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## Everyday life

### Open a bank account

#### How can I open an account?

You can decide for yourself which bank you would like to open an account with. Every bank must offer you a so-called **basic account**.

💡 It is worth comparing the banks. The fees for account management can vary.

You will need your passport or residence permit (Aufenthaltserlaubnis) to open an account. If there is no current address on the identity document, bring your **registration certificate** as well.

💡 Make sure you have enough money in your account for all withdrawals and payments. If your account is not funded, payments may not be made and you may incur additional charges.

#### EC card

You have opened your account. An EC card with a four-digit PIN code will now be sent to you by post. Sign the back of the EC card and memorise your PIN code. You will need the PIN code for cashless payments. You will also need the PIN code to withdraw money from ATMs. ATMs are cash machines where you can withdraw money from your account. **Be sure to store the card and PIN code separately!**

With your EC card you can withdraw money from ATMs of your own bank free of charge. Withdrawing money from ATMs of other banks is usually subject to a fee.

If you enter the wrong PIN code three times, the bank will keep your card and block it. If this happens, you must contact your bank.

Have you lost your EC card? Has your EC card been stolen? Then you should get your EC card blocked immediately. Call the number below and mention your bank code and account number. Then ask your bank for a new EC card.

☎ [116116](tel:116116) (24/7 service)

### Civil Protection

#### NINA alert app

NINA stands for "Emergency Information and News App". It is published by the Federal Office for Civil Protection and Disaster Assistance. NINA provides you with important civil protection alerts for various dangerous situations, such as the spread of hazardous substances in the air or a major fire. Weather warnings from the German Weather Service and flood information are also integrated into the alert app.

Further information can be found at: 🌐 [Federal Office for Civil Protection and Disaster Assistance: NINA alert app](#) (in German)

#### Alert Day: Testing sirens and warning devices

In order to be able to react correctly in dangerous situations, exercises are important. For this reason, an alert day takes place twice a year. At about 11.00 am, a practice alert is sent out via a number of warning channels and devices. Sirens may also go off. This is a technical test. **There is no danger! This is just a practice alert.**

Further information and current dates can be found here:

- [!\[\]\(0551a83d441798e532995956b603f604\_img.jpg\) Bavarian Ministry of the Interior - Practice alert](#) (in German)
- [!\[\]\(54ee180c0037b66a36ce2219a481afde\_img.jpg\) Alert Day: Information for people who have fled war](#) (available in 6 languages)

## **Guide for Emergency Preparedness and Correct Action in Emergency Situations**

The Federal Office of Civil Protection provides recommendations for emergency preparedness and correct action in emergency situations in a brochure.

- [!\[\]\(79de0df6c6ddd2d4eb74f1cc5f48ec50\_img.jpg\) "Disaster Alert" brochure](#) (available in German)
- [!\[\]\(d4c9768318b38eff1042b07478e20b4c\_img.jpg\) "Warning of Hazards" brochure](#) (available in 11 languages)

## **Public Holidays**

On a public holiday, there is no work due to church or secular reasons. Shops and authorities are closed on these days.

These public holidays are on the same date every year:


- January 1: New Year's Day
- January 6: Epiphany
- May 1: Labour Day
- August 15: Assumption Day (only in Bavaria)
- October 3: German Unity Day
- November 1: All Saints' Day
- December 25: 1. Christmas Day
- December 26: 2. Christmas Day


These public holidays change from year to year:

- Good Friday,
- Easter Monday,
- Ascension Day,
- Whit Monday,
- Corpus Christi.

## **"Fundbüro" (Lost Property Office)**


If you have lost something, the finder may have handed it in to a lost property office. The items are kept there for some time. If you have lost something, you can ask at the lost property office in the [!\[\]\(7d1d6890825e83a6a4a51febe2dcc7f3\_img.jpg\) town hall of your place of residence](#).


If you have lost something in the City of Munich, you can contact the  [lost property office of the City of Munich](#).

If you have lost something on the tram or bus, contact the  [transport company](#) directly.


## Internet / WLAN / Wi-Fi

### Free Hotspots


Free Wi-Fi, so-called public hotspots, are often available in public places, such as government offices, libraries or public transport. The Munich District Office (Landratsamt) also offers free Wi-Fi to visitors at eight locations:  [Locations and opening hours of the Munich District Office \(Landratsamt\)](#)

There are certainly public Wi-Fi hotspots in your community. Just ask at your  [municipal administration](#).

### M-WLAN in the City of Munich

The free offer M-WLAN with which you can surf free on the internet is available at many places in Munich. M-WLAN is a free service that is offered by the city together with the Stadtwerke Munich. You can find more information  [here](#).

M-WLAN is also available encrypted. To use “M-WLAN Secure Wi-Fi” you need to register one time - it’s free. Encrypted M-WLAN enables you to connect automatically to the internet as soon as the end device, for example a Smartphone, comes near a hotspot. Using “M-WLAN Secure Wi-Fi” is easy: You need access data that you receive by registering one time, free, at a M-WLAN location. There you have to choose the free WLAN first and then select the “Secure Wi-Fi” tab in the browser. After entering your email address, the access data will be sent to this address and you can, therefore, dial into the encrypted WLAN. Of course, it’s still possible for you to use the free M-WLAN at the 21 locations in the city.

There is also free WLAN in all 21 district libraries and the Münchner Stadtbibliothek (Munich City Library):  [Find out more](#)

### Internet in your own apartment


If you live in your own apartment, you can set up Internet (WLAN), but you must pay for it yourself. You will need to set up contracts with Internet providers which include monthly payments and usually have a minimum term of 24 months. These are often combined with a fixed line telephone connection and TV. Earlier termination is only possible in special cases.

### Internet in Asylum Accomodation

As an asylum seeker in Germany, you unfortunately have no legal right to internet access (Wi-Fi) in your accommodation. That is why there is normally no WiFi (WLAN) in the accommodation facilities. If there is a telephone connection in the accommodation, it is possible that you sign a contract for Wi-Fi yourself. Talk to the people living in the accommodation about payment beforehand. Consider whether a contract that you can always cancel is better than a contract that is valid for a long time (for example 2 years). Talk to your accommodation facility management team first and before entering into a contract. Ask whether Wi-Fi is technically

possible and how you can give the technician access to the building.

## Landkreis-Pass

The **LandkreisPass** is a help for people with little money. For example, you can use it to buy the discounted monthly travel pass  [IsarCard S](#) to use all MVV transportation (S-Bahn, U-Bahn, bus, and tram).

The IsarCard S Landkreis München is only valid **together** with LandkreisPass. If you are unable to present your LandkreisPass during a ticket inspection, you will be required to pay a **fine of 60 euros**.

 The LandkreisPass is free.


To obtain an IsarCard S Landkreis München, you must provide a **five-digit verification number**. This number is printed on your district pass. When purchasing a monthly ticket, you must provide this number to the salesperson or enter it at the ticket machine.

## Who can receive the LandkreisPass?

Persons who are at least 15 years old and reside in the District of Munich. In addition, one of the following criteria must apply to you:


- You receive one of the following benefits:
  - Help with living costs or Grundsicherung (subsistence) (SGB 12)
  - "Bürgergeld" from Jobcenter (SGB 2)
  - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
- Or you participate in a voluntary service.


## How can I apply for the LandkreisPass?

You can apply for the Landkreis-Pass  [online](#) or in person at the District Office during opening hours:

### Landratsamt München

Referat 2.3 Soziales - Landkreis-Pass

 Mariahilfplatz 17, 81541 München

 Monday to Friday from 8 to 12, Thursday additionally from 14 - 17:30



 [landkreispass@LRA-m.bayern.de](mailto:landkreispass@LRA-m.bayern.de)

 [089 / 6221-1700](tel:089-6221-1700)

 [Landratsamt München: Landkreis-Pass](#) (in German)

You will need the following documents for the application:


- Identity document
- A current passport photo
- Proof of the eligibility criteria (for example, a benefit approval certificate).

 If you cannot collect your LandkreisPass yourself, you can issue an authorisation letter for another person:  [Authorisation letter](#). Bear in mind that, in addition to the authorisation, also a copy of your identity document is necessary.

## How long ist the LandkreisPass valid und how can I renew it?

How long is the LandkreisPass valid and how can I extend it?

The LandkreisPass is generally valid for 6 months. If you receive welfare or basic income support (SGB 12) or are completing voluntary service (FSJ, BFD, FÖJ), your LandkreisPass is valid for 12 months.

You can renew your Landkreis-Pass  [online](#) or in person during opening hours at the Munich District Office. **Please note that you need to hand in the original of your current LandkreisPass in order to renew it.**

A renewal is possible at the earliest **4 weeks** before the expiry of the current Landkreis-Pass.


You will need the following documents for a renewal:

- your current LandkreisPass,
- Identity document,
- proof of the eligibility criteria. At the time of renewal, a benefit approval certificate should still be valid for at least another **4 weeks**.

## Mobility

### On the road with bus, tram and train

There is a large network of public transport in Munich and the surrounding area. These are, for example, bus, tram or train. The Münchner Verkehrs- und Tarifverbund (MVV) is responsible for this network.



On the  [MVV website](#) you will find all the important information on various tickets, connections and stops.

### Ticket


It is very important that you always have a valid ticket. Without a ticket, you will have to pay a fine of at least 60 euros.

You can either buy tickets at the stations for U-Bahn and S-Bahn, in the Straßenbahnen (trams) or from the bus drivers.

If you use public transport more often, look into cheaper tickets. For example, you can buy a Streifenkarte (strip card), a day ticket or a monthly ticket. There are also discounted offers for children, schoolchildren and trainees, students and groups, for example.

**Tip:** With the  [Landkreis-Pass](#) you can get a  [monthly ticket at a reduced price](#).

## Bicycle transport

Bicycles are NOT allowed on buses or trams. In suburban and underground trains, the regulations depend on the size of the bicycle. You can read details about taking bicycles on board  [here](#).


It is generally NOT permitted to bring a bicycle during the following restricted periods:

- Monday-Friday (except public holidays): 6 – 9
- Monday-Friday (except public holidays and school holidays): 16 – 18



## On the road with a bicycle

If you are riding a bicycle on the road, the bicycle must be roadworthy. This means that the bicycle must have reflectors, front and rear lights, a bell and brakes.

## What rules apply to cyclists?


 [Here](#) in the "Downloads" section you can read the most important rules for cyclists in a brochure. The brochures are available in the following languages: Albanian, Arabic, English, Farsi, French, Kurmanji, Pashto, Tigrinya.

## Where can I rent or buy a bike?

A new bike from the bike shop can be quite expensive. But you can also find a second hand bike at a flea market, online at  [ebay kleinanzeigen](#) or in a  [second-hand shop](#).

## Other sales points of second hand bicycles:


### Bellevue Radkeller

 Müllerstraße 2-4, 80469 München

 [@radl@bellevuedimonaco.de](mailto:radl@bellevuedimonaco.de)

 [Bellevue Radkeller](#)

### Wertstoffhof Planegg (Recycling Center)

 Münchner Straße 99, 82152 Planegg

 [089/8561715](tel:089/8561715)

 [@wertstoffhof@planegg.de](mailto:wertstoffhof@planegg.de)

 [Opening Hours Wertstoffhof Planegg](#)

## Volunteer bicycle workshop "Schrauberhütte" in Planegg

 <https://www.schrauber-huette.de/kontakt>

### Where can I learn to ride a bike?

#### Beginners' course for adults and older youths



Adults can learn to cycle too! You do not need to bring your own bike. You can borrow a helmet on site.

The courses take place at the weekend or in the evenings.

A course consists of 16 lessons.

One course costs 100 €.


The courses take place at 2 locations:


1. ADFC Radlerhaus / Theresienwiese,  Platenstraße 4, 80336 München
2. Cycling school Riem,  Heinrich-Böll-Straße 5, 81829 München

 [Course dates](#)

 [Registration](#)

#### ADFC Radfahrschule (Cycling School)

 [089/46133830](tel:08946133830) (Mondays 10 to 11 am and Fridays 12 to 1 pm)

 [radfahrschule@adfc-muenchen.de](mailto:radfahrschule@adfc-muenchen.de)

 <https://muenchen.adfc.de/artikel/radfahrschule-mu...>

#### Beginners' course for women

The association Donna Mobile offers cycling courses for migrant women. There are courses for beginners and for advanced cyclists.

The courses can be offered in the following languages: German, Turkish, Russian, Croatian, English.

A course costs between 30€ and 50€.

The courses take place every year from April to October.

#### Donna Mobile

 [Landsberger Straße 45a, 80339 Munich](#)

 [089505005](tel:089505005)

 [info@donnamobile.org](mailto:info@donnamobile.org)

 [www.donnamobile.org](http://www.donnamobile.org)

#### On the road with a car

If you drive a car, you must have a valid driving licence and have a driving licence always with you.

You can turn to the **driving licence office of the District of Munich** for all matters relating to your driving licence, from applications, decisions on necessary training and examinations to the issue of the driving licence.

■ Bretonischer Ring 4 (Pavillion 2 - Sirius Office Center), 85630 Grasbrunn-Neukeferloh  
■ [089/6221-3000](tel:08962213000)  
■ [fahrerlaubnis@LRA-m.bayern.de](mailto:fahrerlaubnis@LRA-m.bayern.de)  
■ [www.landkreis-muenchen.de/themen/mobilitaet/fuehr...](http://www.landkreis-muenchen.de/themen/mobilitaet/fuehr...)

If you would like to visit the driving licence office in person, make an appointment, for example by telephone or via the ■ [online appointment booking system](#).

## Is my foreign driving licence valid in Germany?

Driving licences from an EU/EEA state are, in principle, also valid in Germany.

Driving licences from non-EU countries are only valid for 6 months in Germany. The 6 months start with the first registration of your residential address at the Registry Office (Einwohnermeldeamt) of 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 have been done by a German or internationally recognised automobile club or a government office in your home country or by sworn translators.

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 transferred?

You can have your foreign driving licence transferred at the driving licence office of the Munich District Office (Landratsamt).

■ [Here](#) you can get further information and applications for the transfer of your driving licence.

The driving licence office will tell you whether your driving licence can be transferred without an examination or whether you first have to take the theory test and practical test. This depends on the country in which you obtained your driving licence. For more information, please visit the website of the ■ [Federal Office of Justice](#).

In addition to German, the theoretical examination can also be taken in the following languages: (High) Arabic, Croatian, English, French, Greek, Italian, Polish, Portuguese, Romanian, Russian, Spanish and Turkish.

## How can I get my driving licence?

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

- Registration with a driving school. The driving school will explain which documents you need and how to proceed. Also ask about the costs.
- Participation in a first aid course
- Eye test in an optician's shop or in an ophthalmologist's office.

In order to obtain a German driving licence, you must pass the theoretical and the practical exam.


In addition to German, the theoretical examination can also be taken in the following languages: (High) Arabic, Croatian, English, French, Greek, Italian, Polish, Portuguese, Romanian, Russian, Spanish and Turkish.

■ [Here](#) you will find further information as well as the application for a first-time driving licence.

### **Important for holders of a temporary residence permit (Aufenthaltsgestattung) or exceptional leave to remain (Duldung):**


You can also obtain a driving licence as a holder of a temporary residence permit (Aufenthaltsgestattung) or a exceptional leave to remain (Duldung). **Before registering** with a driving school, contact the ■ [driving licence office of the Munich District Office \(Landratsamt\)](#).

### **Discounted monthly travel pass IsarCard S**



The Isarcard S is a discounted monthly travel pass for holders of a  [Landkreis-Pass](#). The Isarcard S ticket allows you to make as many journeys as you like within the selected fare zones. The monthly travel pass is valid for one calendar month. There are no weekly tickets, single tickets or day tickets. Children up to 14 years of age may travel free of charge.

💡 The IsarCard S does **not** apply from Monday to Friday between the hours of 6am and 9am. This restriction period does not apply on Saturdays, Sundays and public holidays.

💡 Considering the restrictions, the  [Deutschland-Ticket](#) could be an interesting alternative.

 [MVV: IsarCard S at a glance](#) (available in German and English)

### **How do I get the discounted monthly travel pass IsarCard S?**

To purchase a IsarCard S ticket, you must be holding a  [Landkreis-Pass](#). The Landkreis-Pass has a five-digit control number, which you give to the seller or enter at the machine when you buy the IsarCard S. You can buy the IsarCard S  [at MVV service points and ticket machines](#).

💡 The IsarCard S is not transferable to other persons, since it is assigned to your personal Landkreis-Pass via the control number. The IsarCard S ticket is only valid together with the Landkreis-Pass. If you do not have the Landkreis-Pass with you, you have to pay € 60.

### **Deutschland-Ticket**

From 1 May 2023, there is a new ticket available. The ticket is called "Deutschland-Ticket" (short: "D-Ticket") also known as "63-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 63 euros per month and is only available by subscription. You can cancel the subscription every month.




The ticket is personalised with your name and is only valid together with an ID, such as your residence permit, passport or driving licence. Your ticket may not be used by other persons. Children up to 6 years of age travel free of charge.

There are still various monthly tickets ("IsarCards") available. An advantage of IsarCards can be, for example, that they can be transferred to other people or that children from 6 years up to 14 years of age can also travel free of charge.

## Where can I buy the Deutschland-Ticket?


The D-Ticket must be ordered by the 25th calendar day of a month to be valid from the next month.

You can buy the D-Ticket here:

- At Deutsche Bahn
  - online via  [D-Ticket DB](#),
  - in person at a DB Travel Centre, for example at Munich Central Station, or
  - via the DB Navigator app.
- With the Munich Transport Association ("MVV")
  - online via  [D-Ticket MVV](#) or
  - via the MVGo app.
- Via the  [app Deutschland-Ticket](#).

## I already have an MVV subscription. How can I switch to the Deutschland-Ticket?

From 3 April 2023, you can make the switch yourself in the subscription portal:

1. Log on to  [bahn.de/aboportale](https://bahn.de/aboportale) and use the option "**Wechsel zu D-Ticket**" ("Change to D-Ticket"). In doing so, you order the Deutschland-Ticket and at the same time cancel your previous subscription free of charge. You can choose between the subscription on the chip card or the mobile phone ticket in an app.
2. You will then receive the order confirmation for your new Deutschland-Ticket by e-mail. Your previous subscription will be terminated without any additional payment.

## Do I get a discount with a Landkreis Pass?

No, there is no reduction for the Deutschland-Ticket in Bavaria. It costs 63 euros per month for everyone.

If you have a Landkreis-Pass, the Deutschland-Ticket will still be the better option for you in most cases. The Deutschland-Ticket has this advantage over the IsarCard S:

No limitations in terms of area or time: you can use buses and trains all over Germany around the clock. Important: With the Deutschland-Ticket, only children up to 6 years of age may travel free of charge. With the IsarCard S, children up to 14 years of age may travel free of charge. This is not a disadvantage if your child has his or her own school ticket anyway.

## How can I cancel the subscription?

You can cancel the Deutschland-Ticket until the 10th calendar day. This means: If you only want to use the D-Ticket in May, for example, you must cancel the subscription by 10 May at the latest. The D-Ticket will then be valid for the whole of May. If you do not cancel by 10 May, the subscription will be extended for the month of June.

You can cancel via the  [subscription portal](#).

## Can I take dogs or bicycles with me?

The D-Ticket does not have any rules for taking dogs or bicycles with you. Only children under the age of 6 can travel free of charge. For bicycles and dogs, the fare regulations of the respective transport association apply. This means that the regulations can differ greatly and you should inform yourself beforehand. In the MVV the following applies: A dog may travel free of charge. For bicycles you need an additional bicycle ticket.

## Bayern-Ticket

The Bayern-Ticket is valid for one day for any number of journeys on buses and trains within Bavaria. The Bayern-Ticket is not valid on IC trains, EC trains or ICE trains.


The Bayern-Ticket is available as a group ticket for up to 5 people.

A Bayern-Ticket is valid Monday to Friday from 9 am to 3 am the following day. On Saturdays, Sundays and public holidays, the ticket is valid from 0 am to 3 am the following day.

Children under the age of 6 travel free of charge. Up to 3 children between the ages of 6 and 15 also travel free of charge.

## How can I buy the Bayern-Ticket?

You can buy the Bayern-Ticket at all usual ticket sales points.

You can find more information on the Deutsche Bahn website (in German):  [www.bahn.de/angebot/regio/laender-tickets/bayern-...](http://www.bahn.de/angebot/regio/laender-tickets/bayern-...)

## How much does a Bayern-Ticket cost?

The price for the Bayern-Ticket (2nd class) is made up in such a way that the first person pays 34 euros and each additional person travelling with them pays an additional 10 euros (as of Dezember 2025):

- 1 person: 34 Euro
- 2 persons: 44 Euro
- 3 persons: 54 Euro
- 4 persons: 64 Euro
- 5 persons: 74 Euro

## Bayern-Ticket Nacht from 6 pm

The Bayern-Ticket Nacht is valid from 6 pm to 6 am the following day from Sunday to Thursday and until 7 am the following day on Saturdays, Sundays and public holidays.

The price for the Bayern-Ticket Nacht (2nd class) is made up in such a way that the first person pays 32 euros and each additional person travelling with them pays an additional 7 euros (as of Dezember 2025):

- 1 person: 32 Euro
- 2 travellers: 39 Euro
- 3 travellers: 46 Euro
- 4 travellers: 53 Euro
- 5 travellers: 60 Euro

## Consumer Protection


**Consumer protection** is about protecting the rights of customers. It is about ensuring that people are treated fairly when they buy something or enter into a contract.

## Verbraucherzentrale Bayern (Bavarian Consumer Advice Centre)

The Bavarian Consumer Advice Centre is a non-profit association. It helps people understand their consumer rights. It offers advice on products, contracts and services.

You can find help there if you have legal questions or problems like:


- Which insurance policies are important?
- What should I look for in contracts?
- Can I return faulty goods?
- Do I have to pay even if I didn't order?
- How do I transfer money abroad?
- How can I save for old age?
- Which examinations are covered by statutory health insurance?
- How does switching electricity or gas suppliers work? What should I know?
- What are healthy food ingredients? How do I eat healthily?


You can find answers and more info in various languages here:  [Bavarian Consumer Advice Centre website](#) (available in 7 languages)

## Insurances

### Social Insurances


There are five compulsory insurance schemes in Germany. They are called "Sozialversicherungen" (social insurances). These social insurances help you in case of unemployment, illness, need for long-term care, occupational accidents and old age. In Germany, if you earn a sum of money above a certain limit, you are subject to social security contributions. This means that you must be a member of certain insurance schemes and pay contributions to them automatically. If your salary is below this limit, you are not subject to social insurance contributions.

As an employee, you are automatically a member of the pension, long-term care, accident and unemployment insurance schemes. There are no private providers, except for health insurance. With health insurance, however, you can choose from a variety of companies. You can find out more here:  [Health Insurance](#).

You can find more information here:  [Social insurance for employees](#).

## Supplementary Insurances


In addition to the five compulsory social insurance schemes, there are other types of insurance. These are optional. Depending on the life situation you are in, some of them may be useful.

 A **liability insurance** is considered to be one of the most important voluntary insurances.

You can find information on common supplementary insurances here:


 [Handbook Germany: Supplementary Insurances](#) (available in 9 languages),


 [Make it in Germany: Additional insurances](#) (available in 4 languages)

You have to pay close attention to the terms and conditions of the insurance contract. Sometimes suppliers lure customers with reasonable prices and then limit their services. If you do not understand the details of a contract, you should consult someone who does. You might benefit from insurance counselling at the  [Consumers' Center](#) (in German).

## Private Liability Insurance

A liability insurance covers the costs for personal injury, property damage and financial losses that you have caused. Without a liability insurance you have to pay such costs yourself. This can be very expensive, especially if it comes to personal injury and injured individuals demand you to pay their medical costs.

Further explanation and information you can find here:  [Handbook Germany: Liability Insurance](#) (available in 9 languages).

The  [migration counselling service](#) can help you find a good offer for private liability insurance.


## Leisure activities and culture


### Places of Encounter: Meeting people

#### Cultural Centre Bellevue di Monaco

The Bellevue di Monaco is a cultural centre with a café for refugees and other Munich citizens. The Café «Bellevue di Monaco» is organized and run together with immigrants and refugees. At the Café Bellevue you can eat delicious, international food, and also use the advice services, do an internship, join in as a volunteer, attend cultural and political events and simply meet other people. Regular events include readings, concerts, film screenings, workshops, courses and much more. See the calendar for detailed information.

 <https://bellevuedimonaco.de/>

 Müllerstraße 2-6, 80469 Munich


 [089/55057750](tel:08955057750) (Telephone hours: Monday to Friday from 10 to 12 am)

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


## ClubIn International meeting point for young people (17 to 27 years)

You would like to meet people from all over the world? Join us! ClubIn is a meeting point for young people from age 17 to 27. Young people from all over the world meet up here, make friends, play table football, table tennis, dart or board games.

Spend a relaxed evening at ClubIn on Thursday or Friday. First it might seem hard to visit a place where you do not know anyone. But we promise: our team and our visitors are going to make sure that sooner or later ClubIn will feel like your second home.

 Thursday, 7:30 pm till 10 pm and Friday, 7:30 pm till 12 pm.

 Friedrich-Loy Straße 16, 80796 Munich

 [089/306686913](tel:089306686913)


[@clubbuero@vij-muenchen.de](mailto:clubbuero@vij-muenchen.de)


## IN VIA Connect for young people (12 to 27 years)

IN VIA Connect brings together young people and young adults of all cultures and nationalities, with and without a migration background, young refugees and au pairs, pupils, students and language students - everyone is welcome!

Take part in the events and get involved with your own ideas and wishes!

 [Current IN VIA Connect programme](#)

 [Goethestraße 12, 80336 München](#)

 +49 (0) 89548889530

[@connect@invia-muenchen.de](mailto:connect@invia-muenchen.de)

## Digital platform MeetUp

Meetup is a platform for finding and setting up local groups. Whether you are interested in hiking, reading, networking or further education: there are many people on Meetup who share your interests.

 [MeetUp](#) (available in 13 languages)

## “Start with a Friend” Tandem

Would you like to get to know people from other cultures, accompany someone who is new to Germany, and make a new friend? Then “Start with a Friend” (SwaF for short) is the right place for you! It brings together people who are new to Germany with those who have been living here for some time. Because many community participants want to learn and practice German, SwaF is always happy to welcome “locals” who are interested in getting to know people and exchanging language skills.

You can register on  [the Start with a Friend website](#) and receive a tandem suggestion.


 Participation is always possible. The meeting place is agreed upon individually.

## The Protestant Migration Center in the Greek House

The Protestant Migration Center in the Greek House is an open community and neighborhood meeting place in Munich's Westend district. As a Protestant service center, it supports the City of Munich and the Evangelical Lutheran Deanery of Munich in the area of intercultural coexistence. The centre focuses on multicultural hospitality: people with different backgrounds should feel welcome and be able to actively participate. The services are intended for children and parents, people interested in culture, people seeking advice, and socially engaged people.

 <https://www.evangelisches-migrationszentrum.de/>

 [Bergmannstraße 46, 80339 München](#)


 [+49 \(0\) 08950808811](tel:+49(0)08950808811)

 [@emz.muenchen@elkb.de](mailto:emz.muenchen@elkb.de)

## Programmes for women\* and girls

### Aschheim: Women's Forum International

Once a month, women meet in a relaxed atmosphere to discuss current topics in German. All nationalities are welcome. Children are welcome to attend.

 Every third Wednesday of the month, from 2:30 p.m. to 4:30 p.m.

 [Nachbarschaftshilfe Aschheim, Watzmannstraße 20, 85609 Aschheim](#)

## Native language women's cafés


The native language women's cafés take place once a month for 2 to 3 hours at Donna Mobile. Here, you can exchange ideas and network with other women who speak your mother tongue. During the meetings, a specialist discusses medical, psychological, social, and cultural topics.

There are groups available in several languages, including Afghan, Arabic, Bulgarian, Greek, Kurdish, Polish, Romanian, Russian, Spanish and Turkish.

The programme is free of charge.

All information regarding groups and dates can be found on the webpage.

### Donna Mobile

 +49 (0) 89505005

 [@info@donnamobile.org](mailto:info@donnamobile.org)

 [Donna Mobile München](#)

## Intercultural women's café organised by JUNO

In the intercultural women's café, women get to know each other and can chat. We answer questions, listen to music, cook, eat and dance. You are very welcome, we look forward to meeting you.

The programme is free of charge.

### **Bellevue di Monaco**

📍 Müllerstraße 2, 80469 München

🕒 Every Tuesday, 6 to 9 pm

☎ +49 (0) 17634647785

@ [frauencafe@bellevuedimonaco.de](mailto:frauencafe@bellevuedimonaco.de)

🌐 [Women's Cafe JUNO](#)

### **Cycling course**

Donna Mobile offers cycling courses for women and girls for both beginners and advanced cyclists. The courses are held in German. The courses cost between 60€ and 70€.

You can find the dates and locations of the courses on the webpage.

To register, please contact Donna Mobile AKA e.V.:

☎ [089/505005](tel:089505005)

@ [fahrrad@donnamobile.org](mailto:fahrrad@donnamobile.org)

🌐 [Donna Mobile cycling courses](#) (in German)

### **JUNO sports programme**

Juno provides a meeting place for refugee women. It offers a range of sports programmes, including swimming, cycling, boxing, climbing, self-defence, and yoga.

For more information, please fill out the contact form: 🌐 [Juno contact form](#)

### **Sewing Workshop for Women**

Would you like to repair your clothes?

Or sew something completely new? Maybe a new dress, a new bag?

Would you like to talk and socialise with other women?

Ursula is here and can help you with your sewing.

There are also sewing machines and fabrics.

Everything is free of charge.

Please sign up: @ [naehwerkstatt@bellevuedimonaco.de](mailto:naehwerkstatt@bellevuedimonaco.de)

### **Bellevue di Monaco**

📍 Kelleratelier, Müllerstraße 2-6, 80469 München

🕒 Every Wednesday, 4 to 6 pm

[!\[\]\(c5ba129f6ae3c88baac61aa4e9a49766\_img.jpg\) Sewing Workshop Bellevue di Monaco](#)

## Culture, leisure, sport: Programmes for LGBTQIA+

[!\[\]\(e2906a780c2bbcdc2a236d79598e58f1\_img.jpg\) Offers for LGBTI\\* in Munich](#)


## Associations, Societies and Clubs

### What is an association?

It is an official group of people who want to carry out a specific activity together. There are many different types of association in Germany, including volunteer fire brigades, carnival societies, music societies, singing societies and bowling clubs. Sports clubs, especially football clubs, are particularly popular in Germany.

[!\[\]\(70fe8e9535b25b843243cca42ea05eeb\_img.jpg\) Handbook Germany: What is a sports club?](#) (available in 9 languages.)

Ask your [!\[\]\(0b0636dbae614f97346d733ac650473d\_img.jpg\) local authority](#) which associations there are in your place of residence. Usually, to be a member of an association, you have to pay an **annual membership fee**. You can obtain more detailed information about this directly from the association.

 Children and young people up to the age of 18 may be eligible for subsidies towards their membership fees. You can find more information about this here: [!\[\]\(7996c6d514dc3415f6eb7adfac834252\_img.jpg\) Educational Package](#)

## MORGEN - Association of Migrant Organisations

MORGEN is the umbrella organisation for migrant organisations in Munich. It brings together more than 100 non-profit organisations whose boards and members are mainly made up of people with a migrant background. These associations have links to various regions around the world and represent over 60 languages. An alphabetical list of the associations can be found here: [!\[\]\(378038420973c474427b09381a3aac1a\_img.jpg\) Migrant Organisations in Munich](#).

## Volkshochschule (VHS)

Volkshochschulen, often abbreviated to VHS, offer a wide range of courses. The offer ranges from language courses, health courses and sports courses to computer courses or creative courses.

There are the following Volkshochschulen in the District of Munich:

- [!\[\]\(b8e4a78fa96224aec7a4b5257f94ad8c\_img.jpg\) VHS Haar](#)
- [!\[\]\(3fadb167b32d84b39f88b53a141c59e9\_img.jpg\) VHS Nord](#) (offers in Ismaning, Garching, Unterföhring, Unterschleißheim)
- [!\[\]\(ce2a773cf89e560860aecbc9633df1c2\_img.jpg\) VHS Oberhaching](#)
- [!\[\]\(9d8e3037b883b7f3f7a68862f2d08da8\_img.jpg\) VHS Oberschleißheim](#)
- [!\[\]\(0a5416805c973e9aaa685772066fe11a\_img.jpg\) VHS Ost](#) (offers in Aschheim, Feldkirchen, Kirchheim)
- [!\[\]\(ab05d714fb807de5887916017c0cbddf\_img.jpg\) VHS Pullach](#)
- [!\[\]\(9558f3858c1548997ae933aed5d3d25d\_img.jpg\) VHS Sauerlach](#)
- [!\[\]\(7e7ea1dff47a95b9d15cbb9bb8c87bf2\_img.jpg\) VHS SüdOst](#) (offers in Ottobrunn, Putzbrunn, Neubiberg, Höhenkirchen-Siegersbrunn, Hohenbrunn-Riemerling)




- [VHS Taufkirchen](#)
- [VHS Unterhaching](#)
- [VHS Würmtal](#) (offers in Gräfelfing, Lochham, Neuried, Planegg)

You can take advantage of the offer at any Volkshochschule, including the [München Volkshochschule](#).

**Tip:** Holders of a  [Landkreis-Pass](#) can sometimes get a reduction on the course fee. Just ask!


## Sport and exercise

Playing sports is an easy way of settling into a new environment and making contacts. There are a variety of options for people who like to exercise or play sport with others.

💡 If you have a  [Landkreis-Pass](#), you can get a discount on some classes. For example, you can get a discounted membership with the Alpine Club. You can find information on the participating agencies on the  [District of Munich website](#) (+ search entry: "Sport"). In addition, many  [adult education centres](#) run sports courses. These courses cost money. Sometimes there are discounts. It is best to ask directly.






## Sports Clubs

There are many different sports on offer in the district of Munich. For example, athletics, football, gymnastics as well as some more unusual sports such as American football, diving, cycling and various martial arts such as Aikido or jiu-jitsu.

 [Here](#) you will find an overview of all the sports clubs in the District of Munich.

## ActivAid Sport

ActivAid offers various sports activities, such as fitness for all, fitness for women and football. In addition, there are other leisure activities at irregular intervals, such as hiking. Participation in the sports courses is free of charge.

All information and dates can be found in the WhatsApp community:  [ActivAid WhatsApp](#)  
 München  [+49 \(0\) 8955871688](tel:+49(0)8955871688)  [active@arrivalaid.org](mailto:active@arrivalaid.org)  [ActivAid Sport](#)

## Bellevue Sport

Bellevue di Monaco runs a variety of free sports classes, for example, there is a running group, women's boxing and men's boxing as well as strength training and endurance training.

 <https://bellevuedimonaco.de/veranstaltungen/kateg...>

## Swimming courses for women and girls

Donna Mobile runs swimming courses for women and girls aged 12 and above. Places are limited. This class costs a total of 80 euros for several sessions. The course is held in Turkish and German.

■ Ridler School, Ridlerstraße 6, 80339 Munich  
■ Feldberg School, Feldbergstraße 85, 81825 Munich

■ [089505005](tel:089505005)

■ [info@donnamobile.org](mailto:info@donnamobile.org)

■ [Donna Mobile](#)

## Exercise for women

Donna Mobile runs a variety of exercise classes for women and girls. For example Pilates, Zumba, Qigong, yoga, kickboxing and dancing. The classes are mostly held in German. But they are sometimes held in Kurdish, Russian or Turkish. You will find the current timetable here: [🌐 Donna Mobile Timetable](#)

## Capoeira training

Capoeira training is suitable for everyone, regardless of previous experience. If you feel like trying capoeira, just come along to the class and do a free trial lesson. You will only need sportswear and clean feet. The class takes place barefoot.

📍 EineWeltHaus, Schwanthalerstr. 80, 80336 Munich, in room U13 in the basement

📅 Every Wednesday from 7 pm to 9 pm. Every Sunday from 4 pm to 6 pm.

Fees: The first trial lesson is free of charge. Those who then decide to stay on can train for 40 euros per month. For pupils and students, the training costs 30 euros per month. **Refugees train for free!**

🌐 <https://capoeira-pardal.weebly.com/training.html>

## Indoor climbing and bouldering

If you want to try climbing or bouldering with others in a hall, you can do so here. You don't need any prior knowledge. For everyone between the ages of 6 and 27. Register by e-mail:

@ [gipfelstuermer@kletternmachtspass.de](mailto:gipfelstuermer@kletternmachtspass.de)

## Hiking tours in the mountains


The project Alpen.Leben.Menschen (short: A.L.M.) provides a variety of services. For example, hikes in the mountains, picnics on an alpine meadow or climbing. It's a good way to get to know other people and nature. We would like to extend a special invitation to people who have fled to Germany. **Refugees welcome!**

Not all people have hiking clothes, of course. And you won't need any for our tours either. If necessary, you can borrow equipment. For example, hiking shoes.

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

## Music

## Bellevue Music Project

The music group is open to all refugees with a musical interest. Do you play an instrument or like to sing and want to become part of Vue Belle? Then get in touch with us via WhatsApp  [0179/1219291](https://wa.me/01791219291).

 [bellevuedimonaco.de/veranstaltung/bellevue-musikg...](https://bellevuedimonaco.de/veranstaltung/bellevue-musikg...)

## OMOPO - One Mankind One Planet Orchestra

When people with different backgrounds are making music together, there is a unique magic, a sound fusion of personalities, cultures and ideas creating a united community.

It doesn't matter what instrument you can play, an Algerian mandole, African percussion, Japanese Koto, Scottish bagpipe, vocals - come and join our international orchestra and let's create something beautiful!


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

 <https://omopo.de/>

## Libraries

You can borrow books, magazines, CDs and DVDs in libraries free of charge. If you want to borrow something, you need a card. You can get this card in the library. Most of the time you have to pay something for the ID card. If you do not return the books and media on time, you will have to pay additional fees.

### Aschheim Gemeindebücherei

 [Münchner Straße 8, 85609 Aschheim](#)

 [@kultibuch@aschheim.de](mailto:kultibuch@aschheim.de)

 [Aschheim Gemeindebücherei](#)

### Aying Gemeindebücherei

 [Glonner Str. 11, 85653 Großhelfendorf](#)

 [@buecherei@aying.de](mailto:buecherei@aying.de)

 [Aying Bücherei](#)

### Brunnthal Gemeindebücherei

 [Münchener Straße 9, 85649 Brunnthal](#)

 [@buecherei\\_brunnthal@gmx.de](mailto:buecherei_brunnthal@gmx.de)

 [Brunnthal Bücherei](#)

### Feldkirchen-Westerham Gemeindebücherei

 [Westermeierstr. 10, 83620 Feldkirchen- Westerham](#)

 [@mail@buecherei-feldkirchen-westerham.de](mailto:mail@buecherei-feldkirchen-westerham.de)

 [Feldkirchen-Westerham Bücherei](#)

## **Garching Stadtbücherei**

[📍 Bürgerplatz 11, 85748 Garching b. München](#)

[@buecherei@garching.de](#)

[📍 Garching Stadtbücherei](#)

## **Gräfelfing Gemeindebücherei**

[📍 Stefanusstr. 8, 82166 Gräfelfing](#)

[@buecherei@graefelfing.de](#)

[📍 Gräfelfing Bücherei](#)

## **Grasbrunn Gemeindebücherei**

[📍 Leonhard-Stadler-Str. 12, 85630 Grasbrunn](#)

[@buecherei@grasbrunn.de](#)

[📍 Grasbrunn Bücherei](#)

## **Grünwald Bibliothek**

[📍 Südliche Münchner Str. 7, 82031 Grünwald](#)

[@info@bibliothek-gruenwald.de](#)

[📍 Grünwald Bibliothek](#)

## **Haar Stadtbücherei**

[📍 Leibstraße 25, 85540 Haar](#)

[@buecherei@gemeinde-haar.de](#)

[📍 Haar Stadtbücherei](#)

## **Hohenbrunn Öffentliche Bücherei Lesestube St. Stephanus**

[📍 Taufkirchner Str. 1, 85662 Hohenbrunn](#)

[📍 Bücherei Lesestube St. Stephanus](#)

## **Höhenkirchen-Siegertsbrunn Gemeindebücherei**

[📍 Schulstraße 11c, 85635 Höhenkirchen-Siegertsbrunn](#)

[@buecherei@hoehenkirchen-siegertsbrunn.de](#)

[📍 Höhenkirchen-Siegertsbrunn Bücherei](#)

## **Ismaning Gemeindebibliothek**

[📍 Mühlenstraße 17, 85737 Ismaning](#)

[@bibliothek@ismaning.de](#)

[📍 Ismaning Gemeindebibliothek](#)

## **Kirchheim Gemeindebücherei**

[📍 Schlehenring 12, 85551 Kirchheim b. München](#)  
[@buecherei@kirchheim-heimstetten.de](#)  
[📱 Kirchheim Bücherei](#)

### **Neubiberg Gemeindebibliothek**

[📍 Rathausplatz 8, 85579 Neubiberg](#)  
[@gemeindebibliothek@neubiberg.de](#)  
[📱 Neubiberg Gemeindebibliothek](#)

### **Neuried Gemeindebücherei**

[📍 Gautinger Straße 5, 82061 Neuried](#)  
[@buecherei@neuried.de](#)  
[📱 Neuried Bücherei](#)

### **Oberhaching Bibliothek**

[📍 Pestalozzistraße 16, 82041 Oberhaching](#)  
[@bibliothek@oberhaching.de](#)  
[📱 Oberhaching Bibliothek](#)

### **Oberschleißheim Gemeindebücherei**

[📍 Theodor-Heuss-Straße 29, 85764 Oberschleißheim](#)  
[@buecherei@oberschleissheim.de](#)  
[📱 Oberschleißheim Gemeindebücherei](#)

### **Ottobrunn Bibliothek**

[📍 Rathausplatz 2, 85521 Ottobrunn](#)  
[@bibliothek@ottobrunn.de](#)  
[📱 Ottobrunn Bibliothek](#)

### **Planegg Gemeindebücherei**

[📍 Pasinger Straße 14, 82152 Planegg](#)  
[@buecherei@planegg.de](#)  
[📱 Planegg Bücherei](#)

### **Pullach Gemeindebücherei**


[📍 Heilmannstr. 2, 82049 Pullach i. Isartal](#)  
[@buecherei@pullach.de](#)  
[📱 Pullach Bücherei](#)

### **Putzbrunn Gemeindebücherei**

[📍 Hohenbrunner Str. 3, 85640 Putzbrunn](#)  
[@buecherei@putzbrunn.com](#)

 [Putzbrunn Bücherei](#)

### **Schäftlarn Gemeindebücherei**

 [Fischerschlößlstr. 14, 82067 Ebenhausen](#)

 [@buecherei@schaeftlarn.de](mailto:buecherei@schaeftlarn.de)

 [Schäftlarn Gemeindebücherei](#)

### **Sauerlach Gemeindebücherei**

 [Wolfratshausener Str. 2, 82054 Sauerlach](#)

 [@leihe@gemeindebuecherei-sauerlach.de](mailto:leihe@gemeindebuecherei-sauerlach.de)

 [Sauerlach Gemeindebücherei](#)

### **Taufkirchen Gemeindebücherei**

 [Köglweg 4, 82024 Taufkirchen](#)

 [@buecherei@meintaufkirchen.de](mailto:buecherei@meintaufkirchen.de)

 [Taufkirchen Gemeindebücherei](#)


### **Unterföhring Bibliothek**

 [Münchner Straße 65, 85774 Unterföhring](#)

 [@bibliothek@unterfoehring.de](mailto:bibliothek@unterfoehring.de)

 [Unterföhring Bibliothek](#)


### **Unterhaching Gemeindebücherei**

 [Rathausplatz 11, 82008 Unterhaching](#)

 [@buecherei@unterhaching.de](mailto:buecherei@unterhaching.de)

 [Unterhaching Bücherei](#)

### **Unterschleißheim Stadtbibliothek**


 [Rathausplatz 1, 85716 Unterschleißheim](#)


 [@stadtbibliothek@ush.bayern.de](mailto:stadtbibliothek@ush.bayern.de)

 [Unterschleißheim Stadtbibliothek](#)

### **Arts and Crafts**

### **Bellevue Workshops**

 Müllerstraße 2, 80469 Munich

Information and dates can be found here: 

<https://bellevuedimonaco.de/veranstaltungen/kateg...>

### **Bellevue Photo Workshop**

The workshop is about photography and how to use cameras. You can develop ideas, search for motifs and print out your own photos - all inside a small mobile photo studio.

Please register @ [workshop@bellevuedimonaco.de](mailto:workshop@bellevuedimonaco.de) or via WhatsApp ☎ [0179/1219291](tel:01791219291)

### **Bellevue Open Art Studio**

The Open Art Studio is a creative space for young people with and without a refugee background. There you can experiment with colours and materials, paint pictures and build sculptures. Art gives you the courage to see the world in a completely different way. Participation is free.

Please register @ [kunst@bellevuedimonaco.de](mailto:kunst@bellevuedimonaco.de) or via WhatsApp ☎ [0176 45571527](tel:017645571527).

### **Bellevue sewing workshop for refugee women**

Do you have an article of clothing that you'd like to repair or would you like to make something new, and meet and chat with other women? The leaders of the sewing workshop will provide both professional guidance and materials, and lend a sympathetic ear. You can join in free of charge!

📅 Wednesday from 4 to 6 pm

Please log on @ [naehwerkstatt@bellevuedimonaco.de](mailto:naehwerkstatt@bellevuedimonaco.de)

🌐 <https://bellevuedimonaco.de/veranstaltung/offene-...>

### **Refugio Art Workshop**

The Refugio Kunstwerkstatt (Art Workshop) runs workshops for children and young people who have a refugee background in art, photography, video, music, graffiti and street art. There are also girls' groups.

You can find all dates and information here: 🌐 [Workshops in the Refugio art workshop for young people](#)

📍 Dachauer Straße 90, 80335 München

### **KunstWerkRaum in the Pinakothek der Moderne**

For families with children from 7 years, young people, young adults, adults, and senior citizens. Children may only participate if they are accompanied by an adult. One fixed date per month on a Friday from 3 pm to 5:30 pm. You can find dates and information here: 🌐 [www.mpz-bayern.de/](http://www.mpz-bayern.de/)

Participation in the workshop and admission to the museum are free of charge. Up to 25 people can attend.

Registration at ☎ [089/954115240](tel:089954115240) (Tuesday to Thursday from 10am to 12pm and from 2pm to 4pm) or @ [kunstwerkraum@mpz.bayern.de](mailto:kunstwerkraum@mpz.bayern.de).


Pinakothek der Moderne


📍 Barer Straße 40, 80333 München

## Theatre Grenzenlos: Theatre workshops for refugees

The "Theater Grenzenlos" (Theatre without Borders) is offering regular workshop meetings from February 2024. All people with a refugee background are invited to move, dance, play and have fun together, regardless of their knowledge of German.

 [MUCCA hall at Leonrodplatz, Schwere-Reiter-Straße 2, 80797 Munich](#)

 Every Thursday from 7 to 10 pm

 [089/33096878](tel:08933096878)

 [kontakt@theater-grenzenlos.org](mailto:kontakt@theater-grenzenlos.org)

 [Theatre Grenzenlos](#)


## Art and Culture

### Free museums in Munich

Some museums and collections in Munich offer free or reduced admission. Some museums only cost 1 euro on Sundays. Admission is often free for children and young people under 18.

 [www.muenchen.de/sehenswuerdigkeiten/museen/guenst...](http://www.muenchen.de/sehenswuerdigkeiten/museen/guenst...)

### Free events in Munich



The association KulturRaum Munich has created an overview for you, which contains many events that you can attend free of charge. You will find concerts, theatre, film screenings and much more in the calendar. There is something for all ages  [www.eintrittsfrei-muenchen.de/](http://www.eintrittsfrei-muenchen.de/)



### MuseumsZeit: Visiting a museum together

New in Munich? Come to MuseumsZeit! We meet to encounter art and culture together, to exchange ideas in easy German and learn something new. Together with art educators you visit an exhibition and talk to each other about art and culture while your children and teens look at works of art and get creative. Everyone over the age of 5 is welcome!

MuseumsZeit is free of cost.

 The art educators speak German, English and Ukrainian.

 Every second thursday, find the next dates for "MuseumsZeit" here:  [MuseumsZeit](#)

 Registration via  [museumszeit@mpz-bayern.de](mailto:museumszeit@mpz-bayern.de)

### KulturRaum Munich: Free tickets for cultural events

Do you want to attend cultural events that cost money? Then find out about KulturRaum München's offers for people on low incomes and become a KulturGast! The KulturRaum association arranges free tickets for theatre, concerts, readings and other cultural events for people on low incomes.

 [CultureRoom Munich](#)

## How do I become a KulturGast?

If you would like to become a KulturGast, please fill in the [🌐 online registration form](#). In addition, you still need proof of your income for the application. There are two options for confirmation:

- Copy of proof, for example of your county passport or benefit letter,
- Confirmation from a [🌐 social partner](#) on the registration form

There are special offers for children and young people: [🌐 KulturKinder](#) and [🌐 KulturKick for young people from 14 to 23 years of age](#)

## How do I get tickets?

We will call you if tickets for an event you indicated interest in when you registered become available. You can then decide whether you have the time and desire to go to this event. The tickets will be deposited in your name at the box office and you can collect them there. You can receive two tickets and invite a companion to your cultural visit.

## Volunteering and social engagement

Terms such as volunteerism, civic engagement or even volunteering are often used synonymously. This refers to an activity that is carried out voluntarily and without payment in one's free time.

Voluntary work **can** be associated with an expense allowance. However, when it comes to voluntary work, the focus is usually not on the financial aspect, but on the common good.

Volunteering can look very different and is possible in various areas, such as sports, culture, social services or firefighting.

## How do I find a suitable engagement?

- Online search: Use the [🌐 Engagement-Finder for Bavaria](#)
- Personal consultation: [🌐 Find a volunteer consultation](#)
- Recommendation: Talk to volunteers you know. Let their experiences inspire you.

## How do you benefit from volunteering?

### Bayerische Ehrenamtskarte ("Bavarian volunteers' card")


If you volunteer in Bavaria, you can apply for the Bavarian Volunteer Card. This card offers discounts from numerous public and private providers throughout Bavaria as a thank you for your efforts.


[🌐 Information about the Bavarian volunteers' card](#) (in German)

[🌐 Overview of partners and discounts](#)

You can apply for the Volunteers' Card online here: [🌐 Apply for the Bavarian Volunteers' Card](#) (in German)

## Subsidy for the Germany Ticket

If you hold the Bavarian Volunteers' Card or Youth Leader Card and live in the district of Munich (not city of Munich!), you can receive a fixed subsidy of €20 monthly towards the cost of the  [Germany Ticket](#).


You can apply for the subsidy online:  [Apply for a subsidy for the Germany Ticket](#) (in German)

Further information can be found here:  [Landkreis München: Volunteering](#) (in German)

## Volunteering opportunities for immigrants

### Volunteer Buddies: Volunteering for people with limited German skills


Would you like to volunteer but speak little or no German? Then you've come to the right place!


Volunteer Buddies gives you the opportunity to gain an insight into volunteering. You can join experienced volunteers in their volunteer work. They will help you with language barriers and give you advice and support. If you are interested, please contact  [info@z-sam.de](mailto:info@z-sam.de)

## Multilingual volunteer work with the elderly

Multilingual volunteers accompany migrant elders in their mother tongue, for example as senior companions or dementia helpers. In a course for multilingual helpers you get prepared for your volunteer work. On six afternoons, you will learn everything you need to know about caring for migrant elders. With expert speakers, you will learn a lot about care insurance, support services in Munich, typical illnesses in old age, care for the elderly at home, the diversity of Munich and volunteering.

### Diakonie München und Oberbayern

 Landshuter Allee 38b, 80637 München

 [089 / 126991-434](tel:089_126991434)

 [@seminar-mehrsprachig@diakonie-muc-obb.de](mailto:@seminar-mehrsprachig@diakonie-muc-obb.de)

 [www.hilfe-im-alter.de/](http://www.hilfe-im-alter.de/)

## Volunteering as a cultural interpreter

Cultural misunderstandings and language barriers can be challenging. Cultural interpreters are immigrants themselves and know both cultures and languages from their own experience. They support people with a migration biography through culturally competent interpreting, for example at appointments in the fields of education, social affairs, public authorities or health. Cultural interpreters work on a voluntary basis and receive an expense allowance for each assignment.

In a course (8 evenings), you will learn everything important about culturally competent interpreting for people with migration biographies in this course. Topics include: Intercultural communication, debt counselling as well as the different fields of action.

Requirements:

- You are interested in a long-term commitment.
- You enjoy helping others.
- You have migration experience yourself.
- You speak good German.
- You also have time during the day.

Contact and registration:

### **Caritasdienste im Landkreis München - Fachdienst Bürgerschaftliches Engagement**

📍 Am Fohlgarten 10B, 85764 Oberschleißheim, Germany

✉️ [@kulturdolmetscher-LKM@caritasmuenchen.org](mailto:kulturdolmetscher-LKM@caritasmuenchen.org)

☎️ [08000894040](tel:08000894040)

## Religion and faith

There is ■ [religious freedom](#) in Germany. All people are free to choose and practise their religion and faith as long as the ■ [Basic Law](#) is not violated.

In the District of Munich and in the City of Munich there are various intercultural associations, religious sites or houses of religion.

In addition to Catholic and Protestant churches in the District of Munich, there are also some mosques and synagogues in the City of Munich:

- ■ [Israelitische Kultusgemeinde München](#)