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Welcome to the District of Munich

Welcome

Dear fellow community members!

On behalf of the District of Munich, I hereby extend a warm welcome to you.

Our district, the largest in Bavaria, is versatile in its nature, its business landscape, its culture and its people.

Around 70,000 of the people living here have an immigration history. They are people who have found their way to us for private, family or professional reasons, some of whom have been driven from their homeland, people whom we have called as workers and, last but not least, people fleeing war. They have come to the District of Munich in search of a safe and good life. We owe our cultural diversity to all these people. We are happy about that! Because this diversity enriches our lives and makes us strong as a community.

To make it easier for all of you to start with us, the District of Munich has compiled a variety 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 have to find their way locally. Integreat enables the easy flow of information between municipalities, aid organisations and a corresponding intercultural target group - whether in a municipality, a city or a county. Integreat provides important information in everyday life in a free, multilingual, offline usable app or on a website. Even for people without digital access, the information is printable and thus accessible through the PDF function.

Our goal is for all people living here to be able to participate and contribute equally in order to help shape our country.

Because as diverse as we humans are, in the end we are united by the need for belonging and connection, and for a country that enables us to achieve our goals, get involved and help shape our future.

In this spirit, I wish you a good start in the District of Munich!

Christoph Göbel
District Administrator

About INTEGREAT

Making Integreat better: Integreat Community

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

Then join our Integreat Community! You can have your say when you join the Integreat Community. What should the future of Integreat look like? You will meet other people living in Germany when you join the Integreat Community. And this is what you'll be working on: How can we simplify integration?

Want to get involved? Then, all you need to do is send an email with your name to @community@integreat-app.de - and we'll be in touch!

Ask Integreat

- **Frag Integreat** is a new function in Integreat.
- **Frag Integreat** It works like a chat. You ask your question and receive a helpful answer within a few seconds.
- **Frag Integreat** is currently only available on the integreat.app website. It is not yet available in the apps installed via the Google Play Store or Apple App Store.
- You can find the chat from **Frag Integreat** by clicking on the speech bubble icon at the bottom right of your screen:



How it works Frag Integreat:

Ask your question. **Frag Integreat** Integreat will then search through all the content in the Integreat app and provide you with the best answer. This can take up to a minute. **Please be patient.**

The answers from **Frag Integreat** are based exclusively on the official information of the respective region. This way you will always receive reliable and correct answers.



The robot next to the answer indicates that **Frag Integreat** has automatically found a suitable answer for you in the Integreat content. You are welcome to ask further questions. If there is no suitable answer, you will also be informed of this.

Make sure you select the right language and your selected region

Frag Integreat can speak all languages of the Integreat app. It is important that the language in which you ask your question is also currently set - otherwise it will not work properly. **Frag Integreat** will not work properly.

If this happens, proceed as follows:

- Close the chat window
- Select your desired language from the language selection at the top
- Open **Frag Integreat** and ask your question

Frag Integreat can only access the content of the region you have selected. If you need information from another region, please select this region first and then ask your question. The chatbot is not yet available in all regions.

Your data is also Frag Integreat secure.

You do not need to log in to **Frag Integreat** to use it. No personal data is stored. However, please do not enter any sensitive information in the chat. If your question is very specific, we will **Frag Integreat** will try to recommend a suitable counselling centre. You can then safely discuss your personal concerns and documents there.

We protect your data and privacy and never pass it on. We have compiled all the information on data protection on this website: [Website with information on data protection](#). After 6 months we delete your chat data completely from our servers.

Help us, Frag Integreat better!

Frag Integreat is constantly being improved. If an answer is incomprehensible or you discover an error, we look forward to your feedback. If you have any ideas on how to make the chat even more helpful, please let us know. You can write a message using the feedback function. You can also reach us at info@integreat-app.de.

Thank you for **Frag Integreat** for using it!

The District of Munich

The District of Munich is located in the federal state of **Bavaria** and in the administrative district of **Upper Bavaria**. A total of 349,700 people live in the District of Munich, including a total of 69,700 people with foreign citizenship (as of 31/12/2020).

The District of Munich consists of 26 communities and the three towns of Garching, Haar and Unterschleißheim. The District of Munich is coloured blue on the map. The state capital Munich does not belong to the District of Munich.



You can find further information worth knowing about the District of Munich and its services on the [website of the District of Munich](#).

Towns and municipalities in the District of Munich

The district towns have their own town administration, the district municipalities their own municipality administration. The opening hours of the local administrations and information on many local services can be found on the websites of the respective municipality or town.


A

Municipality of Aschheim


📍 Saturnstraße 48, 85609 Aschheim

 www.aschheim.de/

 @rathaus@aschheim.de

 [089 / 90 99 78-0](tel:089_90_99_78-0)

Municipality of Aying

 Kirchgasse 4, 85653 Aying


 www.aying.de/

 @Gemeinde@aying.de

 [08095 / 9095-0](tel:08095_9095-0)

B

Municipality of Baierbrunn


 Bahnhofstraße 2, 82065 Baierbrunn

 www.baierbrunn.de/

 @gemeinde@baierbrunn.bayern.de

 [089 / 744150-0](tel:089_744150-0)

Municipality of Brunnthal

 Münchner Straße 5, 85649 Brunnthal


 www.brunnthal.de/

 @poststelle@brunnthal.bayern.de

 [08102/890-0](tel:08102/890-0)

F

Municipality of Feldkirchen

 Rathausplatz 1, 85622 Feldkirchen bei München


 www.feldkirchen.de/

 [@Rathaus@feldkirchen.de](mailto:Rathaus@feldkirchen.de)

 [089 / 909974-0](tel:089/909974-0)


G

Town of Garching


 Rathausplatz 3, 85748 Garching bei München

 www.garching.de/

 [@Stadt@garching.bayern.de](mailto:Stadt@garching.bayern.de)


 [089/32089-0](tel:089/32089-0)

Municipality of Gräfelfing

 Ruffiniallee 2, 82166 Gräfelfing

 www.graefelfing.de/

 [@rathaus@graefelfing.bayern.de](mailto:rathaus@graefelfing.bayern.de)

 [089 / 8582-0](tel:089/8582-0)

Municipality of Grasbrunn

📍 Lerchenstraße 1, 85630 Grasbrunn / Neukeferloh

🌐 www.grasbrunn.de/

@ info@grasbrunn.de

☎ [089 / 461002-0](tel:0894610020)

Municipality of Grünwald

📍 Rathausstraße 3, 82031 Grünwald

🌐 www.gemeinde-gruenwald.de/

@ Info@gemeinde-gruenwald.de

☎ [089 / 64162-0](tel:089641620)

H

Town of Haar

📍 Bahnhofstraße 7, 85540 Haar bei München

🌐 www.stadt-haar.de/

@ info@stadt-haar.de

☎ [089 / 46002-0](tel:089460020)

Municipality of Hohenbrunn


📍 Pfarrer-Wenk-Platz 1, 85662 Hohenbrunn

 www.hohenbrunn.de/

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

 [08102 / 800-0](tel:08102/800-0)

Municipality of Höhenkirchen-Siegertsbrunn

 Rosenheimer Straße 26, 85635 Höhenkirchen-Siegertsbrunn


 www.hoehenkirchen-siegertsbrunn.de/

 [@rathaus@hoehenkirchen-siegertsbrunn.de](mailto:rathaus@hoehenkirchen-siegertsbrunn.de)

 [08102 / 88-0](tel:08102/88-0)

I

Municipality of Ismaning

 Schloßstraße 2, 85737 Ismaning


 www.ismaning.de/

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

 [089 / 960900-0](tel:089/960900-0)

K

Municipality of Kirchheim

 Münchner Straße 6, 85551 Kirchheim bei München

 www.kirchheim-heimstetten.de/

@gemeinde@kirchheim-heimstetten.de

[☎089 / 90909-0](tel:089_90909-0)

N

Municipality of Neubiberg

📍 Rathausplatz 12, 85579 Neubiberg

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

@gemeinde@neubiberg.de

[☎089 / 60012-0](tel:089_60012-0)

Municipality of Neuried

📍 Hainbuchenring 9 – 11, 82061 Neuried

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

@Poststelle@neuried.de

[☎089 / 75901-0](tel:089_75901-0)


O

Municipality of Oberhaching


📍 Alpenstraße 11, 82041 Oberhaching

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

@info@oberhaching.de


 [089 / 61377-0](tel:089_61377-0)

Municipality of Oberschleißheim


 Freisinger Straße 15, 85764 Oberschleißheim

 www.oberschleissheim.de/

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

 [089 / 315613-0](tel:089_315613-0)

Municipality of Ottobrunn

 Rathausplatz 1, 85521 Ottobrunn


 www.ottobrunn.de/

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

 [089 / 60808-0](tel:089_60808-0)

P

Municipality of Planegg

 Pasinger Straße 8, 82152 Planegg

 www.planegg.de/

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

 [089 / 89926-0](tel:089_89926-0)

Municipality of Pullach im Isartal

📍 Johann-Bader-Straße 21, 82049 Pullach im Isartal

🌐 www.pullach.de/

@ info@pullach.de

☎ [089 / 744744-0](tel:0897447440)

Municipality of Putzbrunn

📍 Rathausstraße 1, 85640 Putzbrunn

🌐 www.putzbrunn.de/

@ info@putzbrunn.de

☎ [089 / 46262-0](tel:089462620)

S

Municipality of Sauerlach

📍 Bahnhofstraße 1, 82054 Sauerlach

🌐 www.sauerlach.de/

@ gemeinde.sauerlach@sauerlach.bayern.de

☎ [08104 / 6646-0](tel:0810466460)

Municipality of Schäftlarn

📍 Starnberger Straße 50, 82069 Hohenschäftlarn

🌐 www.schaeftlarn.de/

@Post@schaeftlarn.de

[☎08178 / 93030](tel:08178/93030)

Municipality of Straßlach-Dingharting

📍 Schulstraße 21, 82064 Straßlach

[🌐www.strasslach-dingharting.de/](https://www.strasslach-dingharting.de/)

@Rathaus@strasslach.de

[☎08170 / 9300-0](tel:08170/9300-0)

T

Municipality of Taufkirchen

📍 Köglweg 3, 82024 Taufkirchen bei München

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

@gemeinde@taufkirchen-mucl.de

[☎089 / 666722-0](tel:089/666722-0)

U

Municipality of Unterföhring


📍 Münchner Straße 70, 85774 Unterföhring

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

@info@unterfoehring.de

 [089 / 95081-0](tel:089_95081-0)

Municipality of Unterhaching


 Rathausplatz 7, 82008 Unterhaching

 www.unterhaching.de/

 Rathaus@unterhaching.de

 [089 / 66551-0](tel:089_66551-0)

Town of Unterschleißheim

 Rathausplatz 1, 85716 Unterschleißheim

 www.unterschleissheim.de/


 stadt@ush.bayern.de

 [089 / 31009-0](tel:089_31009-0)

Important offices

The Munich District Office (Landratsamt München)

The District of Munich is made up of 29 towns and communities belonging to the district. An authority has been set up to administer the district: the Munich District Office. The Munich District Office is only responsible for the communities and towns in the District of Munich, not for the City of Munich.

You can find an overview of all the offers and services of the Munich District Office on the website  www.landkreis-muenchen.de/

Feel free to get in touch if you need help, if you do not understand something or if you wish to submit your suggestions.

Munich District Office

📍 Mariahilfplatz 17, 81541 München

🌐 [Other locations of the Munich District Office](#)

☎ [089 / 6221-0](tel:089_6221-0)

@ www.landkreis-muenchen.de/kontakt/

🕒 Monday-Friday 8 a.m. to 12 p.m., Thursday also 2 p.m. to 5:30 p.m

Ideas, criticism and complaints

We want you to be satisfied with the service you receive from the District Office. If you are not satisfied, you can contact the staff as well as the supervisors of the respective specialised unit. You can find the contact person for your request via the 🌐 [business distribution plan](#).

The Residents' Service Centre (Bürgerservice) in the district administrator's office will also be happy to help and support you in clarifying your concerns:

District Administrator Residents' Service Office (Bürgerservice)

@ buergerservice@LRA-m.bayern.de

☎ [089 / 6221-1251](tel:089_6221-1251)

Immigration Authority (Ausländerbehörde)

The Immigration Authority is responsible for the immigration law and citizenship law. Please make an appointment before your visit. Answers to frequently asked questions can be found by following the link to the 🌐 [FAQ page](#) (available in 21 languages). **Immigration**

Authority of the Munich District

■ [Ludmillastraße 26, 81543 München](#)

■ [089/6221-1400](tel:089_6221-1400)





🕒 Please note that the staff of the Immigration Authority can be reached by phone exclusively from Monday to Wednesday, 1 pm to 3 pm.

■ auslaenderbehoerde@LRA-m.bayern.de

🌐 [Immigration Office of the Munich District](#) (in German)

These are some of the issues that the migration authorities deal with:

- 🌐 [Submitting a declaration of commitment for visitors requiring a visa,](#)
- 🌐 [Residence during and after the asylum procedure,](#)

-  [Residence of EU citizens](#),
-  [Residence of non-EU citizens](#),
-  [Application for a travel document for foreigners, refugees and stateless persons](#),
-  [Application for German citizenship](#).

Jobcenter of the Munich District Office

The Jobcenter is responsible for implementing the Second Book of the Social Code (for short: SGB 2). This includes basic financial support, also known as "Bürgergeld", and services for integration into the labour market. The Jobcenter therefore consists of 2 departments:

1. the "benefit" department for the "Bürgergeld" and
2. the "Case Management" department for placement in work, training and further education.

💡 The Jobcenter is not responsible for persons in the asylum procedure or persons with "Duldung". If this applies to you, please contact the social counselling service in your asylum accommodation.

Jobcenter - Munich District Office ■ [Mariahilfplatz 17, 81541 München](#) ■ [089 / 6221-4500](#) ■ Jobcenter@Lra-m.bayern.de ■ [Jobcenter Landkreis München](#) 📅 Monday to Friday from 8 am to 12 pm and Thursday from 2 pm to 5:30 pm. 💡 You can submit documents at any time by e-mail, by post or by dropping them in the central letterbox at Mariahilfplatz. Please do not hand in original documents, only copies.

Applicants' Centre with application service

At the Applicants' Centre, you can get free assistance if you receive or want to apply for Jobcenter benefits. The application service will help you fill out forms for the "Bürgergeld". The Applicants' Centre also helps you write applications, look for a job or prepare for interviews.

The service is available in German, English, Arabic, Ukrainian and Russian. If you speak another language, please let us know when you make your appointment: 📞 [089/6221-4549](tel:08962214549) or via @ bwc-lk-m@bfz.de.

Youth Welfare Office (Jugendamt)

What is the Youth Welfare Office? What are the tasks of the Youth Welfare Office? How can the youth welfare office help me?

You can find information on these questions here:

📖 [Handbook Germany: Youth Welfare Office](#) (available in 9 languages)

If you live in the district of Munich, this youth welfare office is responsible:

Jugendamt - Landkreis München

Referat 2.1 - Kinder, Jugend und Familie

📍 [Mariahilfplatz 17, 81541 München](#)




📞 [089/6221-0](tel:08962210)

@ kreisjugendamt@LRA-m.bayern.de


🌐 [District of Munich: District Youth Welfare Office](#) (in German)

📅 Monday to Friday: 8 am - 12 pm, Thursday: 2 pm - 5.30 pm

The Youth Welfare Office has many services for parents, children and young people. For example:


- Counselling and support for parents of babies and young children. You can find out more here:  [Early help "AndErl"](#)
- Help with finding childcare. Find out more here:  [Childcare in the district of Munich](#)
- Support for parents with parenting. You can find a counselling centre in the district of Munich here:  [Counselling centre for parents, children and young people](#)
- Help in emergency situations to protect children and young people.
- Financial support for single mothers or fathers whose partner is unable to pay maintenance. This support is called "maintenance advance".

Independent complaints office for children, young people and families

If you have problems or conflicts with the youth welfare office or a child and youth welfare provider, you can contact the ombudsman's office:  [Independent complaints office for children, young people and families](#)

Agentur für Arbeit München

Employment Agency (Agentur für Arbeit)



The Employment Agency offers persons with a legal  [access to the labour market](#) a contact point for questions about work, training and career.

The service is free.

Barrier-free access to buildings and premises as well as a disabled toilet are available.


Agentur für Arbeit München

■ [Kapuzinerstraße 26, 80337 Munich](#)

 Monday to Friday from 8am to 12pm. To avoid waiting times, please use the  [online appointment system](#). You can also get appointments outside the opening hours mentioned.

■ [089/5154-5555](#)

@ muenchen@arbeitsagentur.de


 [Employment Agency: Information for people coming from other countries](#) (available in German and English)

Girls and Women*

Women and men have the same rights in Germany:  [Equality between women and men](#)

Women can learn German, go to a doctor, learn an occupation and find work. They don't need the permission of their husband or other family members. Women can marry who they want and also get divorced or separate from their husbands if the relationship doesn't work out or if their partner is violent. They can live in a relationship with a man or a women or they can live alone.



Despite having the same rights, it can happen that women are disadvantaged in their job, everyday life or in the family. There are various advice centres for women. There you can find out about your rights and you get help so that you can lead an independent and equal life.

Further information on the topic of "Women's rights" can be found here:  [Handbook Germany: Women's Rights](#) (available in 9 languages)

Help in cases of violence and threat

Telephone helpline "violence against women"

Free and anonymous help and support by telephone, chat or email for women who have experienced or are still experiencing violence. Counselling is possible in 18 different languages and sign language.

 [Helpline "Violence against Women"](#)
 [116 016](#)

Interventionsstelle Landkreis München (Intervention Centre, in short: ILM)


The ILM centre offers help and support to women and children affected by domestic violence. Counselling is free, voluntary, confidential and, if you wish, anonymous. You can talk to the staff about your personal situation. The staff will help you to develop perspectives and advise you on personal protection and other measures.

For example, the intervention centre offers:


- Information on the Protection against Violence Act,
- support with the initiation of police measures,
- advice on securing your livelihood,
- arranging sheltered accommodation.


Landratsamt München

Interventionsstelle Landkreis München

 Chiemgaustraße 109, 81549 Munich

 interventionsstelle@LRA-m.bayern.de

 [089/6221-1221](tel:08962211221)


 Monday to Friday: 8 am to 12 pm


 [Intervention Centre District of Munich](#) (in German)

IMMA e. V. - Advice service for girls and young women till the age of 27

The IMMA advice centre helps girls and young women in all cases of violence.

IMMA e. V.

 Jahnstraße 38, 81379 Munich

 [089/2607531](tel:0892607531) (Monday and Tuesday: 2pm - 4pm, Wednesday: 2pm - 6pm, Thursday: 10am - 12pm)

@beratungsstelle@imma.de


[!\[\]\(c507f772dba2b921f86777f01218e570_img.jpg\) IMMA advice service](#)

Wüstenrose - Help in cases of forced marriage and / or FGM-C


We advise girls, boys, women and men who are affected or threatened by forced marriage or violence in the name of "honour". We also provide counselling for girls and women who are threatened or affected by FGM-C (female genital mutilation).

Our counselling can take place on the phone or in person.

The counselling is free of charge.

 We speak German, English, Somali, Swahili and Turkish. For all other languages, we can organise a person to translate for you.

IMMA e. V. - Wüstenrose

 Goethestraße 47, 80336 München

 [089/45216350](tel:08945216350) (Monday - Thursday 10am - 5pm)

@wuestenrose@imma.de

[!\[\]\(0d5ec72f61334709c3fc9450209b754f_img.jpg\) Wüstenrose Counselling Centre](#) (in German)

SOLWODI Munich - For women affected by gender-based violence

We provide counselling and support if you are experiencing gender-based violence. You have come to the right place, especially when it comes to human trafficking and sexual exploitation.


Other topics include forced marriage in your home country and female genital mutilation (FGM/C).


We will inform and advise you on your legal options. We help you to make decisions and accompany you on the way to a free, self-determined life without violence. We support you in dealing with the authorities. If you need a lawyer, we can put you in touch with one.

Our counselling is available in person, by telephone or by e-mail. Our counselling is anonymous.

The service is free of charge.

SOLWODI Munich

 Dachauer Street 50, 80335 Munich

 [089/27275859](tel:08927275859) (Monday, Tuesday, Thursday, Friday: 10 am - 3 pm)

@Muenchen@solwodi.de

[!\[\]\(4c9516d2c24d0d513bc9f84c2e013d65_img.jpg\) SOLWODI Munich](#)

JADWIGA - Help in cases of human trafficking (forced prostitution, forced begging, labour exploitation) or forced marriage

We support women

- who are forced to work as prostitutes.
- who are forced to steal, sell drugs or cheat.
- who are not paid for their work.

- who are forced to beg.
- who are forced to marry.
- who are affected by illegal adoption.
- who are forced into surrogacy.

We provide counselling and help in a crisis situation. It is also possible to find sheltered accommodation or to help you if you want to return to your home country.

We can also come to you. We can also visit you in prison.

☎ Albanian, Arabic, Bulgarian, English, Romanian, Hungarian, French and Ukrainian

JADWIGA

📍 Schwanthalerstr. 79, 80336 München

☎ [089/38534455](tel:08938534455)

🕒 9h - 15h

@ muenchen@jadwiga-online.de

🌐 [JADWIGA online](#)

Wildwasser München - Counselling and trauma therapy for women

"Wildwasser Munich is a counselling centre to support women after sexual violence and to protect women and girls from sexual violence. Only women work here.

We can help you on the phone, by email or when you come to see us.

You don't have to tell us your name and you don't have to tell us about the terrible things that have happened to you.

You can come to a counselling session if you are aged 17 or over and if you have experienced violence as a child or young person.

We will support you to help you recover.

The staff will work with you to find out what can help you, for example:

- Help with applying for financial support,
- participation in trauma therapy at Wildwasser München, if there is a place available,
- support in making a criminal complaint or if a criminal complaint has already been made.

Interpreters are available if needed.

Barrier-free access to the building and grounds and a disabled toilet are available.

There is no charge for this service.

Please make an appointment.

Wildwasser München e. V. - specialised centre for prevention and intervention in cases of sexualised violence against women and girls

📍 Thomas-Wimmer-Ring 9, 80539 Munich

☎ [089/60039331](tel:08960039331)

@ beratung@wildwasser-muenchen.de

🌐 [Wildwasser München](#) (in German)

Programmes for women* and girls

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

📍 [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

📍 [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

📍 [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:  [luno 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

Bellevue di Monaco

 Kelleratelier, Müllerstraße 2-6, 80469 München

 Every Wednesday, 4 to 6 pm

 [Sewing Workshop Bellevue di Monaco](#)

LGBTQIA+

LGBTQIA+ Rights


In Germany, everyone is free to live their sexual and gender identity. If you do not identify as either 'male' or 'female', you can declare 'diverse' or 'unspecified' as your gender.

Transgender people are allowed to seek medical treatment, for example to change their sex.

The law protects lesbian, gay, bisexual, transgender, transsexual, intersex and all other queer people. They can live together and marry. They cannot be discriminated against.

Find out more here:  [Handbook Germany: LGBTQIA+ Rights in Germany](#) (available in 9 languages)

What can I do if I experience discrimination?

If you have experienced violence or discrimination, you can find support, information and advice here:  [Strong! LGBTIQ* Centre against Discrimination and Violence](#)

Advice and help for LGBTQIA+

LGBTI* - Counselling and help

Counselling centre for lesbians and bisexual women LeTRa

We provide counselling for lesbian women, bisexual women, women coming out, lesbian couples, parents, relatives and friends of lesbian women:

- We are there for you and help you with difficulties in everyday life.

- Our lesbian / bisexual counsellors offer individual and couples counselling.
- The counselling sessions can take place once or in a series of meetings.
- We also offer counselling by telephone or email.
- Counselling takes place in a protected atmosphere and is anonymous. We do not tell anyone what we have talked about.
- Everyone is welcome, no matter what cultural background you have or where you come from. Trans lesbians and all transgender and intersex people as well as lesbians with disabilities and mental illnesses are also welcome.

🗣️ English, French and German. If you let us know in advance, we can also organise a translator for all other languages.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge, but we are happy to receive your donation.

LeTRa Lesbenberatung
Blumenstraße 29 (Entrance in the inner courtyard)
80331 München

☎️ [089/72542](tel:08972542)

✉️ info@letra.de

🌐 www.letra.de

Please make an appointment:

📅 On Monday from 14:30 to 17:00 and on Wednesday from 14:30 to 17:00

LeTRa also offers "" [counselling for lesbian and bisexual women who have fled](#).

Gay Communication and Cultural Centre e. V. (Sub)

Non-profit organisation to promote the identity of gay men in all situations. Over 20 offers for

- counselling
- leisure activities
- Intercultural
- language courses
- Self-help groups
- Information on HIV/Aids.

Who for: Gay, bisexual, queer men, both cis* and trans* of all ages. All people are welcome. There are no specific offers for heterosexual people.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge.

Sub – Schwules Kommunikations- und Kulturzentrum e. V.
Müllerstraße 14b (rear building)
80469 München

☎ [089/85634640](tel:089/85634640)

@ info@subonline.org

🌐 www.subonline.org

🕒 From Sunday to Thursday from 19:00 to 23:00, on Friday from 19:00 to 24:00, on Saturday from 19:00 to 24:00

The Sub [also](#) offers "" [psychosocial counselling specifically for gay and bisexual men with a refugee background](#).

Trans*Inter*Counselling centre

Counselling for trans* and inter* people and their relatives; further training, specialist counselling and public relations work in the field of trans* and inter*.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The service is free of charge.

Trans*Inter*Beratungsstelle

Lindwurmstraße 71

80337 München

☎ [089/54333130](tel:089/54333130)

@ info@trans-inter-beratungsstelle.de

🌐 www.trans-inter-beratungsstelle.de

🕒 on Monday and Thursday from 13:00 to 15:00 and by appointment

LGBTIQ* counselling - Diversity Munich

We are happy to advise you on all topics relating to LGBTIQ*. Participation in our counselling service is anonymous.

Who for: Parents, teenagers and young adults, as well as teachers and professionals.

■ [Find out more](#)

Some activities cost money.

Please make an appointment.

diversity Münche

Blumenstraße 11

80331 München

☎ [089/55266986](tel:089/55266986)

@ beratung@diversity-muenchen.de

This text contains information on the following search terms:

bisexual, youth group, leisure group, non-binary, non-binary, transgender, intersex, homosexual, queer, international, transgender, gender, culture, politics, identity, flight, refugees, rainbow, LGBT

"diversity" for young people up to the age of 27

"diversity Munich" is a self-managed youth organisation. There is the diversity Youth Centre and the diversity Café. The diversity Café welcomes all young LGBTQIA+ people and their friends. You can meet new people and chat over drinks and snacks. The café is open every Wednesday from 7 pm to around midnight and every Tuesday, Thursday and Sunday from 3 pm to 7 pm.

Who for: For young LGBTQIA+ people up to the age of 27.

diversity München e. V.

📍 Blumenstraße 11, 80331 Munich

☎ [089/55266986](tel:08955266986)

@ info@diversity-muenchen.de

🌐 [Diversity München](#)

This text contains information on the following search terms:

Lgbt, trans, bisexual, gay, lesbian, queer, non-binary, cafe, leisure time

"rosa" for seniors

Advice for lesbian, gay, trans*identity and inter*sexual seniors on social, socio-legal and psycho-social issues. Referrals to voluntary helpers. Networking in the context of individual counselling, development of an individual care network. Networking with the LGBTI* organisations, associations and groups as well as with the conventional care for seniors. Advanced training on the issues of LGBTI* and aging.

The service is free of cost.

Please make an appointment.

☎ [089/54333114](tel:08954333114) or [089/54333120](tel:08954333120)

@ info@rosa-alter.de

📅 Monday 10 am till 1 pm, Wednesday 1 pm till 5 pm and by appointment

🌐 [Rosa Alter](#) (in German)

This text contains information about the following search terms: Seniors, older persons, LSBTI*, 50+

Culture, leisure, sport: Programmes for LGBTQIA+

🌐 [refugees@diversity - Buddy-Programm](#)

🌐 [JUNGS - leisure group for gay and bisexual boys](#)

🌐 [JuLes - leisure group for lesbian and bisexual women](#)

🌐 [FrienTS - leisure group for young trans* people](#)

🌐 [enBees - leisure group for young non-binary people](#)


 [diversityCafé](#)

 [Bi.Youself - leisure group for young bisexual people](#)

 [youngsters - leisure group for boys](#)

 [WILMA - leisure group for lesbian and bisexual women](#)

 [DINOs - leisure group for all LGBTIQ*](#)

 [forum homosexualität münchen e. V. - lesbians and gays in history and culture](#)

 [Munich Kyiv Queer](#)

Boys and men*

Counselling service for Men "MILK" (Anti-violence Coaching)

Do you sometimes get loud or aggressive?

Are you quick to react aggressively by hitting or throwing things at your partner?

Do you often belittle your partner or are you prone to verbal harassment?

Do you check your partner's personal contacts, such as text messages, emails or whereabouts?

Do you put pressure on your partner, for example with money?

Would you like to change the situation?

Then get in touch with MILK!

MILK offers counselling by a violence counsellor to men who have used or threatened to use physical, psychological or sexual violence against a former or current partner. The counselling is free and confidential.


Appointments by prior arrangement.

Men's counselling in the Landkreis München (MILK)

 Frankenthaler Strasse 2, 81539 Munich

 [089/6221-1586](tel:08962211586)




 [@maennerberatung.lkr.muc@bruecke-erding.de](mailto:maennerberatung.lkr.muc@bruecke-erding.de)

 [MILK counselling for men](#) (in German)

Living with Disability

Almost 40,000 people with a disability live in the district of Munich. For this reason, there are support services in the district to promote and improve the self-determined lifestyle of people with disabilities.

General information about the rights and support options for people with disabilities can be found here:


- Handbook Germany:  [Living with Disability](#) (available in 9 languages)
- Zentrum Bayern Familie und Soziales:  [Wegweiser für Menschen mit Behinderung](#) (easy German)
- Office for the Equal Treatment of EU-worker:  [Overview of the various services for people with disabilities](#) (available in 11 languages)

Representative for people with special needs

The representatives for people with special needs are the contact persons in the Landkreis München for people with disabilities and their close ones. They help to promote and improve the integration and self-determined lifestyle of people with special needs.

Landratsamt München

Sozialplanung für Senioren und Inklusion

 Joseph-Wild-Straße 20, 81829 München

 @Behindertenbeauftragte@Lra-m.bayern.de


 [Beauftragte für Menschen mit Behinderung](#) (auf Deutsch)

Counselling services for people with disabilities or chronic illnesses

"EUTB": Independent counselling for people with disabilities or chronic illnesses

EUTB counselling service is for people with disabilities or chronic illnesses. The offer is free of charge. Questions for counselling can be, for example:

- Where and how do I get medical and therapeutic aids?
- Who pays for aids such as a wheelchair or hearing aid?
- Which school or kindergarten can my disabled child attend?
- My child or I need disability-related support (assistance), for example for care or to be able to attend kindergarten or school, where do I get this support?
- What training or profession can I or my child learn or pursue in Germany despite his or her disability? What assistance is available?
- What care options are there at home or in a special institution and who pays for it?
- I need technical or personal assistance to work with my disability. Where can I get these?

You can find an advice centre near you on this page:  [EUTB Counselling Services](#)

Social counselling for people with hearing impairment

The counselling service is free of charge. It provides support on a range of topics, including:

- Support with filling out forms;
- Help with social law issues;

- Clarification of cost coverage for sign language interpreters, communication aids, and other assistive technology;
- Counselling on dealing with one's own hearing impairment for those affected, their relatives, and other interested parties.

🗣️ German, Ukrainian and Russian + sign language in German and Ukrainian.

Please make an appointment.

Gehörlosenverband München und Umland ("Deaf Association Munich and surrounding area")

☎️ +49 (0) 8999269833

☎️ +49 (0) 1751884179

✉️ @oba-sd@gmu.de

🗣️ [Counselling for deaf people](#) (in German)

🗣️ [Counselling for deaf people](#) (in Ukrainian)

AbilityAid

AbilityAid

We provide counselling for people with a history of flight with a disability or chronic illness. Counselling takes place by telephone or in our office. We also offer computer courses (e.g. Word, Excel, Internet) and German practice courses.

Who for: People with disabilities or chronic illnesses and their relatives.

The programme is free of charge.

🗣️ Support from interpreters is possible.

Children can be brought along.

Please make an appointment for counselling.

🕒 From Monday to Friday from 09:00 to 17:00

There is barrier-free access to the building and the rooms.

AbilityAid

📍 [Ringseisstr. 11 a, 80337 München](#)

✉️ @ability@arrivalaid.org

☎️ [+49 \(0\) 8959998823](tel:+49(0)8959998823)

🗣️ <https://arrivalaid.org/abilityaid/#beratung-kurse>

This text contains information on the following search terms:
Practice courses, Conversation courses

Apply for a disabled person's card

These are intended to partially compensate for disadvantages caused by the disability.

People with a degree of disability (abbreviated to GdB) of 50 or more can apply for a **severely disabled person's card** ("Schwerbehindertenausweis").




People with a GdB of less than 50 do not get a card. If your GdB is less than 50, you may still get help. In this case, you should contact an advice centre.

💡 You can apply for a disabled person's card regardless of your residence status. This means that you can get one even if you are still in the asylum procedure or have a "Duldung".

How do I get a disabled person's card?

You must apply for the card at the responsible office ("Versorgungsamt"). It is helpful if you enclose as many recent and informative medical certificates as possible.

You can submit the application online or by post:

-  [Online application for severe disability](#)
-  [Application for severe disability to print out](#)
- You can also obtain the application from the  [town hall in your place of residence](#).

Zentrum Bayern Familie und Soziales

📍 Bayerstraße 32, 80335 Munich



☎ [+49 \(0\) 89189661700](tel:+49089189661700)

🕒 Monday to Friday: 8 am to 12 pm

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

🌐 [Zentrum Bayern Familie und Soziales](#) (available in German)

Who can help me with the application?

-  [Counselling services for migrants](#)
- Counselling centres specifically for people with disabilities can be found here:  [Living with Disability](#)

Integration Assistance: Process Guides

What does integration assistance mean?

Some people with disabilities need help to do everyday things: For example, working, going to school, doing sport, going to the cinema or meeting up with friends. The purpose of integration assistance ("Eingliederungshilfe") is to make sure that people with disabilities get this help and can lead a self-determined life.

Integration assistance benefits are divided into four areas:

- **Benefits for social participation.** This includes benefits for housing, personal assistance, mobility and leisure.

- **Benefits for participation in education.** This means, for example, school or reading assistance.
- **Services for participation in working life.** This means, for example, assistance at the workplace.
- **Medical rehabilitation services.** This includes early intervention, psychotherapy, medication, bandages.

Process Guides (Verfahrenslotsen)

Guidance workers are people who advise on integration assistance. They support children and young people (up to the age of 27) who have a physical, mental or psychological disability or who are at risk of developing one. They also support their parents or the adults who are responsible for them.

Process guides provide independent advice in the interests of those entitled to benefits.

Process guides help with all questions related to integration assistance:

- They explain what help is available and how to get it.
- They help with filling in forms or writing applications.
- They put you in touch with the right organisations or persons.
- On request, they will accompany you to meetings with authorities and organisations.

Counselling is free of charge and confidential.

You can find more information here:  [Verfahrenslotsen](#) (in German)

Verfahrenslotsin Landkreis München

 Frau Iris Hille-Lüke

 [089/6221-5065](tel:08962215065)


 Hillel@lra-m.bayern.de

 [Verfahrenslotsin Landkreis München](#)

Search for relatives and family reunion

Search for missing persons

Have you lost contact with a family member as a result of an armed conflict, a disaster or a major damaging event? The Tracing Service of the German Red Cross helps with tracing requests from refugees and migrants who have lost contact with their relatives. The International Committee of the Red Cross and the tracing services of other Red Cross and Red Crescent Societies are also consulted in the search.

On  www.tracetheface.org you can find photos of people who are also looking for their loved ones. Your picture can also be published there if you wish.

Family reunion

If you wish to have your family reunited in Germany after the international search, the Tracing Service will advise you on the legal requirements and support you in the visa procedure.

Tracing Service of the Bavarian Red Cross - Munich District Association

📍 Thalkirchnerstr. 106, 80337 München

☎ [089 / 890 83 60 14](tel:089890836014)

🌐 [Contact of Tracing Service](#)