunteer coordination centre in the district of Kassel](#) is there to help you!

Support groups

Support groups

In many towns and communities, there are people who volunteer to help immigrants. The volunteers help them to orientate themselves in their surroundings. They help with questions about everyday life. For example, if you don't understand a letter in German. Many volunteer groups also offer support with learning German.




WIR integration pilots

Integration guides

Integration guides are people who support immigrants. They are contact persons and help people to find their way in their new environment. They provide support, for example

- at appointments with authorities
- with applications
- in the search for work or training
- when looking for accommodation
- for appointments at schools or daycare centres
- with health problems
- with homework
- with language courses

Are you looking for integration guides in your area? Or would you like to become an integration guide yourself? Please contact us:

 WIR-Vielfaltszentrum, Albert-Einstein-Str. 6, 34277 Fuldabrück
 [+49-561-10031534](tel:+49-561-10031534)
 [@vielfaltszentrum@landkreiskassel.de](mailto:vielfaltszentrum@landkreiskassel.de)

WIR health pilots

Health guides help with questions about health

Some helpers who take care of integration are also health guides. These are people who can help you with questions about your health. There are health guides in the following towns:

- Bad Karlshafen
- Fuldabrück
- Fulda Valley
- Hofgeismar
- Lohfelden
- Vellmar
- Kassel
- Zierenberg

If you would like to know more about the health guides and the help they offer, you can contact the WIR-Vielfaltszentrum in the district of Kassel. You can write an e-mail to vielfaltszentrum@landkreiskassel.de.

WE lay interpreters

Help from interpreters at the WIR centre for the many

There are volunteer interpreters at the WIR-Vielfaltszentrum in the district of Kassel. These people will help you if you do not yet speak German well. They will accompany you to meetings at school, kindergarten, the doctor, hospital or public offices.

The interpreters will not help you in court, at the police station, at the job centre or at the immigration office.

If you need an interpreter, you can contact the [WIR-Vielfaltszentrum](#). They will help you to find an interpreter who will accompany you to your appointment free of charge. Everything you say will remain confidential. All interpreters work on a voluntary basis.

The interpreters will help you to translate, but they will not give you legal advice or support you with legal problems.

If you need to have important documents such as certificates or birth certificates translated, you will need a specialised interpreter who is trained for this. These translations can be expensive. Think carefully about whether you need an official translation and compare prices before you pay.

For simple translations, you can also use online translators such as
- <https://translate.google.de/>

Would you like to volunteer?

We are looking for volunteers!

We are looking for people who would like to work as [integration guides](#), [health guides](#) or [interpreters](#)! Would you like to help others who are new here? Do you approach people in a friendly manner? Do you speak German and another language? Then the [WIR Diversity Centre](#) is the right place for you!

What can you expect?

- You will receive good training.
- There are regular meetings where you will receive information.
- You will meet other helpers and can exchange ideas.
- You will receive support from the full-time staff.
- You are part of a team.
- And you get a little money for your efforts.

If this sounds interesting to you, get in touch!

Newsletter

A newsletter is an information letter that you receive regularly by e-mail. In a newsletter you will find news, tips or important information on a specific topic that interests you. It can be about topics that you would like to know about, such as news from a particular area that you like.

The WIR Diversity Centre newsletter is sent out by email every Friday. It contains information and events on the topics of flight, migration and integration. If you would like to receive the newsletter

every week, please send us an e-mail with the subject "Newsletter".

E-mail: vielfaltszentrum@landkreiskassel.de.

For more information about the We Diversity Centre, click [here](#).

Intercultural week in the district of Kassel

Every year in September there is a special week called Intercultural Week. During this week, there are many different events that focus on how many different cultures and people there are in the world. It's a great opportunity to learn more about other countries and their customs!

Discounts for holders of the youth leader card

Volunteering should be rewarded!

Volunteering means that people voluntarily help others without receiving money in return. They do this because they want to do something good for others. It is very important to appreciate their help and thank them.

The **Jugendleiter-Card (Juleica)** is a card that people who volunteer to work with children and young people receive. With this card, they can show that they are well trained and know how to treat others well.

If you have a Jugendleiter-Card, you receive various benefits, for example:

- You can take advantage of discounts or special offers at various places, such as sports facilities, swimming pools or leisure parks.
- At local shops or suppliers in your neighbourhood, you often receive benefits such as a discount or a special offer.
- There are also often special benefits for holders of the Youth Leader Card at large, well-known organisations throughout Germany.

With this card, you receive discounts or other great benefits for volunteering and helping others. The Jugendleiter-Card serves as proof of this. It must be presented accordingly.

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

Interested? Would you like to become a youth leader? Then get in touch [here](#).

Youth collection week

A district-wide youth collection week takes place every year.

This involves collecting money for the respective

- clubs
- associations
- and organisations involved in child and youth work

Half of the proceeds remain with the collecting groups. The funds can be used to finance new purchases or projects. The other half goes to the Hessischen Jugendring as the organiser and to district-wide child and youth work projects.

All citizens are invited to take part in a collection and donate money to help groups. If you donate 10 euros or more, you will receive a slip of paper showing that you have made a donation.

The youth collection week usually takes place before Easter. If you would like to know exactly when this is, you can enquire at your local youth welfare office. You can also ask the local authorities and towns for materials and information.

Further information is available at

www.hessischer-jugendring.de

or from the responsible contact person in the district Hersfeld-Rotenburg



M [arielen a.Herbst@hef-rof.de](mailto:arielen.a.Herbst@hef-rof.de)



[06621 - 87 5216](tel:06621-875216)

Volunteer search engine

Would you like to get involved? Then you have the option of searching for specific areas of activity. You can narrow down the location of the activity and find a volunteer position that suits you.

In addition, Ehrenamt-Suchmaschine offers a donation exchange. Organisations and initiatives can present themselves there and advertise for volunteers.

Directly to Ehrenamt-Suchmaschine Hessen

<https://www.ehrenamtssuche-hessen.de/>

Volunteer Card

Volunteering should be rewarded!

Volunteering means that people voluntarily help others without receiving money in return. They do this because they want to do something good for others. It is very important to appreciate their help and thank them.

For this reason, many organisations at Hessen offer discounts for volunteers. The Ehrenamts-Card serves as proof of this. It must be presented accordingly.

You can find an overview of all benefits in the country Hessen [here.](#)