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## Ukraine

### Information on the war in Ukraine

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

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

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

If you come from Ukraine, you do not need a visa to come to Germany until **4 December 2025**. From the day you enter the country, you can stay here for up to 90 days without a special permit. You can even stay in Germany without a special residence permit until **4 March 2026**.

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

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).
2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.
3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

### Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2025?

Your residence permit will be automatically extended and will then be valid until 4 March 2026. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

### What happens when you arrive in Germany?

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

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.

- Finally, you apply for a permit so that you can stay in Germany for longer.

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

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

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

## **Should people from Ukraine apply for asylum?**

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

Registration upon entry does not constitute an application for asylum. An application for asylum must be submitted to the responsible branch office of the Federal Office for Migration and Refugees in order for an asylum procedure to be carried out.

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


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

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](#)

## Embassy of Ukraine in Berlin

 [+493028887128](tel:+493028887128)

 [Albrechtstraße 26, 10117 Berlin](#)

## Welcome

### Welcome to the district of Vechta

#### Interesting facts about the district of Vechta

The district of Vechta is located in the Oldenburger Münsterland region of Lower Saxony. It is approximately 60 kilometres long from north to south and 20 kilometres wide from east to west. Vechta lies between the cities of Bremen and Oldenburg on the one hand and the city of Osnabrück on the other.

Vechta is a special district. It was the first district to be founded in 1945, after the end of the Third Reich in Germany. In the 1970s, many districts in Germany were reorganised or dissolved. However, the people of Vechta fought for their district to remain. They defended their district for nine years. With success.

Today, the district of Vechta is known for its good financial situation. There is good co-operation between the companies and the local authorities. Another feature is its strong agricultural sector.


#### Towns and municipalities - District of Vechta

The following ten rural and urban communities belong to the district of Vechta. Here is a brief description of each place and how to reach the administration. For more information you can visit the websites of the individual towns.


##### **Bakum**


The municipality is characterised by its scenic diversity. Magnificent estates are reminders of the long farming, aristocratic and ecclesiastical history. A modern infrastructure with a business park on the A1 motorway also characterises the image of the municipality. Bakum is well worth a visit. The municipality has been honoured several times in the "Our village should be more beautiful" competition.

##### **Municipality of Bakum**

 [Kirchstr. 3, 49456 Bakum](#)

 [Bakum website](#)

 [+49 \(0\) 4446890](tel:+49(0)4446890)


 04446/8933

##### **Damme**


Damme is characterised by its high quality of life. The economic development is excellent. Companies from the metal, wood, plastics and agricultural machinery industries can be found here. Trade and services are also flourishing. Lake Dümmer and the Damme mountains

provide a high residential and recreational value.

### **Town of Damme**

 [Mühlenstr. 18, 49401 Damme](#)


 [Website Damme](#)

 [+49 \(0\) 54916620](#)


### **Dinklage**


Dinklage is one of the oldest communities in the region. The town was mentioned as early as 1231 as "Thinclage". The town's most famous son is Cardinal Clemens-August Graf von Galen (1878-1946), also known as the "Lion of Münster". Today, the town is an excellent business location. It has excellent transport connections. It is also home to an important moated castle.

### **Town of Dinklage**

 [Am Markt 1, 49413 Dinklage](#)

 [Dinklage website](#)

 [+49 \(0\) 44438990](#)

 04443/899250


### **Goldenstedt**


Goldenstedt is a popular holiday resort. It is located in the "Wildeshauser Geest" nature park and has the "Hartensbergsee" recreation park. There are numerous places of interest here. Examples are the Arkeburg castle and the "Goldenstedter Moor". They not only offer the locals a high residential and recreational factor. The municipality is also an attractive business location.

### **Municipality of Goldenstedt**

 [Hauptstr. 39, 49424 Goldenstedt](#)

 [Website Goldenstedt](#)


 [+49 \(0\) 444420090](#)

 04444/200977


### **Holdorf**


The village is charmingly situated on the northern slope of the Damme mountains. It is located in the "Dümmer" nature park. There are many leisure activities. These include swimming, surfing and fishing at the Heidesee lake. Tennis and horse riding are also possible. The town is also an impressive business location. It has good transport connections. In addition, the commercial areas are fully developed.

### **Municipality of Holdorf**

 [Große Str. 19, 49451 Holdorf](#)

 [Website Holdorf](#)

 [+49 \(0\) 54949850](#)


 05494/98599

### **Lohne**


Lohne is known as a medium-sized centre and main town. It is the second largest town in the district. The town has a business-orientated infrastructure. It offers optimal transport connections. Lohne has a wide range of schools and educational facilities. There are various


medical and social facilities. The town is also known for its excellent industrial infrastructure. It has a strong economy. The cultural and urban offerings in Lohne are also impressive.

### **City of Lohne**

 [Vogtstr. 26, 49393 Lohne](#)

 [Lohne website](#)


 [+49 \(0\) 44428860](#)

 04442/886245


### **Neuenkirchen-Vörden**


The town is fresh and friendly for families. It is open to people from all over the world and offers many opportunities for leisure activities and culture. There are also many specialised clinics. The town is conveniently located for transport and has good facilities for people's needs. It is therefore also a good place to do business.

### **Community of Neuenkirchen-Vörden**

 [Küsterstr. 4, 49434 Neuenkirchen-Vörden](#)

 [Website Neuenkirchen-Vörden](#)


 [+49 \(0\) 549398710](#)

 05493/987199


### **Steinfeld**


The town is easily accessible from the B 214 road and the A1 motorway. It is known worldwide as an important centre for show jumpers. The area has many forests, meadows, small lakes and streams. Many companies have also settled there. The town is easy to reach. It has good transport connections.

### **Municipality of Steinfeld**

 [Am Rathausplatz 13, 49439 Steinfeld](#)

 [Website Steinfeld](#)


 [+49 \(0\) 5492860](#)

 05492/8637

### **Vechta**


The town of Vechta has more than 31,000 people living there. It has very good facilities for business and transport. That is why it is the most important economic centre in its region. Vechta is one of the largest locations in the oil and gas service sector in Germany. Vechta is a university town with an excellent educational programme. The cost of living is comparatively low. This makes Vechta a family-friendly location with a high quality of life.

### **City of Vechta**

 [Burgstr. 6, 49377 Vechta](#)

 [Vechta website](#)

 [+49 \(0\) 44418860](#)

 04441/886199

### **Visbek**

The town has developed into a modern business location thanks to ideal location factors. These factors include a convenient location on the A1 and B69 motorways. The extremely low





trade tax rates also play a role. At the same time, the municipality located in the "Wildeshauser Geest" nature park offers a high level of living comfort. It also has a varied cultural and leisure programme. These include the largest megalithic tombs in northern Germany.

### **Municipality of Visbek**

 [Goldenstedter Str. 1, 49429 Visbek](#)

 [Visbek website](#)


 [+49 \(0\) 444589000](#)


 04445/890077

## **Living together in Germany**

### **The Basic Law**

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

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

 How the German constitutional state works is vividly illustrated in this film vividly in this film: [German](#), [Dari](#), [Arabic](#), [English](#), [French](#), [Pashto](#), [Urdu](#).

### **Universal Declaration of Human Rights**

Human rights are important rights that always apply to all people all over the world. Human rights are rights that every person has by virtue of being human. They protect the dignity of every human being. They apply equally to all people. No distinction is made between people on the basis of

- skin colour
- gender
- language
- religion
- political or other views
- national or social origin
- property
- birth
- other status

This is stated in Article 2 of the Universal Declaration of Human Rights. This was published by the United Nations on 10 December 1948.

There are 30 rights. The most important are:

- All human beings are of equal value.

- Everyone is entitled to their own opinion.
- Everyone has the right to peace and security.

## Children's rights

Children need special protection and therefore also special rights. The individual rights of children are set out in the Convention on the Rights of the Child. It was adopted by the UN General Assembly in 1989 and subsequently ratified by 196 states. The UN Convention on the Rights of the Child comprises a total of 54 articles.

📄 The 10 most important children's rights are clearly explained here: [German/Arabic](#) and [German/Persian](#).

## About Integreat

Integreat is a guide that supports you in your everyday life. You will find important addresses, contact persons as well as tips and tricks that can help you find your way around.

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

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

## Sharing information

You can download and share important information, for example, as a PDF in the web app. In the mobile app, you can share interesting content directly, for example via WhatsApp, Facebook or email.

## Latest news

With the Integreat smartphone app you can also receive push notifications. You can agree to receive them in the app's settings. Important or short-term information is sent to you via push notifications.

## Feedback

You can contribute to the development of the Integreat app in your municipality. You can give feedback using the smiley icons. This feedback ends up with the people who create the content. You can praise or criticise. If you have ideas or criticism, write down as many details as possible.

## Read aloud function

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

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

## Advice and help

### Migration advice centres for adult immigrants (aged 27 and over)

Arriving in a new country is not easy. Language, housing, work and culture: all these issues are important for your future life in Germany. Are you or your family new to Germany? Are you over 27 years old? Then you can seek advice from organisations. To do so, you must be authorised to live in Germany. You need a residence permit. Counselling is free of charge. Help, support, information and clarification are available on the following topics:

- Where can I learn German?
- How do I apply for a German course?
- How do I find a flat?
- Where can I apply for financial aid?
- Who can help me find a job?
- Can my degree be recognised in Germany?
- Which doctor can I go to?
- Who will help me during my pregnancy?
- How can my family also come to Germany?
- If necessary, accompaniment to offices and authorities by volunteers
- Information on migration and integration measures

Counselling is available in German and many other languages. It is free of charge. And support is provided regardless of your origin, religion or nationality.

👤 There is a separate counselling service for teenagers and young adults between the ages of 12 and 27: [Youth Migration Services](#)

👤 The [asylum counselling](#) service primarily supports you in local shared accommodation.

Caritas-Sozialwerk St. Elisabeth Migration Counselling (MBE)

📍 [Neuer Markt 30, 49377 Vechta](#)

☎ [+49 \(0\) 44418707628](#)

📄 04441/8707610

✉ [@athemann@caritas-sozialwerk.de](mailto:@athemann@caritas-sozialwerk.de)

### Youth migration services

The Youth Migration Services (JMD) support young immigrants between the ages of 12 and 27. They help you to settle in Germany as quickly as possible and support you with the following topics:

- Questions about general orientation
- School, training, career
- Personal questions
- Support in dealing with authorities


- Financial and legal issues

The aims of the JMDs:

- Improve opportunities for integration (linguistically, socially, at school and at work)
- Promote justice and participation
- Promote fair treatment of each other and strength in dealing with discrimination
- Promote participation in all areas of social, cultural and political life

Do you have a child between the ages of 12 and 27? Then you can also contact a JMD with questions about your children's education.

### **Caritas-Sozialwerk St. Elisabeth Youth Migration Service (JMD)**

 [Kirchplatz 18, 49401 Damme](#)

 [Website](#)

Petra Sieve

 [+49 \(0\) 549190555527](tel:+490549190555527)

 [+49 \(0\) 15208995385](tel:+49015208995385)

[@sieve@caritas-sozialwerk.de](mailto:sieve@caritas-sozialwerk.de)

Svenja Winkelmann

 [+49 \(0\) 549190555526](tel:+490549190555526)

[@winkelmann@caritas-sozialwerk.de](mailto:winkelmann@caritas-sozialwerk.de)

Appointments by appointment at the office in Damme, Lohne or Vechta. Home visits are possible throughout the district.

### **Central return counselling**

You have submitted an application for asylum to the Office for Migration and Refugees (BAMF)? The BAMF has not yet decided on your application for asylum? Would you like to return to your home country now? Do you still have **questions**?

- How do I get my passport back?
- Where can I get money for the return journey?

The Central Return Counselling Service (ZRB) can help you. It will advise you. You will find out how to return to your home country. The counselling is open-ended. You can therefore decide for yourself after the counselling. Do you want to leave voluntarily or stay on?

### **When can you contact ZRB?**

- If you are seeking asylum in Germany and would like to find out about returning to your home country voluntarily.
- If you know or look after someone who is interested in voluntary return.
- If you know or look after someone who is obliged to leave the country.

You must make an appointment. You can discuss your situation at the appointment. You will receive information about your options at the appointment. You can then make a decision.

## State counselling centres:

State Reception Centre of Lower Saxony (LAB NI)

### Osnabrück location

☎ [+49 \(0\) 541668880](tel:+49(0)541668880)

@[rueckkehr-os@lab.niedersachsen.de](mailto:rueckkehr-os@lab.niedersachsen.de)

### Location Braunschweig

☎ [+49 \(0\) 53161843380](tel:+49(0)53161843380)

@[rueckkehr-bs@lab.niedersachsen.de](mailto:rueckkehr-bs@lab.niedersachsen.de)

## Non-governmental return counselling centres:

Raphaelswerk - Counselling in Hanover

📍 [Vordere Schöneworth 10, 30167 Hannover](#)

☎ [+49 \(0\) 51170052060](tel:+49(0)51170052060)

@[hannover@raphaelswerk.net](mailto:hannover@raphaelswerk.net)

🌐 [Website](#)

AWO District Association Hildesheim-Alfeld (Leine) e.V.

📍 [Osterstr. 39 A, 31134 Hildesheim](#)

☎ [+49 \(0\) 5121179000](tel:+49(0)5121179000)

@[info@awo-hi.de](mailto:info@awo-hi.de)

🌐 [Website](#)

Caritas - Association for the district of Emsland

📍 [Kuhstr. 42, 49716 Meppen](#)

☎ [+49 \(0\) 593198420](tel:+49(0)593198420)



0593198305

Caritas - Association for the district of Emsland

📍 [Am Markt 9, 49751 Sögel](#)

☎ [+49 \(0\) 595293700](tel:+49(0)595293700)



05952937030

🌐 [Website](#)

SKM Meppen e.V.

📍 [Kolpingstr. 4, 49716 Meppen](#)

☎ [+49 \(0\) 593193110](tel:+49(0)593193110)




05931931118

@[info@skm-meppen.de](mailto:info@skm-meppen.de)

 [Website](#)

DRK District Association Leer e.V.

 [Am Nüttermoorer Sieltief 9, 26789 Leer](#)

 [+49 \(0\) 491929230](tel:+49(0)491929230)




04919292350

@[infos@drk-leer.de](mailto:infos@drk-leer.de)

 [Website](#)

Migration Centre for the City and District of Göttingen


 [Neustadt 18, 37073 Göttingen](#)

 [+49 \(0\) 55138905150](tel:+49(0)55138905150)

@[igratio.nszentrum.goettingen@evlka.de](mailto:igratio.nszentrum.goettingen@evlka.de)

 [Website](#)

Integrationslotsen im Landkreis Cloppenburg e.V.

 [Auf dem Hook 11, 49661 Cloppenburg](#)

 [+49 \(0\) 44718820936](tel:+49(0)44718820936)





044718820934

@[Verein-clp@integrationslotsen.com](mailto:Verein-clp@integrationslotsen.com)

 [Website](#)

Caritas - Association for the district of Peine e.V.

 [Am Amthof 3, 31224 Peine](#)

 [+49 \(0\) 5171700376](tel:+49(0)5171700376)




05171700344

@[sander@caritaspeine.de](mailto:sander@caritaspeine.de)

 [Website](#)

Caritas - Association for Bremen-North, Bremerhaven and the districts of Cuxhaven and Osterholz e.V.

 [Kirchenpauerstr. 15, 27472 Cuxhaven](#)

 [+49 \(0\) 4721690280](tel:+49(0)4721690280)




047216902829

 [Website](#)

AWO District Association Stade e.V.

 [Near the island 11, 21680 Stade](#)


 [+49 \(0\) 414153440](#)



04141534421

 [Website](#)

AWO District Association Harburg-Land e.V.

 [Mozartstr. 10, 21423 Winsen/Luhe](#)


 [+49 \(0\) 41717694947](#)



041717694943

Protestant welfare organisation Diakonisches Werk Graftschaft Bentheim gGmbH

 [NINO-Allee 4, 48529 Nordhorn](#)

 [+49 \(0\) 59218111179](#)

 [@kgoedecke@diakonie-graftschaft.de](mailto:kgoedecke@diakonie-graftschaft.de)

 [Website](#)

## Online counselling

### mbeon - Multilingual counselling in the chat

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

Finding information online and getting advice via chat is very easy with mbeon.

mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours and help with all questions and problems that life in the new environment entails. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career, health, learning German, housing, family and residence. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

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

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.

- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

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

 [mbeon in the Google Play Store](#)

 [mbeon in the AppStore](#)

Further information is available on the [multilingual website](#) and the [Facebook page](#).

## Important offices

### Equal Opportunities Officer

The Basic Law says that men and women are equal. But it takes a long time for that to really be the case. You have to think differently about it. There is an equal opportunities officer in the district. She is working on it.

Goals and tasks of her work:

- Equal opportunities for all genders in the family, at work and in society
- Reduce and prevent gender-based discrimination
- Reduce structural disadvantages for women


She cannot achieve these goals alone. That is why it provides information on the subject and works with the public. It also organises projects and participates in certain groups. She is the interface between administration, politics and the public. It is the point of contact for all citizens of the district. Groups, clubs, associations, organisations and institutions can also contact her.

Focal points are the topics

- Education and work,
- compatibility and care work,
- role models and diversity,
- positions of power and decision-making,
- safety and health

Do you have any problems, requests or suggestions? Please get in [touch](#).

Mrs Brokamp  
Equal Opportunities Officer

 [+49 \(0\) 44418981025](tel:+49(0)44418981025)  
[@1025@landkreis-vechta.de](mailto:1025@landkreis-vechta.de)

### Family offices




A [family office](#) has been set up in every municipality and in the district of Vechta. This means that there is always someone nearby who you can ask if you need help.

Every family office is a central point of contact. You can ask for help here. This can involve all family and social matters.


## Your contact points


Bakum Family Office

 [Kirchstraße 2, 49456 Bakum](#)


 [+49 \(0\) 44468925](#)


Damme Family Office

 [Mühlenstraße 18, 49401 Damme](#)

 [+49 \(0\) 549166223](#)

Family office Dinklage

 [Rombergstraße 10, 49413 Dinklage](#)

 [+49 \(0\) 4443899520](#)


Family office Goldenstedt

 [Brunkhorststr. 16d, 49424 Goldenstedt](#)

 [+49 \(0\) 4444204300](#)

Family Office Holdorf

 [Große Str. 22, 49451 Holdorf](#)

 [+49 \(0\) 549498518](#)

Family office Lohne

 [Vogtstraße 26, 49393 Lohne](#)


 [+49 \(0\) 44428865101](#)


Neuenkirchen-Vörden Family Office

 [Küsterstr. 4, 49434 Neuenkirchen-Vörden](#)


 [+49 \(0\) 5493987150](#)


Family office Steinfeld

 [Am Rathausplatz 13, 49439 Steinfeld](#)


 [+49 \(0\) 54928613](#)

Vechta Family Office

 [Burgstraße 6, 49377 Vechta](#)

 [+49 \(0\) 4441886513](#)

Family Office Visbek

 [Bremer Tor 6, 49429 Visbek](#)

 [+49 \(0\) 4445950521](#)

## Coordination centre for women and business

The Women & Business Coordination Centre supports employees on parental leave and women returning to work. It is a publicly funded organisation. It is located in Oldenburger Münsterland. Would you like to return to work? The centre will advise you. You can also qualify for certain courses. Please also get in touch if you would like to reorient yourself

professionally.

## Contact

Office for Economic Promotion and District Development

 Nancy Menke

 [+49 \(0\) 44418982621](tel:+49(0)44418982621)

 [@menke@koordinierungsstellenom.de](mailto:menke@koordinierungsstellenom.de)

 [Website](#)

## Health department

### Health region

In May 2015, the Ministry decided that the district of Vechta is a special region for health.

More and more people are getting older. This means more work for healthcare providers. The population in Vechta is also getting older and more diverse. Vechta must therefore prepare itself for new tasks.

In order to cope with these tasks, Vechta is now being developed into a special healthcare region. This means that there is money to improve the local organisation. For example, by organising meetings on the subject of health. The establishment of groups that take care of specific tasks. And supporting new ideas on how to better promote the health of the people there. The aim is for everyone in the region to have suitable health services nearby. These services should fit in with local conditions.


Vechta has an important role in this plan to organise and bring everything together. In June 2015, an office was set up at the health authority in Vechta to help coordinate everything.

### Contact:

Coordination centre health region district of Vechta

Health authority

 Mrs Grützner

 [Neuer Markt 8, 49377 Vechta](#)

 [+49 \(0\) 44418982202](tel:+49(0)44418982202)

 [@gesundheitsregion@landkreis-vechta.de](mailto:gesundheitsregion@landkreis-vechta.de)

Further information can be found at [www.gesundheitsregion-vechta.de](http://www.gesundheitsregion-vechta.de)

### General tasks

The public health service "promotes and protects the health of the population. It works towards strengthening the personal responsibility of citizens and cooperates with other organisations, institutions and associations that are active in areas that are important for health". This is the somewhat dry definition of the tasks in the Lower Saxony law.


In the district of Vechta, the public health department fulfils these tasks. The employees of the health department serve you as citizens of the district. They provide advice and support. They monitor and protect. The public health officer heads the health department.


Their tasks include

- Protecting against infections and defining the Infection Protection Act (IfSG)
- Promoting health and preventing diseases
- Promoting and protecting the health of children and young people
- examining and assessing, for example for integration assistance or to determine fitness for duty
- Social psychiatry and psychosocial support
- Counselling on AIDS and HIV

#### **Opening hours and contact:**

 [Neuer Markt 8, 49377 Vechta](#)

 [+49 \(0\) 44418980](tel:+49(0)44418980)

 With and without appointments



Many things can be clarified online or by telephone. Would you still like to speak to us in person? We are happy to do that. However, please make an appointment in advance:

Monday - Friday: 08:30 - 12:30

Thursday additionally: 14:30 - 17:00

Appointments are also possible at other times by prior arrangement.

#### **Not feeling well?**

If you feel unwell, please contact your family doctor or the medical emergency service at  [116117](tel:116117). In life-threatening cases, call the emergency services on  [112](tel:112).

#### **Social psychiatric service**

Mentally ill people and their relatives can find help here. Do you suffer from one of the following illnesses?

- depression
- schizophrenia
- Borderline personality disorder
- Personality disorders
- anxiety disorders
- other mental illnesses

Then you can contact our competent staff.

The service is there for you if you ...

- suddenly perceive your environment differently
- cannot find a way out of a mental conflict
- are or have been undergoing psychiatric treatment
- would like to undergo psychiatric treatment
- are looking for a group for those affected or relatives (see [current group offers](#))

- need advice and help

You can ...

- talk about your problems
- look for ways forward together and work out solutions

The counselling and help is ...

- confidential.
- for people of all religions
- possible alone, at home or in the clinic
- free of charge

**Contact:**

**Vechta Health Department**

📍 [Neuer Markt 8, 49377 Vechta](#)

☎ [+49 \(0\) 44418982219](tel:+4953044418982219)

## **Aids counselling**

Do you have questions about HIV and other sexually transmitted infections? Then you can get advice here. How is HIV transmitted? How does HIV therapy work? How are other diseases transmitted? You can find out at the AIDS counselling service of the public health department.

**The AIDS counselling service provides advice:**

- by telephone and in person
- Individuals, couples or groups
- People who are afraid of being infected
- Anyone who wants to know how to protect themselves effectively

**It also offers help for people infected with HIV:**

- psychosocial support
- Relieving conversations
- help in crises
- Applications for financial support from the German Aids Foundation

**It also offers the possibility of testing (HIV antibody test):**

- for everyone anonymously and free of charge
- Personal test counselling and test notification

**Contact:**

Health Department

👤 Mrs Wiechers

📍 [Neuer Markt 8, 49377 Vechta](#)

 [+49 \(0\) 44418982243](tel:+49(0)44418982243)

## School examination

The health and development of children is important. Before your child starts school, they will be examined. This is called the school entry procedure. Sometimes it is also called a school check-up. This is important. If your child needs support, this can be determined during the examination. Your child can then be supported at school.

In the district of Vechta, this task is carried out by the [health department](#). The team of the child and youth health service is responsible there.

## These are the aims of the examination:

- The children should be able to present their abilities in the best possible way. This is important so that their enjoyment of school is not spoiled. This is why the examination takes place in a pleasant atmosphere.
- The parents/guardians receive an assessment of their child's development. This requires the results of the examination.
- If necessary, they will receive counselling. They are then given information on support options and medical counselling for chronic illnesses. This is useful in view of the change of school.
- The parents and school management receive a medical recommendation. This allows them to decide whether the child should go to school a year later. Or they can submit an application. The application is then used to assess the need for special educational support.


## This is how the procedure works:

The doctors will examine your child. They will write down your child's medical history. They will want to know what illnesses your child has already had. Your child will also be weighed and measured. Your child will have a sight and hearing test. There is also a special test. This is called SOPESS - Social Paediatric Developmental Screening. This test will also be carried out on your child.

How long the examination takes varies greatly. This is because children are very different. The doctors take this into consideration.

Your child's teachers can share their observations and experiences with your child with the doctors. You can agree to this. However, you do not have to agree.

The examinations take place from October to June before the start of school. For children with health problems or developmental disorders, the examinations will be early and detailed.

 Parents/guardians will be informed in writing about the individual steps of the procedure and will receive invitations in good time.

We need information about your child's development and environment in order to assess them. You will receive a preparatory questionnaire. Please also bring your child's medical check-up booklet, immunisation record and any other medical documents.

You or your partner must be present at the examination. The results of the examination will be discussed in person. The results of the examination will also be summarised in writing and given to the parents. The head teachers of the relevant primary school will also receive these results reports.

## Job centre

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

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

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

## 👥 Steps after a positive decision

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

### 1. personal interview

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

### 2. benefits department

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


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


### 3. job centre

- **Important:** There is no counselling without an appointment.
- Have you already attended an integration course? Bring your certificate with you. If not, bring the commitment to the course with you.
- Do you have documents relating to school attendance or training? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.


- Tell us about any special skills you have (crafts, language skills, etc.).
- Think about which area of work you are interested in before the appointment.


## Job centre in the district of Vechta

 [Rombergstr. 51, 49377 Vechta](#)

 Monday - Thursday: 08:00 - 12:30, Friday: 08:00 - 12:00


- **Damme branch office** -

 [Friedhofstr. 8, 49401 Damme](#)

 Monday - Thursday: 08:00 - 12:30, Friday: closed


## Telephone availability for the entire job centre

 [+49 \(0\) 44419467000](tel:+49(0)44419467000)

 Monday - Thursday: 08:00 - 16:00, Friday: 08:00 - 14:00

## Digital availability

 [obcente@r-vechta.jobcenter-ge.de](mailto:obcente@r-vechta.jobcenter-ge.de)

 [www.jobcenter.digital](http://www.jobcenter.digital)

## Citizen's income

The **citizen's income** replaced unemployment benefit II (colloquially known as Hartz IV) on 1 July 2023. It is intended to ensure a livelihood for all. There are 2 types of benefits under the Citizen's Income scheme:

- Benefits that are intended to help people get a job (integration benefit)
- Benefits to ensure a livelihood (benefits to ensure a livelihood including rent and heating costs)

Citizen's income ensures that everyone has the things they need to live. Do you have little or no money? Are you unable to cover your living costs? Then you can get citizen's allowance. You must have the correct residence permit for this.

## Where do you have to apply for the citizen's allowance?

You can apply for the citizen's allowance at the [Vechta district job centre](#). You can also apply for it digitally [here](#). You can find more information [here](#).

## Employment Agency

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

When it comes to employment, who is responsible for you depends on your residence status:

👤 If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are tolerated (Duldung), then the Employment Agency is your contact for job placement, advice on further vocational training and recognition of professional qualifications.

👤 Are you recognised? Then the [job centre](#) is the right contact for you when it comes to employment.

For counselling sessions, an interpreter can be called in by telephone free of charge on request.

## **Vechta Employment Agency**

📍 [Rombergstr. 51, 49377 Vechta](#)  
☎ [+49 \(0\) 8004555500](#) (free of charge)

Telephone availability:

Monday - Friday 08:00 - 18:00

## **Office for Social Affairs and Integration**

### **General information**

Anyone can find themselves in need due to an accident, illness, death of a partner, unemployment or insufficient income. Under certain conditions, he or she can then receive social assistance.

Social assistance is not a handout, but a right guaranteed by law. However, this only applies if you are unable to help yourself and no one else can help you. It doesn't matter how you got into need.

Social assistance is available in various forms:

- in the form of money, both as an ongoing monthly payment and as a one-off benefit,
- as a benefit in kind,
- in the form of personal assistance, for example in obtaining accommodation or a place in a care home,
- through counselling and support for those seeking help.

Do you receive social assistance? Would you like to apply for social assistance? Would you like to find out more about social assistance? Contact the Office for Social Affairs and Integration. Here you can obtain information about the benefits.

Social assistance includes

- Assistance with reduced earning capacity
- Basic security in old age
- Health assistance
- Assistance with care
- Help to overcome particular difficulties





- Assistance in other life situations

All those in need of assistance who are able to work (under 65 years of age) can apply to the [job centre](#) for [citizen's allowance](#) to cover their living expenses.

Asylum seekers receive benefits in accordance with the Asylum Seekers Benefits Act.

## Office for Social Affairs and Integration

 [Ravensberger Str. 20, 49377 Vechta](#)  
 [+49 \(0\) 44418980](#)



04441 898 - 1045

## Senior citizens and care support centre

The senior citizens and care support centre offers advice. This is neutral, free and personalised. It centres around the topic of old age and help with care. The counselling is aimed at people of all ages. It is also intended for relatives and carers. The aim is to enable people to live in their familiar surroundings. They should be well cared for and safe for as long as possible.



The support centre provides documentation for this. These include the care folder, the emergency card and the emergency box. These documents are handed over free of charge together with a consultation.

## Support centre for the elderly

Are you elderly and looking for help? Or would you like to volunteer to help senior citizens? Then contact the senior citizens' support centre. The support centre helps with the following topics:

- Supporting independent living at home
- Advise, help and support in all situations in life
- arrange voluntary senior companionship for older people who would like an hourly companion or support in everyday life
- arranging free and qualified housing counselling
- Introduce and support projects
- Free training to become a DUO senior companion via a training organisation

### Contact person:

 Frau Schmidt  
 [+49 \(0\) 44418983000](#)


## Care support centre



Are you in need of help and care? Would you like to find out more? Do you have relatives who need help and care? Then contact the care support centre. Here you will find help on the following topics:

- different types of care, in hospital, at home or partly in hospital
- Filling out applications, for example for assistance with care or disabilities
- Insurance benefits (care and health)
- social benefits
- Advice on special topics such as dementia and preventative measures
- Housing advice as part of care counselling
- Options for care after a stay in hospital or rehabilitation
- Questions about care assessments by the Medical Service (MD)
- Aids and care
- Offers to relieve the burden on family carers

The support centre is always ready to listen to your questions and concerns.

### **Contact persons:**

 Frau Bocklage  
 [+49 \(0\) 44418983001](tel:+49(0)44418983001)

 Frau Kölker  
 [+49 \(0\) 44418983002](tel:+49(0)44418983002)

### **Contact**

District of Vechta

 [Ravensberger Str. 20, 49377 Vechta](#)



[+49 \(0\) 44418981045](tel:+49(0)44418981045)  
[@spn@landkreis-vechta.de](mailto:@spn@landkreis-vechta.de)

### **Opening hours:**

Mon - Fri: 08:30-12:30

Thu: 14:30 - 17:00, with appointment until 18:00

Would you like a personal consultation? Then you can also make an appointment outside of opening hours. The staff at the care support centre will also be happy to visit you at home. The senior citizens and care support centre is located on the ground floor of the district building. It can be reached barrier-free.

### **Coordinator for integration**




Integration is important for a good life. The district of Vechta has many offers for integration. Various organisations offer these services. The district has appointed a coordinator for integration. What are the goals? How do we proceed? This is determined by

the integration coordinator. She also brings together individual measures and develops them further.

**The goal?** People with a migration background should be able to participate in social, cultural and economic life on an equal footing. The Lower Saxony Coordination Centre for Migration and Participation is very important in this respect.

Do you have questions about integration? Then you can get in touch with the coordinator. She will be happy to advise you.

## Coordinator for integration

 Mrs Behrens  
 [Ravensberger Str. 20, 49377 Vechta](#)  
 [+49 \(0\) 44418982046](tel:+49(0)44418982046)



04441/ 8981045  
[@2046@landkreis-vechta.de](mailto:@2046@landkreis-vechta.de)

## Immigration office

Would you like to live in Germany as a foreign national? Then you need a [residence permit](#). This title can be a visa. Or you have a residence permit. As an EU citizen, you will receive the [EU Blue Card](#). You may also have a settlement or permanent residence permit. Go to the foreigners authority. There you can apply for a [residence](#) permit.

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

- Apply for a residence permit([application](#)) or extend your residence permit([application](#))
- Apply for authorisation to settle([application](#))
- Extend proof of arrival
- Issue and extend residence permits and tolerated stay permits (max. 6 months)
- Apply for a work permit
- Inform about matters concerning entry
- Advise on return (voluntary departure with support)
- Advice on the subject of naturalisation

## ✚Steps after a positive decision from the BAMF

You have applied for asylum. The BAMF decides on this. This decision was positive. This means that you are allowed to stay in Germany. You can now **apply** for the **electronic residence permit (eAT)**.

### (1) Application

- You can obtain the application form at the information desk of the Foreigners' Registration Office (contact details below). Please bring an interpreter with you to submit the application. They can translate the reason for your visit.

## **(2) Appointment**

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

## **(3) Collection**

- You will receive a letter. You can then collect your title.

## **Office for Order and Road Traffic - Aliens Department**

Herr Espelage

 [Ravensberger Str. 20, 49377 Vechta](#)

 [+49 \(0\) 44418981620](#)



04441/8983620

[@1620@landkreis-vechta.de](mailto:1620@landkreis-vechta.de)

## **Right of opportunity and residence**

Have you been in Germany for some time and only have a tolerated stay permit? Then there is a new option for you with the right of residence. Under certain conditions, you can obtain a residence permit for 18 months.

Please note! Special rules apply during these 18 months. During this time, you must fulfil the necessary requirements for a right of residence with good integration (§ 25b AufenthG) or for well-integrated young people and young adults (§ 25a AufenthG). These are

- Securing a livelihood
- Clarification of identity
- Knowledge of the German language

## **The requirements for the application are**

- On 31 October 2022, you must have been in Germany for at least 5 years without interruption. You must have been tolerated or authorised. Or you must have had a residence permit. You must therefore have been in Germany since 31 October 2017. Without interruption means that you must not have travelled out of Germany during this time.
- You must not have a criminal record.

- You must not have repeatedly and deliberately provided false information about your identity or nationality in order to prevent your deportation.
- You must be committed to democracy in Germany.

**Applications for the right of residence** according to §104c AufenthG for tolerated persons living at Landkreis Vechta must be made in writing to the [Foreigners' Registration Office](#).

Please provide the following information in the application:

- Name of the applicant
- Date of birth
- Address
- Note "Application for right of residence § 104c AufenthG"

💡 Close family members of the applicant will also receive the residence permit if they have not yet lived in Germany for 5 years.

💡 The right of residence cannot be extended. If you are unable to fulfil the requirements for a continued right of residence, you will again be obliged to leave Germany. At best, you can again obtain a tolerated stay.

## Residence status

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

## There are 5 different documents:

### 1. proof of arrival

Status: Asylum seeker

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



### 2. residence permit

Status: Asylum seeker

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

The permit for asylum seekers contains conditions regarding employment, residence and, if applicable, spatial restrictions.

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



### 3. fictitious certificate

Status: Recognised refugees

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



### 4. residence permit

Status: Recognised refugees

Background: Your application for asylum has been accepted

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

- You can later obtain an unlimited right of residence (settlement permit)  
You have unrestricted access to the labour market

- The [job centre](#) can arrange work and social benefits for you



## 5. tolerated stay

Status: Tolerated person

Background: Your application for asylum has been rejected

With a tolerated stay you will not be returned to your home country. The tolerated stay is granted for a certain period of time. Sometimes deportation is impossible for legal, factual, humanitarian or personal reasons. There is a general rule. This allows certain groups to be tolerated for a maximum of 3 months. You cannot be returned to your home country for this period.

- A work permit is generally required. You can apply for this at the [Foreigners' Registration Office](#).
- Would you like to find work? Go to the [employment agency](#)
- Do you need financial help? Go to the [social welfare office](#)



## Asylum application

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

### 1. personal application for asylum

- You apply for asylum at the **Federal Office for Migration and Refugees (BAMF)**
- Asylum procedure counselling can provide you with important information for the asylum procedure. The refugee and integration counselling service is responsible for this
- **Important:** You can only submit your application in person. You cannot send this application by post
- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not received an appointment, ask your accommodation manager

## 2. first interview appointment (asylum application)

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

## 3. personal interview

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

### a) The decision is negative

- If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to your asylum counselling centre immediately. They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can take legal action against the decision
- If you decide to leave voluntarily, you can receive financial support for your new start in your country of origin

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

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

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

## Family asylum and international protection for family members

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

For the purposes of family asylum, members of families include

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

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

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



## Born in Germany:

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

Likewise, and for the protection of the child, underage children will not and must not be returned separately from their parents in the event of a negative decision.

Further information can be found directly at the BAMF.

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

## Youth welfare office

The youth welfare office is the first point of contact for young people and guardians. They can find counselling and support there.

The Youth Welfare Office aims to support young people. It aims to help prevent and reduce disadvantages. Another task is to advise and support parents in bringing up their children. The Youth Welfare Office is also tasked with protecting children and young people from danger. It should create positive conditions for young people and their families. It is also important to establish and maintain a child- and family-friendly infrastructure.

### Tasks:

- Support for families and children
- Counselling in the event of separation and divorce
- Guardianships, advance maintenance payments, guardianships and curatorships
- Help for children with special needs
- Services for foster children and help with adoptions
- Support for young people in conflict with the law
- Services and programmes for young people to support and protect them
- Financial help for young people in education (BaföG) and money for parents for their children
- Help with childcare and kindergarten costs.

## Opening hours and contact

 Consultation hours:

- with and without appointments -

Despite the internet, correspondence and telephone - some matters are best dealt with in a personal meeting with us. However, please make an appointment in advance if possible:

Monday - Friday:

8:30 - 12:30

Thursday additionally:

14:30 - 17:00

💡 Would you like to come at a different time? Then please make an appointment in advance.

📍 [Ravensberger Str. 20, 49377 Vechta](#)

☎ [+49 \(0\) 44418980](#)

## Office for Schools, Education and Culture

The Office for Schools, Education and Culture is responsible for the schools in the district. They also support the schools with IT.

There is an education region and a centre for media skills in the district. They are also part of the Office for Schools, Education and Culture. They provide a wide range of educational programmes for all citizens of the district.

The office organises and supports language support. They do this at schools and educational institutions for people with a migration background and for refugees.

The office also supports cultural and sporting organisations and events.

## Language

### Information

Would you like to find your feet in Germany? Then it is very helpful and important to learn German.

There are various options for this in the district of Vechta. The following educational institutions can help you to find a suitable language course for you. Make an appointment or go there directly during opening hours.

Educational institutions:

#### **Kreisvolkshochschule Vechta e.V.**

📍 [Bahnhofstr. 1, 49377 Vechta](#)

☎ [+49 \(0\) 4441937780](#)

@ [info@kvhs-vechta.de](mailto:info@kvhs-vechta.de)

🌐 [Website](#)

#### **Ludgerus-Werk e.V. Lohne**

📍 [Mühlenstr. 2, 49393 Lohne](#)

☎ [+49 \(0\) 444293900](#)

@ [verwaltung@ludgerus-werk.de](mailto:verwaltung@ludgerus-werk.de)

🌐 [Website](#)

## Language level and certificates

You can attend a German course. There are six levels: A1, A2, B1, B2, C1 and C2. If you are learning a new language, you start at A1. You have C2 in your mother tongue. In the language and integration courses, the levels according to the Common European Framework of Reference for Languages are used:

Language level A: elementary language use

Language level B: independent use of the language (necessary for training or work)

Language level C: competent use of the language (necessary for studies and certain professions)

A more precise distinction is usually made:

A1: Beginners

A2: Basic knowledge

B1: Advanced language use

B2: Independent use of the language

C1: Specialised use of the language

C2: Almost native speaker level

The six levels mean in detail

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others. For example: My name is Maria. I am 30 years old. I live in Germany. This is my boyfriend. His name is Paul.

You can ask questions about yourself. For example: What is your name? Where do you live?

You can answer questions. For example: How are you? I am doing well.

You can converse with a person if they speak slowly and clearly.

A2: Basic knowledge

You can understand sentences and frequently used words.

You can understand words in these areas: Personal and family information, shopping, work and your neighbourhood.

You can communicate in simple, everyday situations.

You can describe your background, education and environment.

B1: Advanced use of language

You can understand a lot, for example when it comes to work, school or leisure.

You can make yourself understood when travelling.

You can talk about familiar topics and personal interests.

You can talk about experiences and events.

They can describe dreams, hopes and goals.

You can give brief reasons or explanations for plans and opinions.

B2: Independent use of language

You can understand the most important content of complex texts on concrete and abstract topics.

You can also understand specialised discussions in your field of specialisation.

You can communicate spontaneously and fluently. You can hold a normal conversation with native speakers without too much effort on either side.

You can express yourself clearly and in detail on many different topics.  
You can explain a point of view on a topical issue.  
You can state the advantages and disadvantages of various options.

#### C1: Specialised language skills

You can understand a lot of demanding, longer texts. You can also grasp implicit meanings.  
You can express yourself spontaneously and fluently.  
You rarely have to search for words.  
You can use the language effectively and flexibly in social and professional life or in training and studies.  
You can express yourself clearly, in a structured and detailed manner on complex issues. You can use various means of linking texts appropriately.

#### C2: (Almost) native speaker level

You can understand practically everything you read or hear with ease.  
You can summarise information from different written and oral sources.  
You can give reasons and explanations in a coherent presentation.  
You can express yourself spontaneously, very fluently and precisely. You can also make finer nuances of meaning clear in more complex situations.

## Language courses

### Initial orientation courses

The German courses for initial language orientation are for language beginners. Here you will learn elementary German. You will discover life in Germany. The course is designed to make your life in Germany easier. You will learn how to orientate yourself in everyday life. A course comprises 300 units of 45 minutes each. Various topics are discussed in the course. You will learn about "health/medical care", "work", "kindergarten/school", "housing", "local orientation/transport/mobility". The focus is on oral communication: participants should learn to find their way around in everyday life as quickly as possible. The course also teaches German values.

Initial orientation courses are primarily intended for asylum seekers with unclear prospects of remaining in Germany. Are there still places available? Then recognised asylum seekers with good prospects of staying may also take part. Do you still have to go to school? Then the initial orientation courses are not for you. Have you been offered a place on an [integration course](#)? Then you can switch to this course. The people on the courses have very different educational backgrounds. Illiterate people can attend the courses, as can university graduates. Initial orientation courses are free of charge.

💡 German is spoken on the course - interpreters are not present.

💡 Please contact the [employment agency](#), the [job centre](#) or the [migration advice centre](#). They will help you to find a suitable course.

### Integration courses

In this course you will learn German. You will learn more than just the basics. At the end of the course you will be able to speak German at level B1. You will also learn about the culture, politics and social customs in Germany. Are you still a minor? Then there is a special course for young people. The integration courses are free of charge for refugees. Do you receive

social benefits? Then the course is also free of charge.

The integration course concludes with the examinations "Deutschtest für Zuwanderer" (DTZ) and "Leben in Deutschland" (LiD).

You may be obliged to attend an integration course by the [job centre](#) or the [immigration authority](#). You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the [Federal Office for Migration and Refugees \(BAMF\)](#). If you need help with the application, contact the [migration advice centre](#). They will also help you choose an integration course provider.

## Literacy courses

Not only in the German population, but also among immigrants, there are people who cannot read and write sufficiently. Many of them have to overcome this additional hurdle: they are supposed to speak German and learn to read and write the script at the same time. The literacy course helps people to do this.

In the literacy course, these people learn in 1000 lessons that they too can learn to read and write successfully. They learn in small groups so that the teacher has more time for each person. They learn to support each other and what makes learning easier for them. In this way, they discover potential that facilitates active participation in social life. This also includes the use of a textbook that makes it easier for them to participate in further language courses.

Further information can be obtained from the [Migration Counselling Service \(Migrationsberatung\)](#), the [Youth Migration Service \(Jugendmigrationsdienst\)](#), the [Bureau for Foreigners \(Ausländerbehörde\)](#), the [Employment Agency \(Agentur für Arbeit\)](#) or the [Jobcenter](#).

## Vocational language courses (DeuFöV)

Job-related German courses help you to improve your German language skills, for example after you have already attended an integration course. These courses are called DeuFöV courses. You can take these courses even if you are working or doing an apprenticeship. These courses are also good for further vocational training. They are also suitable for those who want to prepare themselves to work in Germany.

The basic modules of the DeuFöV courses aim to lead to language level C1 in two courses of 400 teaching units each. Each of these courses concludes with a certificate examination. In addition to the basic courses, there are various specialised courses with different focuses.

To take part in a German course for the workplace, you need a permit. Alternatively, you must have been requested to do so. You can get this permission or request from the [job centre](#) or the [employment agency](#). You can also apply for it from the [BAMF](#).

💡 The prerequisite for participation is a language level of at least B1.

## Interpreters

### Find an interpreter

You don't speak German very well yet. You have to go to a public authority. Then you need an **interpreter**. An interpreter is also helpful when you go to a [doctor](#). Or at parents' evenings at school. Or at nursery school. You will then understand better what people want to say to you.

💡 Some authorities and organisations have their own interpreters. The authorities can use them in counselling sessions. You make an appointment. Please always ask whether an interpreter will be provided free of charge.

💡 Official documents such as certificates, marriage or birth certificates may only be translated by state-certified translators in Germany. These translations can be very expensive. It is best to check carefully beforehand whether you really need a certified translation and compare the translation prices.

If you need a volunteer interpreter, please contact:

#### **Education coordinator for new immigrants**

👤 Tolga Tarhanli

📍 [Ravensberger Str. 20, 49377 Vechta](#)

☎ [+49 \(0\) 44418982047](#)

📠 04441/8981045

✉ [@2047@landkreis-vechta.de](mailto:@2047@landkreis-vechta.de)

#### **Become an interpreter**

Do you speak German very well? Then you can support your compatriots who do not speak German. For example, you can accompany them to visits to the authorities or other appointments. This work is carried out on a voluntary basis. Get in touch with:

#### **Education coordinator for new immigrants**

👤 Tolga Tarhanli

📍 [Ravensberger Str. 20, 49377 Vechta](#)

☎ [+49 \(0\) 44418982047](#)

📠 04441/8981045

✉ [@2047@landkreis-vechta.de](mailto:@2047@landkreis-vechta.de)

#### **Voluntary language courses**

Would you like to learn German? But can't or don't want to attend a course? There are many opportunities to practise German in the district of Vechta.

The groups are run by volunteers. These are usually people whose mother tongue is German. Sometimes they are teachers who no longer work. Anyone can join these groups, regardless of their residence status.

You can obtain a list of contact persons from

#### **Coordinator for language support**

👤 Janine Pahlke

📍 [Ravensberger Str. 20, 49377 Vechta](#)

☎ [+49 \(0\) 44418982051](#)

📠 04441/8981045

✉ [@2051@landkreis-vechta.de](mailto:@2051@landkreis-vechta.de)

## Online language courses

### Online language courses

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

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

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

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

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

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

🌐 ["The City of Words"](#): App and website for playful vocabulary learning without prior knowledge in German, English, French and other languages.

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

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

### Online study

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

🌐 [Website Kiron](#)

### Study and language

At the University of Vechta, all courses are taught in German. If you would like to apply there, you must prove that you speak German very well, at level C1. You can prove this with certain

German tests: e.g. Telc C1 Hochschule, TestDaF, DSH-2.

If you have not yet taken this German test, you can still get a place at university. But only if you already speak German fairly well. The university will take a closer look and decide whether you can still study. If so, you will have to submit the language certificate in the first semester.

Some other universities also offer degree programmes in English. Information on all degree programmes in Germany and the language of instruction can be found in the University Compass.

### **German courses at the University of Vechta**

The International Office of the University of Vechta offers intensive German courses. These courses are for teachers, prospective students and students. This applies to both people with and without a refugee background. These courses have different goals: B2/C1, C1+ and C2. There are also test preparation courses for Telc C1 Hochschule. You can find the latest information on the courses at: <https://www.uni-vechta.de/international-office/deutschintensivkurse>

The Language Centre of the University of Vechta has a special offer for enrolled students. It offers German courses at various levels.

## **Training, work and study**

### **Training authorisation**

If you want to apply for asylum and learn a trade at the same time, this is possible. You can start and complete your training. This is independent of the decision on your asylum application.

If the authorities finally reject your application for asylum, you can still stay until you have completed your training. This is called "Ausbildungsduldung". If you successfully complete your training, you have six months to do so. During this time, you must find a job. This job must fit in with your training. If you find such a job, you will be allowed to stay in Germany for two years.

Before you can start training, we need to be sure who you are and where you come from. You will need to show us a passport, identity card or other important documents to prove this.

You have a certain amount of time to show us who you are. Please ask the [foreigners authority](#) or an [advice centre for migrants](#) how long you have to do this.

### **Federal Training Assistance Act - BAföG**

Are you a pupil? Then you can get money for your school education. You can apply to the district of Vechta for this support. It is called BAföG.

💡 This information is only for school pupils. Students should contact the student union at their university.

💡 Do you have a contract for in-company training? Then you are not entitled to BAföG. You can apply for a vocational training allowance (BAB) from the relevant [employment agency](#).

### **Apprenticeships that are subsidised:**



1. Attendance at secondary schools and vocational schools of general education. This includes all forms of basic vocational training from year 10 onwards.
2. Attendance of technical and specialised upper secondary school classes that do not require a completed vocational training programme.
3. Classes at vocational schools and technical colleges that do not require a completed vocational training programme. However, they must provide a qualification in an education programme lasting at least two years. This qualification must qualify for the occupation.
4. Technical and specialised upper secondary school classes, attendance of which requires the completion of vocational training,
5. Abendhauptschulen, Berufsaufbauschulen, Abendrealschulen, Abendgymnasien and Kollegs,
6. higher technical colleges and academies,
7. universities.

Are you attending a training centre as described in no. 1? Then you will only receive BAföG on condition that you do not live with your parents and

- a reasonable training centre cannot be reached from your parents' home (the journey time is more than 2 hours there and back)
- run your own household and are or have been married or in a civil partnership
- have their own household and live together with at least one child.

### **Maximum amount of BAföG:**

■ The following factors determine the amount of educational support:

- The student's current income and assets,
- the current income of the spouse or partner
- the current income of the parents

The income of the calendar year before last is important. Parent-independent funding is an exception.

### **Application**

Apply for the training grant at least 3 months before the start of your training. This will prevent you from having to wait a long time. And you ensure that you receive money from the start of your training.

💡 Are you submitting your application too late? So only after the start of training? Then you will only receive money from that month.

If you have any questions, please contact:

👤 [Youth Welfare Office](#) of the District of Vechta  
☎ [04441/898444](tel:04441898444)

### **Information**

Would you like to work in Germany? Then you need to know: How can I work in Germany? And where can I get help? You can find everything you need to know about work and jobs here:

[Access to the labour market.](#)

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

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

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

If you would like to study, you will find suitable information and contacts under [Study programmes.](#)

## Find a job

### Labour market access

### EU citizens and persons with a residence permit

💡 You come from the **EU**? Do you now live in Germany? And you would like to work? Then you can do so without any problems. As an EU citizen, anyone can work in Germany. Without restrictions.

💡 If you have been **recognised** by the BAMF as a person entitled to asylum, refugee status or subsidiary protection, the [foreigners authority](#) will issue you with a residence permit. This entitles you to pursue any gainful employment and thus grants you full access to the labour market.

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## Asylum seekers or tolerated persons

Have you fled to Germany? Then your [residence status](#) is important. It determines whether you are allowed to work. We explain the differences below. You will also find the relevant advice centres below.

### Asylum seekers with proof of arrival or authorisation to stay:

Would you like to work? The [foreigners authority](#) can authorise you to do so. You must submit an application there. The Federal Employment Agency (BA) must give its approval. You must observe the following rules so that the authority can make a decision.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 9 months work ban (6 months if you have underage children) from entry
- After that you are normally allowed to work. Submit an application to your local authority.

- The BA will then check the working conditions.

💡 Has your asylum application been rejected as manifestly unfounded or inadmissible? Then you are not allowed to work.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban from entry
- After that you are normally allowed to work. Submit an application to your local authority.
- The BA will then check the working conditions.

## Asylum seekers from safe countries of origin

Do you come from a safe country of origin? These include Albania, Bosnia and Herzegovina, Ghana, Kosovo, North Macedonia, Montenegro, Senegal and Serbia. Did you apply for asylum after 31 August 2015? Then you are not allowed to work.

## Tolerated people

The foreigners [authority](#) always decides whether you are allowed to work. You must therefore submit an application to the foreigners authority. The foreigners authority can impose a general work ban on you. There are certain rules that you must observe.

💡 Persons with a tolerated stay permit due to unclear identity (§ 60b AufenthG) are always prohibited from working.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 6 months work ban
- Your tolerated stay has already lasted 6 months? Then the [foreigners authority](#) will decide whether you are allowed to work. Submit an application to your authority.
- The [Federal Employment Agency](#) will check your working conditions.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban
- Has your tolerated stay permit already lasted 3 months? Then the [foreigners authority](#) will decide whether you are allowed to work. Submit an application to your authority.
- The [Federal Employment Agency](#) will check the working conditions.

## Important!

💡 Different rules apply to [self-employment](#)! The prerequisite for the above applications is ALWAYS a concrete job offer.

## Labour contract

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work. It states when you work. How much holiday you get. It states how much money you will receive. Both sides - employee and employer - must honour these

agreements. The contract becomes legally binding when you sign it. Only sign it once you have fully understood the content.

## **Types of contract:**

### Open-ended employment contract

There is usually a probationary period of three or six months. During this period, an employment relationship can be terminated within two weeks. The employer can terminate the contract. You as an employee can also give notice. At the end of the probationary period, a permanent employment relationship begins. This has longer protection against dismissal. Working hours are normally a maximum of 40 hours per week.

### Fixed-term employment contract

The employment relationship ends at the agreed time without the need for notice of termination.

### Mini job

The maximum earnings per month are €538 and are tax-free.

## **Labour law:**

There are many laws in Germany that regulate and safeguard the rights of employees. These include, for example

- Regulation of working hours
- minimum wage
- holiday entitlement
- Protection against dismissal
- Company representation of interests (works council)
- Regulation of the work of trade unions
- and some more

## **Taxes and social security contributions:**

Every employee in Germany pays a portion of their wages in taxes. The federal, state and local authorities use this to finance their expenditure. Employers, in turn, are obliged to pay social security contributions for their employees. These social security contributions finance the social security system in Germany. The system guarantees that you will receive money from the state if you are out of work.

## **Tax identification number:**

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number. Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

## **National insurance number:**

You need a national insurance number for a job. You can obtain this from your health insurance company (e.g. AOK, DAK).

### **Illegal work:**

You have a job that is paid. But this work is not registered with the tax office or health insurance fund. You therefore do not pay taxes and social security contributions. This is **illegal**. You could face fines and imprisonment! Do you receive social benefits or unemployment benefit? But you are still working? You haven't told the social welfare office, the employment agency or the job centre? That is also **illegal**. You are wrongly receiving state benefits even though you are in paid work.

### **Legal advice for labour migrants**

If you come from abroad, work in Germany and have questions about your work, the advice centre for migrant workers in the district of Vechta can help you. They will answer questions such as

- whether you are receiving the wage or minimum wage to which you are entitled
- whether the deductions from your wages are justified
- whether your employment contract is correct
- whether you are covered by social insurance (including health insurance)
- whether you can assert claims
- whether your dismissal is effective and you enjoy protection against dismissal

Contact:

Counselling centre for migrant workers of the Caritas-Sozialwerk

📍 [Von-Stauffenberg-Str. 14, 49393 Lohne](#)

☎ [+49 \(0\) 44429341676](#) or [+49 \(0\) 44429341630](#)

@ [werkvertragsarbeit@caritas-sozialwerk.de](mailto:werkvertragsarbeit@caritas-sozialwerk.de)

### **Job applications and interviews**

If you would like to start a vocational training programme (Ausbildung) or get a job in Germany, you need to submit a written application.

Usually, you apply to a company that posted a job vacancy online or in a newspaper. Posting a vacancy means that the company is looking for new employees. The job advertisement describes what type of work or vocational training it involves and what the company expects of the employee. It is also stated there where and how you have to apply.

If the company is interested in you, you will normally be invited to a job interview, which gives you a chance to introduce yourself in person. Please plan enough time for the interview and always make sure to arrive on time for your appointment. Before the interview, you should prepare thoroughly and research into the company. Take a look at the company's website and read about its history; research the products or services it offers. Arriving on time for your appointment and asking questions during the interview demonstrates your motivation for and interest in the vocational training programme or job.

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

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

**CV:** The CV (curriculum vitae) lists your entire professional experience and is set out in the form of a table. Write the dates during which you worked with each company. Include where you undertook training or a course of studies. Specify where you went to school and what type of qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do.

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

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

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

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

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

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

[Europass](#) is a multilingual (more than 20 languages) online platform that helps immigrants make their skills and expertise obvious to others. It offers a free online tool for creating a "language passport" or CV. You can also find important tips on writing good applications on Europass.

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

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

## Language practice

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

language skills.

## Immigration of skilled labour

### The basics of skilled labour immigration

There is a law in Germany. The law is intended to make it easier for skilled workers to come to Germany. The skilled workers either have a vocational qualification or a university degree. The law is called § 18a+b AufenthG. This allows skilled workers to obtain a residence permit for Germany. With this residence permit, they can work in Germany in any qualified occupation.

💡 Would you like to obtain an [EU Blue Card](#)? Then your new profession must match your qualifications. This means that you can only work in a profession that you have learnt.

🔗 You can also find this and further information on the [Make it in Germany](#) page

🔗 You can also take a [quick test](#) of your options here!

### For employers

**Accelerated skilled labour procedure:** If someone from another country wants to work in Germany, as an employer you first need authorisation from this person. This is called an "authorisation". With this authorisation, you can start a faster process at the foreigners authority. The Immigration Office is an organisation that looks after people who come to Germany from other countries.

Your company then makes an agreement with this authority. This agreement sets out exactly what you, the new worker and the authorities are allowed to do and must do. It also specifies how long everything may take and who does what and when.

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

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

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

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

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

You can find templates and samples [here](#) and a detailed explanation of the procedure [here](#).

## For professionals

**💡 Definition of specialist:** Do you have a university degree? Or have you completed vocational training? Did your training last at least two years? Does it qualify you for a profession? Then you are a skilled worker. Do you want to be officially recognised as a skilled worker? Then you must apply for this. Your qualifications must be recognised by the competent authority in Germany.

## Job search

### Entering the labour market:

Entering the labour market is made easier: As a skilled worker, you must provide three things. You need an employment contract. You must have a concrete job offer. And you need a qualification that is recognised in Germany. It is no longer checked whether there is a German person for the job. The Federal Employment Agency will continue to check the working conditions.

### Skilled workers with a university degree:

Skilled workers with a university degree can work in any qualified profession. This means that skilled workers must work in a profession that requires training/studies. For the EU Blue Card, you need a job that corresponds to your qualifications.

### Skilled workers with vocational training:

Skilled workers with vocational training can work in any qualified profession. This means that skilled workers must work in an occupation that requires training/studies.

## Rules for entry

### Entry to seek employment:

Skilled workers with vocational training can enter Germany. You can enter the country to find a job here. You will receive a residence permit for up to six months. Their qualifications must be recognised in Germany. You must be able to support yourself during your stay. You must already speak German well enough to be able to work in your profession. German language skills at level B1 or better are normally required. Would you like to try out a job first? Then you can work up to 10 hours a week. This way you can find out whether you like the job. Your employer can get to know you. Skilled workers with a recognised academic qualification can also do trial work. You can find more information at [Make-It-In-Germany](#).

### Stay for qualification measures:

You will be given more opportunities so that you can gain qualifications in Germany. Have you tried to have your qualifications recognised? The authorities have identified problems? Your qualifications do not match the German ones? Then you need sufficient knowledge of German. This is knowledge at level A2. Then you can apply for a visa. With this visa you can come to Germany for 18 months. During this time you can gain qualifications. The authorities can extend the visa once for 6 months. After that, you can apply for another visa. For example, for an apprenticeship. Or for studying. Or for work. You can find more information at [Make-It-In-Germany](#).

### Settlement permit for skilled workers from abroad:

Foreign skilled workers can obtain a settlement permit in Germany after just four years. You




can find more information [here](#). There are sometimes different conditions for skilled workers and EU Blue Card holders.

## For training and studies

Entering the country **to look for an apprenticeship**: Would you like to do an apprenticeship? Then you can enter the country to look for a training place. You need German language skills at level B2. You also need a school-leaving certificate that entitles you to enter higher education. You must be no more than 25 years old. You must be able to pay for your own living costs in Germany.

**Extended transfer options for international students** in Germany: International students can obtain a new residence permit before they have completed their studies. For example: You want to learn a profession after your studies. You will then receive a residence permit for this. The new law for skilled workers makes this change easier: Are you studying? And you want to have a job? Then you can take a job. To do so, you must fulfil special conditions. The Federal Employment Agency sets these conditions. Once everything has been checked, you will receive a new residence permit.

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

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

## EU Blue Card

The EU Blue Card is a residence permit for people with a university degree who do not come from the EU and wish to work in Germany. This requires a university degree and an employment contract with a certain minimum salary.

- For bottleneck professions and career starters: at least €43,759.80 per year (2025).
- For all other professions: at least €48,300 per year (2025).

## Who can get the EU Blue Card?

### Do you have a recognised university degree?

If you studied abroad, the degree must be recognised in Germany or be equivalent.

**Tip:** You can check whether your degree is recognised on the "[anabin](#)" website.

### You don't have a university degree?

Then you need to have completed at least three years of training after leaving school. This must correspond to at least level 6 of the German or European education system - for example as a master craftsman/master craftswoman or educator.

### Employment contract or binding job offer in Germany:

- The job must last at least six months.
- The work must match your degree.

- The salary must be at least €48,300 per year (2025).

For shortage occupations, a salary of € 43,759.80 (2025) is also sufficient if the Federal Employment Agency agrees. You can find a list of these professions [here](#).

### **Special case for career starters**

If your degree is less than three years old, you can obtain the EU Blue Card with a salary of €43,759.80 (2025) - regardless of the profession. Here, too, you need the approval of the Federal Employment Agency.

### **Special case of IT specialists without training**

Are you an IT specialist or IT manager without an official qualification? Then you can still get the EU Blue Card if:

- You have a concrete job offer in IT in Germany (at least 6 months).
- You earn at least € 43,759.80 per year (2025).
- you have had at least 3 years of high-level professional experience in IT in the last 7 years.

### **Prospects with the EU Blue Card**

The EU Blue Card is valid for as long as your employment contract plus three months - up to a maximum of four years. It can be extended. After 27 months of working in Germany, you can apply for a permanent residence permit. If you speak German at level B1, this is possible after just 21 months. You can leave Germany with your family members for up to 12 months without your EU Blue Card becoming invalid. After one year with the EU Blue Card, you can also move to another EU country (except Ireland and Denmark) and apply for a new EU Blue Card there within one month.

### **Do you have an EU Blue Card and want to change jobs?**

That is possible. You can work for a new employer with your valid Blue Card. Important: If you change jobs in the first year, you must inform the Immigration Office. The authority will then check whether you still fulfil all the conditions for the new job. If not, you may receive a different residence permit.

### **Independence**

The district of Vechta supports you in setting up a business - with advice and funding.

We help you to clarify important questions:

- How and where can I register my business?
- What legal requirements do I need to fulfil?
- How do I finance my self-employment?
- Is my start-up project profitable? Is it worthwhile?
- Am I entitled to a start-up grant or other subsidies?

💡 The district works together with other advice centres. These include the IHK, the HWK and the Employment Agency. They also have contacts with credit institutions and tax consulting companies. They can therefore provide you with comprehensive advice.

## Contact

Department for Economic Development, Mobility and Tourism

📍 [Ravensbergerstr. 20, 49377 Vechta](#)

👤 Mrs Ulrike Meyer

☎ [+49 \(0\) 44418982611](#)



04441-8981037

✉ [@2611@landkreis-vechta.de](mailto:@2611@landkreis-vechta.de)

## Career guidance

### Find out about careers and the labour market in your region

In our careers information centre (BiZ) you will find lots of information on:

- Training and studying
- Professions and what you need to be able to do
- Vocational qualifications and further education and training
- Application and job search
- Employment opportunities and alternatives
- job opportunities abroad
- current developments on the labour market

Technical aids are available for your research and applications (green screens, projectors, loudspeakers, video conferencing tools). You can use these free of charge. There is also free WLAN access.

You can use the extensive information material on careers free of charge or take it home with you: for example, application guides, study guides and magazines on starting a business or further training.

## Under event programme

The BIZ organises interesting events throughout the year. You can find the current dates in the [event database](#) and at [eveeno.com](https://eveeno.com).

## Contact details

📍 [Rombergstr. 51, 49377 Vechta](#)

☎ [+49 \(0\) 44419461622](#) or [+49 \(0\) 8004555500](#)


📅 The following times are available for personal visits:

### **Monday to Friday**

08:00 a.m. - 12:00 p.m.

### **Thursday**

08:00 - 12:00; 15:00 - 18:00

If you have any questions, the careers counselling staff will be happy to help you at  [044419462121](tel:044419462121) or via the [online form](#)

## **Vocational training (dual and full-time)**

Would you like to go to work? Then it is very advantageous for you if you have a **professional qualification**. People with a vocational qualification earn more money on average over the course of their lives. They are less likely to be unemployed. They are less likely to have fixed-term employment contracts.



### **Dual training**

Dual vocational training is a speciality in Germany. You work in a company. At the same time, you go to school. This way you learn theory and practice. You spend two thirds of your time working. You spend one third of your time at school. An apprenticeship lasts 3 years. Depending on the profession, it may take a little longer. If you have an Abitur, you can complete the apprenticeship more quickly.


Depending on the type of occupation you would like to learn in a dual training programme, contact the appropriate office:

### **Chamber of Crafts (HWK)**

The Chamber of Crafts (HWK) is responsible for skilled trades. This covers professions such as baker, bricklayer or painter.



 Theatrewall 32, 26122 Oldenburg  
 [+49 \(0\) 4412320](tel:+49(0)4412320)



0441/232218  
[@info@hwk-oldenburg.de](mailto:info@hwk-oldenburg.de)  
 [Website HWK](#)

### **Chamber of Industry and Commerce (IHK)**

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial production, trade and services. This includes, for example, plant mechanics or wholesale and foreign trade clerks.

 Moslestraße 6, 26122 Oldenburg  
 [+49 \(0\) 44122200](tel:+49(0)44122200)



0441/2220111

@[info@oldenburg.ihk.de](mailto:info@oldenburg.ihk.de)

 [IHK website](#)


Postal address:


P.O. Box: 25

4526015 Oldenburg

### **Lower Saxony Chamber of Agriculture (LWK)**

The Chamber of Agriculture is responsible for professions in agriculture and forestry. This includes professions such as farmer, fish farmer, gardener, from home economics to dairy technology.

 Jägerstr. 23 - 27, 26121 Oldenburg

 [+49 \(0\) 441801850](tel:+490441801850)

 [Website LWK](#)

### **Full-time training at the vocational school**

There is also a full-time school-based training programme in Germany. This takes place at a vocational school. Outside the dual system (without an apprenticeship in a company), the vocational school provides completed vocational training in theory and practice. It usually lasts two to three and a half years. Lessons take place full-time. In addition to vocational subjects, it also includes general education subjects. The vocational schools differ greatly in their


- training programmes,
- Admission requirements,
- duration of training and
- further education options

Please contact the school you are interested in.

### **Vocational schools (BBS) in the district of Vechta**


Adolf Kolping School, Lohne


 [Klapphakenstr. 22, 49393 Lohne](#)

 [+49 \(0\) 44429510](tel:+49044429510)

 [Website](#)


Commercial schools Lohne


 [Ostendorfstr. 1, 49393 Lohne](#)

 [+49 \(0\) 444292310](tel:+490444292310)

 [Website of](#)

Justus-von-Liebig-School Vechta

 [Kolpingstr. 17, 49377 Vechta](#)

 [+49 \(0\) 444193130](tel:+490444193130)

 [Website](#)

Technical and specialised secondary school for social pedagogy, vocational school for geriatric care and curative education - Marienhain

📍 [Landwehrstr. 2, 49377 Vechta](#)

☎ [+49 \(0\) 44414079](#)

🌐 [Website](#)

## Study

### General information about studying in Germany

Are you interested in business, law, social work or agriculture? Do you find completely different subjects interesting? There are many degree programmes in Germany. There is something for everyone. There are also different types of universities:

- Universities (academically orientated)
- Universities of applied sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Universities for art, film or music

There are state and private universities. The quality of teaching at private universities is not always better. However, you often have to pay a lot of money. There are no tuition fees at state universities in Lower Saxony.

### Helpful websites:

🌐 [Hochschulkompass](#) (All degree programmes and universities in Germany)

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

🌐 [Employment Agency](#) (study orientation)

🌐 [German Academic Exchange Service](#) (DAAD - all degree programmes in Germany)

### Prerequisites

Would you like to study in Germany? Then you need an authorisation. This is officially called a university entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you taken the Abitur in your home country? Then you may be able to study in Germany. The Central Office for Foreign Education (ZAB) will check your qualification. You must submit an application for this.

You can find more information on the [Anabin](#) website. Go to the information portal "Recognition in Germany". The [DAAD](#) website also contains a lot of information.

Do you speak German well? You have to prove it. You need [language level C1](#). You can prove this with certain tests:

- German as a foreign language
- German language test for university entrance
- telc German C1 University

Some universities also offer preparatory semesters. You will also learn German there.

💡 Do you already know where you would like to study? Then enquire there directly. Most universities offer counselling services. There are deadlines for applying to a university. These are called application deadlines. Please observe these deadlines. Universities do not accept late applications.

## **Financing**

You will need money while you are studying. Many people therefore work part-time. You are not allowed to work more than 20 hours during the lecture period (semester). You can also apply for state support: [BAföG or a scholarship](#)

## **No Abitur or Fachabi?**

You can study in your home country with your school-leaving certificate? But not in Germany? You can catch up on your entitlement to study at a preparatory college. Studienkollegs are specially designed for applicants from abroad. The college prepares you for studying in Germany.

The University of Vechta also offers a "Studienkolleg alternative". This is for prospective students with a refugee background. Details can be found on the [University of Vechta website](#).

## **Prefer not to study?**

Would you rather do practical work? Would you like to earn money directly? Then perhaps an apprenticeship is right for you. Find out more on the [Apprenticeships \(dual and full-time\)](#) page. You can find out a lot about your options here.

## **Study at the University of Vechta**

The [University of Vechta](#) offers special study specialisations. These are in the areas of education and upbringing. This applies above all to the teaching degree programme. You can also specialise in "Social Services". Examples of this are the degree programmes "Social Work" or "Management of Social Services". The subjects on offer range from A for English Studies to W for Economics and Ethics: Social Business.

The degree programme at the University of Vechta is offered in German. Would you like to apply there? Then you need to speak German very well. You need [level C1](#). You can prove this with certain tests:

- Telc C1 Hochschule
- TestDaF
- DSH-2

💡 Are you interested in studying? But your German is not yet so good? The University of Vechta offers [German courses for](#) you.

Other universities also offer degree programmes in English. You can find information on all degree programmes in Germany and the language of instruction at the [University Compass](#).

## **Recognition & post-qualification for foreign teachers**

The University of Vechta supports foreign teachers who wish to work in Germany. It offers a course for this purpose. It is called the "Adaptation course".

💡 Would you like to do the course? Then you need a teaching qualification from a university abroad. You also need a teaching qualification from abroad.

In this course, you will acquire the points that you lack for Germany. This enables you to obtain the German qualification for the teaching profession. This includes, for example, the second teaching subject. After the course, you can work as a teacher at state schools.

There is an extra preparation programme for this course. This is the "Back to School" programme. In this programme, teachers prepare you for the course. They will support you individually. Details can be found [here](#).

## **Support for interested parties, students and teachers from abroad**

The [University of Vechta](#) supports you with various programmes:

- Counselling
- "Back to School" programme for foreign teachers
- Mentoring programmes for students
- German courses
- Other (e.g. social or cultural) programmes

## **Contact us**

University of Vechta

📍 [Driverstraße 22, 49377 Vechta](#)

📍 P.O. Box 15 53, 49364 Vechta

✉️ [@international.office@uni-vechta.de](mailto:international.office@uni-vechta.de)

### **Study programmes**

✉️ [@international.office@uni-vechta.de](mailto:international.office@uni-vechta.de)

☎️ [04441/15437](tel:04441/15437)

### **Recognition & post-qualification for foreign teachers**

✉️ [@international.office@uni-vechta.de](mailto:international.office@uni-vechta.de)

☎️ [04441/15610](tel:04441/15610)

### **Support for interested students and teachers from abroad**

✉️ [@international.office@uni-vechta.de](mailto:international.office@uni-vechta.de)

☎️ [04441/15437](tel:04441/15437)

## **Funding and scholarship**

Are you a student? You can't afford to live during your studies? Then you can get financial support in Germany.

## **BAföG**



There is the Federal Training Assistance Act (BAföG for short). You must submit an application. Then you can get money. This money covers your daily expenses.

The money is paid monthly. At best, you will receive the money for the duration of your studies. The monthly amount of BAföG can be up to €935. Half of the money must be paid back after your studies. You will receive detailed information on this.

The information on BAföG changes regularly. You can view this information via the following link

 [Website BAföG for refugees and migrants](#)

 [BAföG website - all information at a glance](#)

## Scholarship

You can also apply for a scholarship. As a rule, you do not have to pay back a scholarship. There are certain requirements. You need good grades. And you must be involved in voluntary work. How much money do you receive as a scholarship? The amount is often calculated in the same way as the BAföG rate. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award the scholarships. They are often referred to as "Begabtenförderungswerke". The following organisations offer programmes specifically for refugees. Would you like to apply? The rules can be found on the websites. There you will also find information on what you need to be able to do.

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

 [Böckler-Aktion Bildung of the Hans Böckler Foundation](#)

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

 [Villigst - Our scholarship for refugees](#)

 [Bread for the World - Programme for Refugees](#) (for women only)

The Otto Benecke Foundation offers the Guarantee Fund. All young, newly arrived migrants can apply here. You will be supported if you want to obtain a higher education entrance qualification in Germany, prepare for a university degree and pursue an academic career.

 [Otto Benecke Foundation in Bonn - University Guarantee Fund](#)

There is also the Germany Scholarship. This provides €300 per month. The Germany Scholarships are awarded by the respective universities.

 [Germany Scholarship: Become a scholarship holder](#)

Further information can be found on the website of the Higher Education Campaign for Refugees and in the database of the Federal Ministry of Education and Research (BMBF).

Some universities offer scholarships for international students. Have a look at the university's website. Or contact the university directly.

## Recognition of certificates

### Recognition of foreign educational qualifications

**Certificates** play an important role in Germany for school, university or work. Certificates are proof of what you have already learnt and achieved. Certificates are the decisive prerequisite for getting a job or being admitted to a school or university. So if you have already obtained certificates at school, in an apprenticeship or at university abroad, you should make sure that these certificates are **recognised** in Germany. This means that it will be checked what your certificates qualify you for in Germany. Your achievements will be translated, so to speak. It may be that you no longer have your certificates. In this case, you can try to have your work experience and professional skills recognised through tests.

### Specialist advice centre for recognition

Counselling centre for the Osnabrück and Vechta regions

Mira Blümke

☎ [+49 \(0\) 5416929622](tel:+49(0)5416929622)

@[bluemke@bus-gmbh.de](mailto:bluemke@bus-gmbh.de)

Katharina Loose

☎ [+49 \(0\) 5416929630](tel:+49(0)5416929630)

@[loose@bus-gmbh.de](mailto:loose@bus-gmbh.de)

Branka Zivotic

☎ [+49 \(0\) 5416929623](tel:+49(0)5416929623)

@[zivotic@bus-gmbh.de](mailto:zivotic@bus-gmbh.de)

💡 If you would like to study or work as a scientist, please contact the university contact persons for the recognition of your certificates.

## Family

### Special educational needs

In Lower Saxony, there is special help for children and young people who have difficulties with learning, development or education. This help is available at special schools and also at general schools. Some children and young people need this extra help because otherwise they cannot learn well enough at school. Sometimes they also need other support, for example therapy or social help that does not come from school.

It is important to give children with special needs or disabilities the right support. That is why there are different types of special schools. These schools have different specialisms:

- Emotional and social development,
- Intellectual development,
- Hearing (hearing impaired, deaf),
- Physical and motor development,

- Learning,
- Vision (visually impaired, blind),
- Language,
- Hearing/vision (deaf-blind).

The special school provides support as a special centre. It helps children with special needs. This enables these children to learn better in normal schools. They do this through teaching, counselling, therapy, supervision and care. Teachers from the special school, and sometimes other teachers or carers, work with them. How long and how often they help depends on what the child needs. The teachers work in different ways. For example, they teach directly in the normal classes. There are also special classes that teach children with and without special needs together. They also visit the children when necessary.

Source: Serviceportal Niedersachsen (Portalverbund des Bundes und der Länder)

Not all special schools are in the district of Vechta. You can find an overview of the special schools in the district of Vechta [here](#).

## Parent-school co-operation

Parents often receive letters from the school that their children bring home. It is important that you read this information. If you do not understand the letters, ask the [migration advice centre](#) or the social workers in your [town or municipality](#) if anyone can help you.

Parents' evenings are held regularly at the school.

Here, all parents meet with the class teachers and discuss what is important in the current school year and what activities are planned.

It is important that you attend these meetings as you will receive important information. This will help your child, but also the class teachers.

If you do not yet speak German well, you can bring a friend or acquaintance with you to translate or ask the school if they can organise a translator. The school can contact the district's [pool of language mediators](#).

Another important date is the parents' consultation day. This takes place twice a year. Here you meet alone with your child's teachers. You talk about what your child is good at and where they need help.

It is important that you go to this meeting because it is an important exchange. This will help your child to have as few problems as possible at school.

If you do not yet speak German well, you can bring a friend or acquaintance to translate or ask the school if they can organise a translator. The school can contact the district's [pool of language mediators](#).

## Education and participation package (BuT)

**The education and participation package (BuT) supports children, young people and young adults.**

### What are benefits for education and participation?

This is money for children and young people. They live in a family with a low income. The parents receive the money for certain services. These benefits help the children and young people. Especially for events at daycare centres and schools.

Assistance from the education package is money or items (in the form of vouchers). You will receive these from your [town or municipality](#).

## Who can receive benefits for education and participation?

Parents can apply for benefits for education and participation. They can do this for all children living in the household. To qualify, parents must receive one of the following benefits:

- Housing benefit
- child supplement
- citizen's allowance
- social assistance
- Asylum seeker benefits

You do not receive any of the above benefits? Are you unable to cover your child's specific education and participation needs? Then you may be entitled to benefits from the education package in accordance with SGB II. You can enquire at the relevant [job centre](#).

Pupils up to the age of 25 receive benefits for education. They must attend a general school or vocational school. They may not receive money from a training programme.

Children in [daycare centres](#) and childminders also receive part of the benefits for education. Children and young people up to the age of 18 receive benefits for participation. Support for infants is also possible.

## What benefits are involved?

### Benefits for education

#### School trips and school excursions

The actual costs of one-day excursions at school or daycare centres. It is possible to collect statements via schools for one-day trips.

The actual costs of multi-day trips for classes and daycare centres. For school trips, the money can be paid directly to the children or their parents.

#### Personal school supplies

Personal school supplies totalling 195 euros in the calendar year 2024 are recognised, namely 130 euros for the first half of the school year and 65 euros for the second half of the school year, up to the 10th school year.

School supplies include, for example, a school bag, sports kit, materials for writing, arithmetic and drawing.

If you have several schoolchildren, you will receive the money for each child.

#### School transport

The actual cost of travelling to school for pupils.

This benefit is provided as a cash benefit, unless the local transport company is directly invoiced.

## **Learning subsidies**

The actual costs of learning support, such as tutoring  
However, you should first speak to your child's teacher. They must certify the need for support.

## **Lunch for school, daycare centre and after-school care**

Lunch at all-day schools, after-school care centres or daycare centres at no extra cost to parents

## **Benefits for participation**

Parents can receive money for their children's participation in cultural, sports and leisure activities. Your child can then

- take music lessons,
- be a member of a sports club,
- attend courses at adult education centres,
- go to a museum, theatre or musical.

Parents can receive 15 euros per month for each child.

## **Where and how can the benefits for education and participation be applied for?**

Do you receive social welfare, child supplement or housing benefit? Then you must submit the application to your local authority. This is, for example, the municipality, the district or the city administration. You can find your contact details on the website of the [towns and municipalities](#).

Families who receive asylum seeker benefits also apply for benefits for education and participation at the social welfare office of their [town or municipality](#).

## **Further information**

You can find further information on the education and participation package in the district of Vechta in the [Lower Saxony service portal](#).

## **Schools**

There are many schools for your children in the district of Vechta. There are:

- 4 vocational schools
- 5 grammar schools, which are schools where you can do the Abitur
- 9 secondary schools
- 5 Hauptschulen and Realschulen
- 34 primary schools, which are the first schools for children
- 7 special schools, which are special schools for children who need extra help

Every child can find a school that suits them here.

Contact details of the schools in the district of Vechta can be found [here](#).

## Pregnancy and birth

### Pregnancy

Pregnant women are under special protection in Germany. They are allowed to seek counselling. You will be cared for by a doctor. And the state supports you with new purchases for the child. Further information, such as the Maternity Protection Act, can be found [here](#).

If you are pregnant, you must first go to a gynaecologist (gynaecologist). Have the check-ups carried out there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy. It also contains information about your health. And that of your child. Always take your maternity record with you in case of emergencies.

### Midwife

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

 [Website Association of Midwives](#)

### Birth and postpartum

During labour, the midwife gives the woman giving birth a sense of security and confidence. She is a companion and support during labour.

After the birth, further medical care and support from a midwife is useful. She will help you with many things. She provides practical guidance in caring for the baby. She assesses the course of the postpartum period and the mother's recovery processes. She supports breastfeeding mothers or with the handling of infant formula. If you are unsure about how to deal with your child, the midwife will also help. Postnatal gymnastics, baby massage, etc. can also be offered by midwives.

Home visits by midwives are offered free of charge during pregnancy and after the birth until the child is 12 weeks old. As a rule, health insurance companies cover the following pregnancy and postnatal care services:

- Pregnancy care (also permitted in cooperation with gynaecologists)
- Help with complaints during pregnancy (physical, emotional, psychological, social)
- Preparation for labour
- Postnatal care at home
- Postnatal gymnastics
- Breastfeeding counselling until the end of the breastfeeding period (8 midwife contacts)
- Counselling on dietary changes up to the 9th month of life

If you have any further questions about midwifery services, please contact the [midwifery centre](#).

## Breastfeeding and lactation

Breastfeeding is the healthiest form of nutrition for children and has many benefits for women. There are various services on the subject of breastfeeding, breastfeeding preparation and breastfeeding support. For further information, you can contact the midwife centre by telephone at ☎ [+49 \(0\) 44419892204](tel:+49(0)44419892204) or by email at [hebammenzentrale@landkreis-vechta.de](mailto:hebammenzentrale@landkreis-vechta.de).

Further information on breastfeeding: [Tips for a good start- BZfE](#).

## Midwives in the district of Vechta

The [midwife centre](#) of the district of Vechta supports you in your search for midwives/services with an online midwife/course search and telephone advice. For more information, visit [www.hebammen-landkreis-vechta.de](http://www.hebammen-landkreis-vechta.de)

### Open midwife consultation hours Vechta and Damme

The midwife consultations can be attended by pregnant women and mothers regardless of their origin or religious affiliation during consultation hours. You do not need an appointment. There is always a midwife on site to advise women free of charge on various topics during pregnancy and parenthood. The open midwife consultations offer an alternative if no midwife can be found for the women and families.

The open midwife consultations are offered fortnightly in Vechta, Damme and Dinklage. Further information is available [here](#).

## Maternity clinics in the district of Vechta

For information about childbirth, you can contact the following hospitals:

- St. Marienhospital, Vechta ☎ [+49 \(0\) 4441991720](tel:+49(0)4441991720)
- St Elisabeth Hospital, Damme ☎ [+49 \(0\) 5491609033](tel:+49(0)5491609033)

If you would like information about an out-of-hospital birth, you can contact the [midwife centre](#).




## Advice centres for pregnant women in the district of Vechta

The counselling centres will advise you on questions and conflicts in connection with your pregnancy. They provide information about legal entitlements (e.g. maternity leave, parental leave, maintenance, citizen's allowance) and help you to assert them. They arrange financial assistance (e.g. the Federal Foundation "Mother and Child") and provide information on prenatal diagnostics (e.g. amniocentesis, ultrasound). They provide counselling in connection with fertility treatments and also offer support when you are grieving for your baby.




### Diaconal work

📍 [Pregnancy and pregnancy conflict counselling Vechta](#)  
 📍 [Marienstr. 14, 49377 Vechta](#)  
 ☎ [+49 \(0\) 4441906910](tel:+49(0)4441906910)

### Social Service of Catholic Women e.V.


 [Pregnancy counselling centre](#)  
 [Kronenstr. 5, 49377 Vechta](#)  
 [+49 \(0\) 444192900](#)


**donum vitae Vechta e.V.**

 [Pregnancy and pregnancy conflict counselling](#)  
 [Falkenrotter Str. 31, 49377 Vechta](#)  
 [+49 \(0\) 4441854670](#)

## Notification to the registry office

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

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

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

## Recognition of paternity


If the parents are married, the father and mother are registered as parents. If the parents are not married, the father must have paternity recognised. This can be done at the registry office or the youth welfare office. The child's mother must agree to the acknowledgement of paternity.

Recognising paternity results in rights and obligations for the father: For example, the father may be obliged to support the child, which means that he must pay financial support to ensure the child is cared for. In return, he has a right of access to the child. This is particularly important if the child's parents do not live together or separate before the birth.

If you have any questions about maintenance or access rights, please contact the [youth welfare office](#).

## Paediatricians

There are ten early detection examinations (U1-U9 and J1). This means that the child is regularly examined up to the age of 6. The paediatrician monitors your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. You can find the addresses of paediatric practices [here](#).

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

## Day care centre/ kindergarten

### Day care centre



Before attending school, from the age of 1, your child has a legal right to attend a daycare centre (crèche) or to be cared for in a daycare centre. Here your child can learn the German language, discover new things through play and get to know children of the same age. Both the crèche and the day care centre are important and good preparation for kindergarten. To find a place, ask at the family service office in your [town hall](#). You can find information about day care [here](#) in a short video in various languages.

## Kindergarten

Children from the age of three until they start school are looked after in kindergarten. A legal entitlement also applies here, i.e. your child must be allocated a place. Here, too, your child will learn the German language and will be encouraged in a playful way together with children of the same age. Kindergarten is very important and helps to prepare your child for school. To find a place, ask at the family service office in your [town hall](#).


A parental contribution is charged for childcare in day care centres. On application, the parental contribution can be paid in full or in part by the [youth welfare office](#) if the parents cannot reasonably be expected to bear the burden.

Attendance at a day care centre is generally free of charge for children aged three and over.

Contact details of the youth welfare office:

District of Vechta

 [Ravensberger Str. 20, 49377 Vechta](#)

 [+49 \(0\) 44418980](#)

## Compulsory schooling

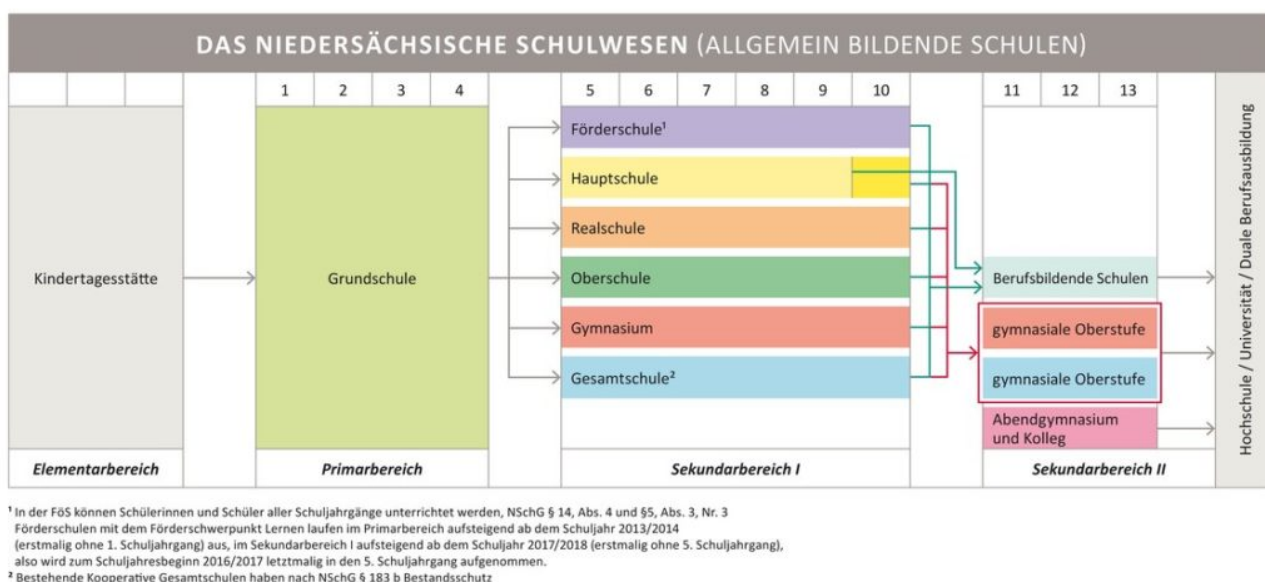
Parents and guardians (usually the parents) have a great responsibility when it comes to the fulfilment of compulsory schooling. All children who will reach the age of 6 by 30 September of the year they start school are required to attend school. Compulsory schooling generally ends after 12 years. In exceptional cases, compulsory schooling can end after 10 years of school attendance at the earliest. At least one year must be completed at a vocational school.

There is an important provision in the school rules. If the child is ill and cannot come to school, the legal guardians must write a letter. A telephone cancellation is not sufficient. They must normally submit a written excuse within 3 working days. If your child is ill for a longer period of time, you should get an apology from a doctor. In special cases, the school may require that you always bring an excuse from the doctor.

A pupil does not come to school without an excuse? If so, the school must inform the Youth [Welfare Office](#) and the Penitentiary Office. The Youth Welfare Office provides support for this. Young people aged 14 and over and their parents or guardians must expect a fine. In the case of children under the age of 14, only the legal guardians must expect a fine.

Multilingual publications from the Lower Saxony Ministry of Culture can be found [here](#).

## School system



Source: [MK Niedersachsen](#)

### Primary school

Primary school usually lasts 4 years. When your child is 6 years old, enrol them at a primary school near your home.

After attending primary school, children transfer to one of the following schools, depending on their ability and their parents' wishes:

### Hauptschule

At the Hauptschule, pupils receive a basic education. They learn how to work independently and familiarise themselves with professions.

They also receive career guidance. The Hauptschule lasts 5 or 6 years.

### Realschule

In the Realschule, pupils acquire an extended general education. They learn even more than the basic education in all subjects. Pupils learn about professions and study programmes and receive career guidance.

The Realschule lasts 6 years.

### Grammar school

At grammar school, pupils receive an in-depth general education. The Gymnasium prepares pupils primarily for university studies. At a grammar school, pupils obtain the Abitur after year 13.

### Secondary school

High-achieving and low-achieving pupils learn together at the Oberschule.

All pupils stay together in one class for several years so that they can learn well from each other.

Pupils can learn everything here that they learn in the Hauptschule and Realschule.

However, there are also secondary schools where lessons are taught separately.

There is a Hauptschule branch and a Realschule branch.

Some secondary schools also have a grammar school branch.

### Comprehensive school

There is the integrated comprehensive school (IGS) and there is the co-operative comprehensive

school (KGS).

In the comprehensive school, high-achieving and low-achieving pupils learn together.

They all stay together in the same class for several years so that they can learn from each other.

Pupils can learn everything here that is learnt in the other types of school.

They can also take the Abitur.

You can find more information about the school system in Lower Saxony in various languages [here](#).

## School cancellation

Is it bad weather, such as heavy snowfall or freezing rain? Then the schools in the district of Vechta can close. The decision as to whether lessons are cancelled in extreme weather conditions is made by the districts and independent towns. In principle, there is the option of cancelling up to class 4 or up to class 10. As a rule, however, lessons are then cancelled at all general and vocational schools.

Pupils travel to school by bus and train. These journeys will continue to take place if the bus and train companies are able to do so. But sometimes certain stops that are not on major roads may no longer be served. If pupils go to the bus stop even though school is cancelled, they should wait at least 15 minutes for the bus.

If school is cancelled, the teachers will still look after the children who have come to school. Children must not simply be sent home without the teachers having spoken to the parents first. This is particularly important for parents who have to work.

The district administration recommends paying attention to the morning radio announcements in the traffic news from 6.00 am. You can also find information on the [internet](#).

There is also a free app called "Biwapp", which displays a corresponding message in the event of school cancellations. The app is available for smartphones with Android and iOS and can be downloaded from the relevant app stores.

You can find detailed information here: [www.biwapp.de/vechta](http://www.biwapp.de/vechta)

Finally, a telephone number has also been set up for the current school cancellation announcement in the event of extreme weather conditions.

The telephone number ☎ [+49 \(0\) 44418981919](tel:+49044418981919) will be used to make announcements about school cancellations. You can also contact us via the e-mail address @ [info@landkreis-vechta.de](mailto:info@landkreis-vechta.de) if you have any special concerns.

The weather is very bad? So the walk to school is dangerous? Then parents can decide for themselves whether to send their children to school. This is also possible if lessons have not been officially cancelled.

## Family benefits

### Parental allowance

Family and career are increasingly developing into an equal part of life for both parents.

Parental allowance and parental leave are designed to help you organise the start of a new phase of life with a child according to your wishes.

## Basic parental allowance

Basic parental allowance is paid to parents for up to 14 months after the birth of the child. One parent can claim a minimum of two months and a maximum of twelve months. You can work a maximum of 32 hours per week during this time.

## Parental allowance plus

Parents should be able to better reconcile family and career. This is why parental allowance has been developed into Parental Allowance Plus. With Parental Allowance Plus, you can combine parental allowance with part-time work. This makes it easier to return to work.

Are you going back to work part-time early after the birth of your child? Then you will lose part of your parental allowance entitlement. This is because your salary will be taken into account. With Parental Allowance Plus, you will be supported for longer. This offsets the deduction. One month of Parental Allowance becomes two months of Parental Allowance Plus.

## Partnership bonus

The bonus promotes a fair division of family and work responsibilities. Would you like to receive the bonus? Then you and your partner must work at the same time. You must work between 24 and 32 hours. You must work for at least two to four months at the same time. Then you will continue to receive Parental Allowance Plus for two to four months.

The information sheet will help you fill in the forms and also contains general information. Further information and examples of Parental Allowance Plus can be found at [www.elterngeld-plus.de](http://www.elterngeld-plus.de). You can use the parental allowance calculator with planner available there to work out the estimated amount yourself.

In principle, you are entitled to parental allowance if you:

- has a place of residence or habitual abode in Germany
- live in a household with their child
- look after and bring up this child themselves
- are not in gainful employment or are not in full-time employment

You must apply for parental allowance in writing. You can only submit the application when your child is born. Please note that parental allowance is only paid retrospectively for the last three months of your child's life before you submit your application. Apply for parental allowance in good time after the birth of your child.

You can apply for parental allowance at the [youth welfare office](#) of the district of Vechta

You can find more detailed information in German, English, Turkish and Russian on the [BAMF website](#).

## Child benefit

Families with children have to finance the maintenance and education of their children. To do this, they need more money than people without children. Child benefit is paid to compensate for this additional expense.

Child benefit is claimed from and paid by the family benefits office. You can find more information on the [child benefit](#) website.

## Entitlement to child benefit

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

If you have any questions, please contact the [Family Benefits Office](#).

## Contact us

### Visitor address

Family Benefits Office Oldenburg  
📍 [Stau 70, 26122 Oldenburg](#)

### Postal address

Family Benefits Office Lower Saxony - Bremen  
30131 Hanover

☎ [0800/4555530](tel:08004555530)\* (general information on child benefit and child supplement)

☎ [0800/4555533](tel:08004555533)\* (Payment dates for child benefit)

\*This call is free of charge for you.

@[Familienkasse-Niedersachsen-Bremen@arbeitsagentur...](mailto:Familienkasse-Niedersachsen-Bremen@arbeitsagentur...)

## Health

### The German healthcare system

Many facilities are part of the healthcare system in Germany. The healthcare system has three areas:

- Outpatient medical care by doctors and pharmacies ("outpatient" means: patient goes home after treatment).
- Inpatient medical care through acute care in hospitals ("inpatient" means: patient stays in hospital for treatment).
- Public health service through preventive services provided by the public health department ("preventive" means: services to maintain health and avoid becoming ill).

Outpatient and inpatient care provide medical care for sick people. You can decide for yourself which doctor or facility you go to. This is called freedom of choice.

The public health department fulfils preventive tasks. It is therefore part of the public health service. The office provides advice and information on the subject of health. What is the aim? The office wants to ensure healthy living in the district. The office organises numerous projects at schools. These projects provide information on the topic of "health" in a fun way. They promote healthy living. You can find more information at [www.landkreis-vechta.de](http://www.landkreis-vechta.de).

💡 Good to know:

Hospitals treat people who are seriously ill or have life-threatening injuries. Do you have a minor injury or illness? Is it **not** an emergency? Then it's best to go to a doctor's surgery. You will get good help there!

Do you need a doctor at night or at the weekend - but it's not an emergency? Then you can call here and find out which doctor's surgery is currently open:

### **Medical on-call service**

only in the evening and at weekends

☎ [116 117](tel:116117)

### **Dental emergency service**

only at weekends

🌐 [www.zahnarzt-notdienst.de](http://www.zahnarzt-notdienst.de)

### **Pharmacy emergency service**

You can find a list of emergency service pharmacies [here](#):

[08000022833](tel:08000022833) (free of charge)

from mobile phone: 22833 (max. 69 cent/min.)

## **The German healthcare system in 14 languages**

In the brochure "[Gesundheit für alle](#) - Ein Wegweiser durch das deutsche Gesundheitswesen" you will find all the important information in 14 languages.

## **Guide from the district of Vechta**

The district of Vechta has also produced a guide. The guide is available in many languages. The guide contains up-to-date information on health topics. You will find information on the following topics:

- Health insurance
- Visiting a doctor
- Preventive examinations
- Vaccinations
- Behaviour in an emergency
- Health in Germany

You can find the guide [here](#).

## **Visit to the doctor**

### **General practitioners and specialists**

If you are ill, you go to your family doctor. You can choose this yourself. The GPs themselves determine the opening hours. You should therefore make an appointment if you need help from a GP.

GPs carry out important examinations and are your first point of contact in the event of illness. They also decide what medication you need and whether a specialist examination is necessary.

If necessary, your GP will refer you to a specialist who can carry out specialised examinations.


Make an appointment to see a doctor. If you cannot go to the appointment: Don't forget to call and cancel the appointment.

If you have an eye injury, go straight to an ophthalmologist.

If you have a toothache, go straight to a dentist.

Children are treated by a paediatrician.

If the practice is closed, the medical on-call service can help

 [116 117](tel:116117)

### **Paediatricians and paediatricians**

Children are usually examined by paediatricians. Regular check-ups and vaccinations at the paediatrician are important for the health of every child. The prescribed check-ups are called "U examinations" and are always free of charge and at a specific time. Please take your child to a paediatrician to find out about the regular, prescribed U-examinations.

### **Dentists and dentists**


If you have a toothache, go to a dentist.


### **Ophthalmologists and eye specialists**


If you have problems with your eyes, you can go to an ophthalmologist. Ophthalmologists deal with all diseases that affect the eyes.

### **Gynaecologists (female and male gynaecologists)**

It is important that women are regularly examined by a gynaecologist. This allows diseases to be recognised in good time. This is called a check-up. You can also discuss the topic of contraception there.

 If you need help finding a suitable doctor, ask your helper organisation or accommodation service.


 If you are an asylum seeker and need to see a doctor, you will receive a treatment voucher from the social welfare office. With this, the doctor's visit is free of charge for you.

 If an operation is necessary and it is not an emergency, the social welfare office must authorise the hospital stay in advance. Your doctor will issue you with a certificate to this effect. Only medically necessary operations can be covered.

### **Contact:**

District of Vechta

Office for Social Affairs and Integration

 Mrs Themann

 [Ravenberger Str. 20, 49377 Vechta](#)

 [+49 \(0\) 44418982001](tel:+49044418982001)

 [@2 001@landkreis-vechta.de](mailto:001@landkreis-vechta.de)


### **Medicines and pharmacies**

If you need medication, you will receive a prescription from your doctor. You can get your medication with this prescription at any pharmacy. Pharmacies are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy.

If you need medication urgently at night or at the weekend, you will find a sign at every pharmacy with the name and address of the pharmacy that is open for emergency service. You can also find this information on the Internet.

Search for pharmacy emergency services

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

 As an asylum seeker, you will receive many medications without a co-payment. You should therefore ask your doctor about this. If you do not have a prescription, you will always have to pay for the medication.

## Emergency numbers - SOS


An emergency is an acute threat to health. You should only contact an emergency doctor or ambulance service in the event of an emergency or an acute health threat.

### Emergency numbers:

**Police**  [110](tel:110)

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

**Ambulance, emergency doctor**  [112](tel:112)

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

### Important information for an emergency call

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


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


### Health insurance

You must take out insurance in Germany. Insurance is compulsory. Do you have a [residence permit](#)? Then you must register with a regular health insurance fund. You will receive a card there. This is your insurance card. With it, you will receive the same benefits as everyone else in Germany.



Would you like to understand the German healthcare system? You can find information on this [website](#) . This information is available in German and English.

 **Here you will find** all the important information about health insurance (read chapter 1). The guide explains the German healthcare system. It is also available in [other languages](#): The "Guide to Health for Asylum Seekers in Germany" and the "Guide to Health for All" are important.

 As a refugee or asylum seeker, you are not yet covered by health insurance. You need a health insurance voucher. You can use this to go to the doctor. You can obtain these licences from the social welfare office in your [town or municipality](#).


## Statutory or private health insurance?

There is statutory and private health insurance. Most people have statutory health insurance. Health insurance is paid for by the employee and the employer. Do you earn a lot of money? Are you a civil servant? Are you self-employed? Then private health insurance might make sense. You have to fulfil certain requirements for private health insurance. For example, you need a certain gross income.

## Health insurance


Health insurance is taken out with a health insurance company. There are many different health insurance companies in Germany. Each person is free to choose their own health insurance company. [Here](#) you will find an overview of health insurance companies in Germany.

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

 Are you going to a hospital? Are you seeing a therapist? Are you seeing a doctor? Then take your insurance card with you.


## Insurance card

The insurance card is very important. You can use it to go to the doctor. The doctor's work is paid for by your insurance.

 Remember to take your insurance card with you when you are treated by doctors, in hospitals or by recognised therapists.

## Insurance in Europe

The card is also your insurance throughout Europe. It is called the European Health Insurance Card (EHIC). You can use it to go to the doctor in all EU countries.

 Are you travelling to a country outside the EU? Then you should take out additional insurance. Insurance for abroad protects you while travelling. It is called international health insurance. Do you have an acute illness abroad? You will also receive basic care in many foreign doctors' surgeries and hospitals. You can obtain information from your health insurance company.

## Prevention offers

Prevention programmes are designed to maintain and look after your health. The aim is to avoid illness or damage to your health. The aim is to reduce the risk of illness or delay its occurrence. This is why most health insurance companies pay at least part of the cost of prevention programmes. Sometimes they also cover the entire costs. Prevention programmes can include yoga classes, back training, nutrition courses and much more.

Take advantage of prevention programmes. Ask your health insurance company! This way you can protect and maintain your health.

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

## Counselling centres and offers of help

### Violence against women helpline

☎ [+49 \(0\) 8000116016](tel:+4908000116016)

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

The violence against women helpline advises women affected throughout Germany. The counsellors provide advice on all forms of violence against women. Do you need help where you live? Then the counsellors will refer you to suitable local facilities. Online counselling is also possible via the website. The counselling sessions are confidential. Would you like to remain anonymous? That's no problem. You don't have to give any personal details on the phone. This also applies on the website. If you have hearing difficulties, you can book an interpreting service via the website. This costs you nothing. The conversation with the counsellors will be translated into German sign language. It can also be translated into written language. Counselling is possible in many languages via interpreters.

### Women's counselling in cases of violence and threats

Women's counselling / BISS counselling and intervention centre for the Cloppenburg/Vechta police station

📍 [Mühlenstr. 51, 49661 Cloppenburg](#)

☎ [+49 \(0\) 4471930830](tel:+4904471930830)

@ [frauenberatung@drk-cloppenburg.de](mailto:frauenberatung@drk-cloppenburg.de)

This counselling service is for women of all ages, cultures and sexual orientations. They can find professional and women-specific support here. Counselling is provided by women for women and can take place over the phone, in person or anonymously.

### White Ring

☎ Victims telephone: [116006](tel:116006) (free of charge nationwide)

@ [info@weisser-ring.de](mailto:info@weisser-ring.de)

🌐 Online counselling: [www.weisser-ring.de](http://www.weisser-ring.de)

The White Ring helps victims to find their way out of difficult situations. This is done through personal counselling as well as emotional and financial support. They accompany victims to

court and official appointments and stand by their side. They help with the enforcement of the Protection against Violence Act and show what legal means are available. They support you with help checks for initial legal and psycho-traumatological counselling.

## The family guide

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






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

## Caritas advice centre for parents, children and young people

 [Neuer Markt 30, 49377 Vechta](#)  
 Damme branch: [Kirchplatz 18, 49401 Damme](#)  
 [+49 \(0\) 44418707690](tel:+49(0)44418707690)  
 [@beratungsstelle@caritas-sozialwerk.de](mailto:beratungsstelle@caritas-sozialwerk.de)

Parents, children, adolescents and young adults who have problems with their environment or themselves can find support here. Employees who work with children and young people in institutions can also find support here.

## Addiction Counselling Centre Vechta

 [Dominikanerweg 8, 49377 Vechta](#)  
 Damme branch: in the House of Caritas, Kirchplatz 19, 49401 Damme  
 [+49 \(0\) 44416533](tel:+49(0)44416533)  
 [@suchtberatung@skm-vechta.de](mailto:suchtberatung@skm-vechta.de)  
 [www.skm-vechta.de](http://www.skm-vechta.de)

The Vechta counselling centre offers all citizens in the district of Vechta advice and help with questions relating to addiction. They are familiar with the treatment of addiction problems and can offer the following services to those affected and their families:

- Information and counselling, also by email or chat
- Referral to detoxification treatment
- Referral to self-help groups
- Referral to outpatient and inpatient therapy
- Online counselling

## Helpline for pregnant women in need

 [+49 \(0\) 8004040020](tel:+49(0)8004040020)  
 <https://www.hilfetelefon-schwangere.de/>

When pregnancy becomes a challenge, the counsellors from the help hotline for pregnant women in distress are there for you.


Pregnant women, their immediate environment and also professionals can contact the counsellors around the clock before and after the birth, who know the appropriate offers of help. The counsellors will support you regardless of gender, origin, faith, sexual orientation and sexual identity. The help is:

- anonymous,
- free of charge and
- around the clock

### **Women's and child protection centre**

Protection and help for women with children who experience violence.

SKF Vechta - 24-hour telephone

 [+49 \(0\) 444183838](tel:+49(0)444183838)

### **breastcare app**

Breast cancer is the most common type of cancer worldwide. In Europe, one in eight women will develop breast cancer in the course of her life. In Germany alone, around 70,000 women are diagnosed with breast cancer every year. The earlier the disease is recognised, the greater the chance of a cure. Around 25% of cases can be prevented by adopting a healthy lifestyle. The breastcare app is science-based. It explains everything important about breast cancer in an easy-to-understand way. It also deals with the topic of early detection. You learn how important a healthy lifestyle is. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

### **The breastcare app**

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions
- explains risk factors and symptoms and provides specific tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centres, integration officers or support services that women can turn to with questions
- tells stories of affected women that are encouraging

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

### **MMM - Malteser Migranten Medizin - Medicine for People without Health Insurance**

People without general health insurance as well as people without a valid residence status will be able to find a doctor who can perform an initial examination and provide them with emergency care in case of sudden illness, injury or pregnancy at Malteser Medicine for People without Health Insurance (or MMM for short).

Since many patients do not want to visit a doctor's office or a hospital, Malteser assists while maintaining anonymity. Networking and cooperation with churches, associations and clubs

enable further help.

#### Office hours:

Tuesday: 10:00 am to 12:00 pm (except holidays)

#### Contact:

Malteser Migrant Medicine

📍 Johannissstraße 91, 49074 Osnabrück

☎ [0541/3410](tel:05413410)

☎ [0541/505220](tel:0541505220) (outside office hours)

🌐 [Malteser Migrant Medicine](#)

## Vaccinations

You can be vaccinated to protect yourself against certain infectious diseases. Vaccinations are available against influenza, mumps, chickenpox and rubella, for example. There is no general compulsory immunisation in Germany, except for measles. It is therefore up to each individual to decide for themselves and their children which vaccinations are suitable. It is advisable to seek advice from a doctor in order to weigh up the individual risks and benefits.

There are vaccination recommendations. These take into account a number of factors, such as age, state of health, pregnancy and risk.

🌐 Information on this can be found on the website of the [Federal Ministry of Health](#) and on the website of the [Federal Centre for Health Education](#).

🌐 Further information on vaccinations can be found on the website of the Robert Koch Institute: [Vaccination calendar in 20 languages](#).

🌐 Here you can watch a video on vaccination in 13 languages: [Video on vaccination](#).

On the website of the Robert Koch Institute you will find "Information material on vaccination in various languages".

🌐 [RKI website](#)

The most important **immunisations for children** are carried out as part of the [U-examinations](#).

Talk to your paediatrician about which vaccinations are advisable for your child. Your paediatrician can also help you clarify any concerns or questions you may have about vaccinations. Some vaccinations need to be repeated after some time. This is important so that immunisation protection is not lost. Your paediatrician can check whether important vaccinations have been carried out. They will also check whether vaccinations need to be repeated.

💡 Is your child due to attend a [day care centre \(Kita\)](#)? Or does it want to go to school? Then it must be immunised against measles. Vaccination against measles is compulsory.

🌐 You can find information on the mumps-measles-rubella vaccination on the [website of the Robert Koch Institute](#). The information is available in several languages.

## Multilingual information portals on the topic of health

Are you looking for information about health? Or about the healthcare system in Germany? Then take a look at the ["Migration and Health" portal](#). You can choose between 40 languages.

You can also find information on the ["Zanzu" portal](#). And in 13 languages. The topics include, for example

- Family planning
- pregnancy
- Health-related rights

There is also a dictionary of medical terms.

## Everyday life

### Information

Are you new to Germany? Moving to a foreign country brings with it many questions and a lot of work. Everyday life and some German ways of life must seem strange to many refugees and migrants. To make it a little easier for you to find your way in everyday life, we have summarised a few practical everyday tips here.

### Mobility

#### School transport

Children have to get to school from home. There are buses or trains for this purpose, for example. When children travel to school by bus or train, this is called "school transport". Certain groups of pupils are entitled to this transport. Some get the money reimbursed. Normally, parents or guardians have to pay for the journey.

Is the walk between home and school longer than the following minimum distances? Then your child is entitled to school transport:

2.000 m:

- for children who attend a school kindergarten or who take part in special language support programmes
- for pupils in years 1 to 6 of general education schools and

3.000 m:

- for pupils in years 7 to 10 of general education schools

4.000 m:

- for pupils in entry-level vocational schools, years 11-13 of general education schools, technical secondary schools and vocational grammar schools as well as vocational schools and technical schools without training allowance.

The district and the independent cities are responsible for school transport. They must transport pupils to school. If this is not possible, they must reimburse parents for the costs. This is called the transport and reimbursement obligation. In principle, you only have a claim for the journey to the nearest school of the chosen type of school.

The school transport providers are responsible for determining how they fulfil this transport and reimbursement obligation. They can determine both the mode of transport (school buses, public transport) and the minimum distance between home and school from which the obligation to provide transport and reimbursement applies.

Do your transport requirements change? This is the case, for example, if your child now goes to a different school. Or if your child is ill for a longer period of time. Then you must inform the district immediately and unsolicited in writing or electronically. This is important for the following changes:

- Change of school,
- relocation,
- Illness lasting more than one month,
- Staying abroad for more than one month,
- fulfilment of compulsory schooling at a non-school institution,
- Cessation of the requirements for support for individual transport.

💡 Does one of the above points apply to your child? You do not inform the district? Then you have received unauthorised benefits. You must reimburse the costs to the district of Vechta. The applicant is responsible for the correct tax treatment of the transport allowance.

### Contact:

District of Vechta - Department for Economic Development, Mobility and Tourism

📍 [Ravensbergerstr. 20, 49377 Vechta](#)

✉️ [@schuelerbefoerderung@landkreis-vechta.de](mailto:schuelerbefoerderung@landkreis-vechta.de)

### Bus, train and bike

Many places in your home town and the surrounding area can be easily reached by public transport. A healthy, inexpensive and environmentally friendly alternative for getting from A to B is a bicycle.

#### Public transport

To get to your destination in the district of Vechta, you can use public transport. These are [bus, moobil+, Nord-West-Bahn].

Travelling without a ticket, so-called fare dodging, will be penalised! You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.

#### Bus companies and timetables in the district of Vechta:

Dinklage: [Kohorst Reisen GmbH](#)

Vechta: [Omnisbusbetrieb G. Wilmering GmbH & Co. KG](#)

Lohne: [Schomaker Reisen GmbH & Co. KG](#)

Neuenkirchen: [Reisedienst Hedemann](#)

### **On-call bus moobil +**

moobil + is a mobility system of the districts of Cloppenburg and Vechta, the local authorities and the transport companies. It provides people in the Oldenburger Münsterland with attractive, affordable local transport services. This enables everyone - even those without a car - to reach their workplace, shops, doctors or leisure destinations safely.

The moobil+buses make fixed stops on their routes from Monday to Friday during the core hours of 7:00-19:00 (on some routes from 5:30 - 21:00). Additional on-demand stops are also provided on each route.

Bookings can be made by phone, app, online or in person at the mobility centre. All journeys should be booked up to one hour before departure. Passengers who have not booked and are boarding spontaneously can only be taken at fixed stops if there is a free seat on the bus up to the destination.

All contact details can be found on the [contact page](#).

### **North-West railway**

You can also travel by train in the district of Vechta. You can find the current route overview and timetables [here](#).

### **Bicycle**

If you know that you will be living in the district of Vechta for a longer period of time, it is worth buying a bicycle. It's cheaper than travelling by public transport.

Important traffic rules for cyclists (selection):

Always ride on the right-hand side of the carriageway

Do not ride next to each other, but behind each other

If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel)

Only children up to the age of 11 may use the footpaths by bike

Using a mobile phone on a bicycle is prohibited

Purchase and repairs: When buying a bike, make sure that it is equipped as follows and is therefore roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

Front and rear lights

Reflector front and rear

Reflectors in the spokes (2 per wheel)

Reflectors on the pedals

Bell

Two independent brakes

### **Driving licence and car**

#### **The driving licence**

Would you like to drive in Germany? Then you need an international driving licence. Would you like to use your national driving licence? Then it must be translated by an officially



recognised translator.  
This regulation does not apply to EU citizens.

## 1. having a foreign driving licence converted

Are you already in possession of a driving licence from your home country? Then you are generally allowed to drive in Germany for 6 months.

After that, you must have your driving licence converted.

This means that you will have to take another theoretical and practical test.

You can find out more about this at the [district](#) driving licence office.

Foreign driving licences for cars are generally recognised for EU citizens. You can have your driving licence converted voluntarily. You then do not have to take a theoretical or practical test. These rules do not apply to driving licences for lorries or buses. These licences must be converted after a certain period of time.

## 2. get a new driving licence

Would you like to drive in Germany? Do you not yet have a recognised driving licence? Then you need to attend a driving school.

There you will learn the traffic rules in Germany and how to drive a car in theoretical and practical lessons.

The driving lessons and driving tests are subject to a fee. Clarify the costs with your driving school beforehand!

You can obtain further information and application forms from the driving school or [driving licence office](#).

## Buying a car

If you have bought a car, you must register it at the vehicle registration office.

For this you will need

- Registration certificate part I (vehicle registration document)
- Registration certificate part II (vehicle registration document)
- Identity card, passport or residence permit with registration certificate
- Electronic insurance confirmation (EVB)
- Application for registration
- SEPA direct debit mandate
- Purchase contract, if applicable
- If necessary, bring old plates from the registered vehicle
- Certificate of conformity (COC) or data confirmation, if applicable

An appointment

■ In Germany, anyone who owns and wants to drive a vehicle (vehicle owner) must have motor vehicle insurance. Without insurance, the car cannot be registered. This covers any

damage you cause to other vehicles or people. This also applies to motorbikes.

You can find information in various languages here:

[Make it in Germany](#)  
[Handbook Germany](#)

## Insurances

### Social insurances

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

### Supplementary insurance

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

### Liability insurance

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

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

💡 Are you looking for a good offer for private liability insurance? The [consumer advice centre](#) provides information on this topic.

There is also a checklist. It contains further questions and answers about insurance. It is available in [Arabic](#), [German](#), [English](#), [Farsi](#) and [Russian](#).

### Broadcasting fees

Germany has independent radio, television and online programmes from ARD, ZDF and Deutschlandradio. They report free from economic and political influences. Everyone pays money for this. This is called the licence fee.

The law stipulates that a licence fee must be paid for every home in Germany. However, only one person per home has to pay the licence fee. This costs €18.36 per month and must be paid to the ARD, ZDF and Deutschlandradio contribution service. Further information can be found in

the information sheet on the [broadcasting licence fee website](#). Also [available here](#) in several languages.

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

You can find the application for exemption [here](#).

## **Internet**

### **Mobile Internet**

You have mobile Internet on your mobile phone. This is very practical. You can search for something on the Internet while you are on the move. You can also search for an address. The Internet costs money. It is best to have a contract. This contract can be a fixed-term contract or a prepaid contract. You can find more information [here](#).

💡 You do not need internet to use Integreat.

### **WLAN at home**

If you want to have Internet in your own home, you need a router. There are various companies that can sell you a router and a contract. It is best to ask your local helpers for information.

### **Public, free WLAN hotspots in the district of Vechta**

Free Wi-Fi is available in several places in public areas, for example in city centres, libraries, restaurants or media houses. You can use your own device to surf the internet there.

💡 As an asylum seeker in Germany, you are not legally entitled to Internet access (WIFI) in your accommodation. Therefore, there is usually no WIFI (WLAN) in the accommodation centres. If there is a telephone connection in the accommodation, it is possible for you to take out a contract for WLAN yourself. Ask your local helpers to help you choose a good contract. Talk to the people living in the accommodation about payment beforehand. Consider whether a contract that you can cancel at any time is better than a contract that is valid for a long time (e.g. 2 years). Before signing the contract, ask your accommodation provider whether Wi-Fi is technically possible at all and how you can give the technician access.

### **Bank account**

A current account is an account for people who want to make payments via the bank. Your money is available in your current account at all times. Make sure that you have enough money in your account for all withdrawals and payments.

With a current account you can


- Make transfers
- Receive cashless payments (payments from public offices / authorities / social benefits are often made cashless, i.e. transferred to a personal current account)
- Set up standing orders


- Participate in direct debits
- Cashing cheques
- Pay with an EC card without cash
- Withdraw or deposit cash at a bank counter or ATM
- Print out your account statements

## Opening an account

Decide which bank you would like to have an account with. Make an appointment to open an account. Please bring one of your identification documents with you: Proof of arrival, residence permit, identity card. If no current address is noted on the legitimisation document, please also bring a registration certificate or a comparable document.

- After opening the account, you will receive an EC card with a four-digit PIN code. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments and for withdrawing money from ATMs. **Be sure to keep your card and PIN code separate!**
- If you want to withdraw cash, it is best to use the ATMs of the bank where you have your account. Then the withdrawal costs nothing. If the PIN code is entered incorrectly three times at the ATM, the debit card will be cancelled and blocked. In this case, you must ask your bank.
- If your debit card is lost or stolen, have it blocked immediately. State your sort code and account number. Then ask your bank for a new EC card.

 [116 116](tel:116116)

 Around the clock.

Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month and what services the bank offers in return.

If you do not speak German or English, please bring an interpreter with you.

If you need help using your EC card correctly, ask your social counsellor in your [town or municipality](#).

## Online banking

With online banking, you can carry out your banking transactions from your PC, tablet or smartphone. You can view your accounts at any time and are independent of a branch. High security standards and modern TAN procedures apply.

## Contracts and mobile phones

### Mobile phone

There are basically two different mobile phone contracts in Germany: Prepaid contracts and fixed-term contracts. The prepaid contract has no fixed contract term, whereas a fixed-term contract has a minimum contract term. This contract is automatically renewed if you do not cancel it. Cancellation must be made in writing and in due time. In contrast to a fixed-term contract, there is no basic fee for a prepaid contract.

10 important questions for concluding a contract:

- How high is the basic fee? Does the fee increase after a certain period of time?
- Is there a minimum monthly turnover (minimum costs per month)?
- How long is the contract for (e.g. 12 or 24 months)?
- If I do not cancel the contract, it will be automatically renewed.
- When do I have to cancel if I don't want to extend the contract?
- How much does it cost to set up, switch and deactivate?
- What is the billing cycle (60/1, 10/10)?
- How much does a minute cost (external/own network)?
- How much does a mobile phone with a contract cost and how much does a mobile phone without a contract cost?
- How much does Internet cost?
- How much do international calls cost?

## Contracts

Contracts are concluded in Germany, for example, when starting work, moving into a new home, buying a car or mobile phone or for a gym membership. Be sure to pay attention to the content of a contract: How is the total price made up? Are there other monthly costs in addition to a one-off payment? Contracts are binding and must be honoured. They can only be cancelled within the applicable notice period.

Children and young people under the age of 18 cannot conclude contracts. In any case, make sure that your children cannot access your account details.

If you are not sure whether you can pay the running costs or whether you have understood everything correctly, do not sign the contract!

Once you have signed the contract, it is binding. It is therefore always a good idea to read through a contract at your leisure and have it explained to you in detail before you sign anything.

This is particularly important:

Never sign anything that you have not understood or cannot read. Otherwise you may end up signing a contract or agreement under which you have to pay something. It is sometimes very difficult to undo this. Always check and compare several offers and take your time to decide.

Don't let anyone pressure you into signing anything. Anyone who pressurises you is not an honest salesperson.

Do not sign any contracts on the phone, on the street, in front of a supermarket or on your doorstep!

Never give out your bank details over the phone!

### Beware of "Schufa-free" credit offers!

There are many dubious offers for Schufa-free loans or gold Mastercards on the Internet. The offers are advertised on the websites as "fair", "transparent" or "allocation-proof", but often have false ratings and seals of approval. You are often promised a quick and unbureaucratic payout.

However, instead of the advertised loan, you only receive a prepaid card, which is also associated with high costs.

Even if you need money urgently, never sign such a contract and never enter your personal

details on these websites.

Further information can be found on the website of the [consumer advice centre](#).

## **Waste disposal and recycling**

Correct separation and disposal is not that difficult. Take a look at the [waste collection calendar for your municipality or town](#) in the district of Vechta. Here you can see which waste is collected and when.

Enter your town under 2. town (2. Stadt). Under 3. street (3. Straße) enter the street name where you live. You must then select how you wish to dispose of your paper waste:

- Siemer blue paper bin (blaue Papiertonne Siemer)
- PAMO club bin (PAMO-Vereinstonne)
- No paper bin (keine Papiertonne)

[Here you will find](#) an overview of the types of waste and how to dispose of them correctly. Below you will learn how to dispose of your waste correctly:

## **Residual waste in the black bin**

Waste that cannot be recycled goes in the black bin:

- Nappies, sanitary towels and tampons
- Paper tissues, facial tissues, paper towels
- Plastic bin liners
- Hoover bags
- Coated paper
- Wallpaper, carpet residues
- rubbish, ash, small animal litter, cigarette butts

## **Paper in the blue bin**

Paper waste must be clean and uncoated:

- Newspapers and magazines
- Cardboard boxes (please fold or shred)
- Catalogues and brochures
- exercise books
- books
- Forms and printer paper
- Letters and envelopes
- Paper bags
- Paper packaging

- Cigarette packets (without aluminium and without foil)
- Chocolate boxes (without plastic)

## Organic waste in the brown bin

Compostable waste goes in the brown bin:

- Kitchen waste (including meat and fish scraps)
- Fruit and vegetable scraps
- Salad (without salad dressing)
- Potato peelings, egg shells
- Coffee filter bags, tea bags
- Wilted bouquets of flowers
- Potted plants (without pot)
- Garden waste
- Crumpled newspaper to soak up moisture

## Packaging and plastic in the yellow bag

Recyclable packaging goes in the yellow bag. This must be made of plastic, metal or wood. Not for paper, cardboard or glass.

## Glass

### **This belongs in the bottle bank:**

Emptied white and coloured glass, e.g. disposable bottles and jars. Please separate by colour.

### **This does not belong:**

Anything that is not made of pure glass, including ceramics or porcelain (both belong in the residual waste bin).

## Broken electrical appliances and hazardous waste to the recycling centre

Must go to the recycling centre:

- Waste that does not fit in the rubbish bin
- All broken electrical appliances
- Hazardous materials such as old batteries, energy-saving light bulbs or chemicals

You can dispose of waste free of charge at the [10 recycling centres](#). You have to pay to drop off green waste. You can find out which recycling centre accepts which items on the linked page: [Recycling centres](#)

A mobile collection of hazardous waste and broken electrical appliances takes place twice a year. A collection vehicle then comes to your municipality. You can see the date in the [calendar](#).

### **Used items in good condition**

can be bought and sold in second-hand shops or at flea markets.

## **Bulky waste**

**Items that are too large to be disposed of with the residual waste are sent to bulky waste:**

- Furniture such as sofas, chairs, cupboards, tables, wooden shelves, bed frames,
- mattresses, slatted frames, duvets,
- floor coverings, carpets,
- garden furniture,
- large toys,
- camping furniture,
- pushchairs,
- bobby cars,
- inflatable boats,
- plastic buckets,
- small animal pens,
- individual car seats etc.

The collection/delivery of bulky waste is free of charge twice a year. You will need a collection card. This is attached to the waste signpost. You can send it to the AWV or hand it in when you deliver it to the AWZ.

Here you will find a [detailed overview](#) of the waste that belongs to bulky waste. You can also see which waste does not belong in the bulky waste.

## **Living**

### **Housing entitlement certificate (WBS)**

There are flats that are subsidised by the state. These flats are for people who have little money. To live there, you need a WBS. The landlord is bound to a maximum rent for subsidised flats. The WBS only entitles you to move into the flats in principle.

Is your WBS issued in Lower Saxony? Then it is only valid in Lower Saxony. The residence entitlement certificate is valid for 1 year. It is only valid for one flat at a time. If you plan to move, you must apply for a new WBS.

In order to obtain a WBS, you must have a certain income. If you earn too much, you will not receive a WBS.

What documents are required for an application?

- Identity card or passport
- Proof of income of the applicant and members of their household (for the last 3 months)
- Birth certificate(s) of the child/children, if applicable



- Disability certificate, if applicable
- Marriage certificate, if applicable

### **Your contact at the district of Vechta**

Office for Social Affairs and Integration

 Mr Petrenko

 [Ravensbergerstr. 20, 49377 Vechta](#)

 [+49 \(0\) 44418982035](tel:+49044418982035)

 [@2035@landkreis-vecha.de](mailto:2035@landkreis-vecha.de)

## **Housing benefit**

### **What is housing benefit?**

Are you a tenant? Do you have a low income? Then you can get housing benefit. This is a subsidy towards your housing costs. The following people can receive this money:

- Tenants and subtenants of residential property
- Residents of an inpatient facility; for example, a care home
- Residents of flats in their own apartment block (three or more flats)

#### These people do not receive housing benefit:

- Recipients of benefits: for example, citizen's allowance, basic income support in old age and in the event of reduced earning capacity or social assistance
- Single students
- Single trainees in initial training

You can apply for housing benefit from your [local authority](#).

#### Entitlement to the rent subsidy depends on three points:

- the number of household members to be taken into account,
- the amount of the total income to be taken into account and
- the amount of eligible rent.

#### Necessary documents

- Contract for the rent
- Proof of rent payments for the last 3 months
- Proof of income
- Certificate from the bank
- Declaration of assets
- Costs incurred

Have you been approved for housing benefit? Then you will receive housing benefit from the month in which you submitted the application. You will also receive the money retrospectively.

Flyer on housing benefit - [German](#)

## **Multilingual information on housing benefit**

- Flyer on housing benefit - [English](#)
- Flyer on housing benefit - [easy language](#)
- Flyer on housing benefit - [Arabic](#)
- Flyer on housing benefit - [French](#)
- Flyer on housing benefit - [Polish](#)
- Flyer on housing benefit - [Russian](#)
- Flyer on housing benefit - [Turkish](#)
- Flyer on housing benefit - [Ukrainian](#)

Are you looking for detailed and further information on housing benefit? Then take a look at the website of the Federal Ministry of [Housing, Urban Development and Building](#).

## **Important terms and costs**

You can search for flats in the local newspapers or on the Internet.

You will find an e-mail address or telephone number in the adverts. You need to call them and make an appointment to view the flat. You will then view the flat with the landlord or landlady. If you do not yet speak German well, take a friend or acquaintance with you.

When viewing the flat, you can ask the following questions:

How much does the rent cost per month?

How much does electricity, heating, gas and water cost?

Does the flat use a lot of energy?

After the appointment, you should let the landlord or landlady know quickly whether you would like the flat.

If the landlord wants to let you the flat, he or she should give you an overview of the rental and ancillary costs or a rental agreement. This must show the size of the flat, the rent and the costs that make up the rent.

## **Important terms and costs**

### Explanation of important abbreviations in flat adverts:

Whg. = flat; App. = flat; WG = shared flat; Zi. = room; ZKB = room-kitchen-bathroom; EG = ground floor; 1. OG = 1st floor; Wohnfl. = living space; EBK = fitted kitchen; teilmbf. = partly furnished; incl. = inclusive; MM = rent per month; NK = service charges; HK = heating costs; Kaut. = deposit

### Tenancy agreement

A commitment for a flat only becomes binding with a tenancy agreement. The tenancy agreement clarifies both the rights and obligations of the landlord and the rights and obligations of the tenant. The tenancy agreement also contains many other important details that you should read carefully (billing of heating and operating costs, notice periods, keeping pets, subletting and much more).

Read the tenancy agreement carefully before you sign it. Have the tenancy agreement read through by a friend with a good knowledge of German or get professional support, for example from the Tenants' Protection Association. This organisation supports tenants with legal issues relating to rent.

#### House rules

The house rules describe the rules for living together in the building. These include, for example, quiet hours in the house from 10 pm to 8 am, clearing snow in winter, regular cleaning of the stairwell and much more. Read the regulations in the house rules carefully.

#### Landlord's certificate

Your landlord or landlady must complete this form. You need this certificate for your re-registration (change of address) in your municipality or at the residents' registration office.

You must re-register in your new municipality as soon as possible, at the latest after 2 weeks.

#### Basic rent

The basic rent refers to the cost of the flat excluding ancillary costs such as water, heating, water heating, caretaker and property tax. The cold rent is always lower than the warm rent.

#### Warm rent

The warm rent refers to the total costs for the flat, i.e. the cold rent plus ancillary costs. However, sometimes there are additional costs on top of the warm rent, such as electricity, radio, television and waste disposal.

When looking for a flat, you should always check whether the advert states the basic rent or the warm rent. Without details of the ancillary costs, some flat offers appear deceptively cheap. You should therefore clarify in advance which costs are included in the rent.

#### Deposit

The deposit serves as financial security for the landlord or landlady in case something breaks in the flat. The deposit usually amounts to 2-3 basic rents.

At the end of the tenancy, the deposit is returned if the flat is handed over to the landlord or the next tenant clean and without any defects.

It is best to take photos of the condition of the flat when you move in or hand it over. This way, you can later prove which defects were already present when you moved in.

#### Tenant self-disclosure

The tenant self-disclosure is a type of questionnaire that is requested by the landlord. The landlord or landlady primarily wants to check whether the tenant is able to pay the rent. You can draw up the tenant self-disclosure form yourself. It contains the following information:

First name and surname

Date of birth

Current address

Contact details (telephone and e-mail)

Current profession and employer

Monthly income

Schufa credit report

A Schufa report provides information about your solvency. You can apply for a Schufa report online. Make sure you apply for it in good time so that it arrives in good time for your flat search.

The free version of the Schufa report is called "[Data copy according to Art. 15 GDPR](#)". This is sufficient for landlords.

## Religion

### Religious freedom

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:

- All people are free to choose and practise their own religion and beliefs
- All people have the freedom to be non-religious - anyone who does not believe in God is allowed to say so publicly
- People of different religions and beliefs are allowed to marry each other
- Marriage only counts as a legally binding marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany
- Religious laws do not determine the legal system in Germany

### Religious freedom

Religious freedom

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:

All people are free to choose and practise their own religion and beliefs

All people have the freedom to be non-religious - anyone who does not believe in God is allowed to say so publicly

People of different religions and beliefs are allowed to marry each other

Marriage only counts as a legally binding marriage before the registry office. Marriages concluded exclusively within the framework of a religion are not legally binding in Germany


Religious laws do not determine the legal system in Germany

## Lesbian, gay, bisexual, trans\* and inter\* (LGBTI)

Many different people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They have the same rights.


The same applies to people of different sexual orientations or gender identities. These include lesbians, gays, bisexuals and transgender and intersex people. In short, they are called LSTBI. They have the same rights in Germany as all other people.


There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also have their name changed. Women are allowed to love and marry other women in Germany. Men are allowed to love and marry other men in Germany.

 Many LGBTI people have fled to Germany. They were persecuted in their home country. Are you lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many organisations for LGBTI people in Germany. There you will find support, social contacts and information. You can find their contact details at the "Queer Refugees Deutschland" project. You will also find a lot more information:

Lesbian and Gay Association in Germany (LSVD)

Project "Queer Refugees Germany"

 [www.queer-refugees.de](http://www.queer-refugees.de)

 [queer-refugees@lsvd.de](mailto:queer-refugees@lsvd.de)

Trans\*Beratung Weser-Ems offers support in **the district of Vechta**. Are you affected, a relative or do you know an LGBTI person? Then you can get help here. There is support in social, economic and legal matters. Do you need counselling with translation? Or would you like co-counselling? Then make an appointment.

The counselling takes place in cooperation with the Partnership for Democracy Vechta. It is located at Bahnhofstr. 1 in Vechta. You can make an appointment by emailing [weser-ems@trans-recht.de](mailto:weser-ems@trans-recht.de) or by calling [0160-5889070](tel:0160-5889070).

Further information can be found on the [website Transberatung Weser-Ems](#).

## The boards

The food banks are a non-profit organisation.


The helpers collect food from retailers and manufacturing companies and distribute it to people living in poverty.

By giving people affected by poverty the opportunity to save money when shopping, the food banks give them a little financial leeway. At the same time, they create space for encounters and thus promote social participation. The food banks are financed by donations and are themselves dependent on support.

The locations in the district of Vechta are


### Head office Lohne

Tafel Lohne e.V.

 [Bakumer Str. 13, 49393 Lohne](#)

 [+49 \(0\) 4442808640](tel:+49(0)4442808640)


 [info@tafel-lohne.de](mailto:info@tafel-lohne.de)


 Tuesday, 2.30 - 4.30 pm

For senior citizens: Tuesday, 2.00 - 2.30 pm

### **Distribution centre Damme**


Tafel Lohne e.V.


 [Am Tiefen Weg 12, 49401 Damme](#)

 Thursday 14.00 - 15.30

### **Vechta distribution centre**


Tafel Lohne e.V.


 [Oldenburger Str. 132, 49377 Vechta](#)

 Friday 13.30 - 16.00

### **Visbek distribution centre**

Tafel Lohne e.V.

 [Am Klosterplatz 17, 49429 Visbek](#)

 Monday 15.00 - 16.30

Further information and how you can support the food banks can be found [here](#).

## **Social department stores/ clothing stores**

Social department stores are department stores that mostly sell used and donated goods. They are intended to offer an affordable shopping opportunity for consumer goods, household goods and textiles.

They can be found in various towns and villages in the district of Vechta:

## **Social department stores**

### **City of Vechta**

Kleines Kaufhaus Vechta

 [Kronenstr. 9, 49377 Vechta](#)

 [+49 \(0\) 4441937493](#)

 [@kleineskaufhaus@skf-vechta.de](mailto:kleineskaufhaus@skf-vechta.de)

#### Opening hours:

Monday to Friday: 09:30 to 13:00

Monday to Thursday: 14:30 to 18:00

Friday: 14:00 to 17:00


#### Goods receiving:


Monday and Wednesday: 10:00 am to 12:00 pm

Tuesday: 3:00 p.m. to 5:00 p.m.

### **Damme**

Small department stores' Damme

 [Große Str. 33, 49401 Damme](#)

 [+49 \(0\) 54919993370](#)

 [@kaufhaus-damme@skf-vechta.de](mailto:kaufhaus-damme@skf-vechta.de)

Opening hours:

Monday to Friday: 09:30 to 12:30

Monday to Friday: 14:30 to 18:00

Goods acceptance:

Monday and Wednesday: 10:00 to 12:00

Monday: 15:00 to 17:00

**Steinfeld**

Small department stores' Steinfeld

📍 [Große Straße 30, 49439 Steinfeld](#)

☎ [+49 \(0\) 54925570680](#)

@ [kaufhaus-steinfeld@skf-vechta.de](mailto:kaufhaus-steinfeld@skf-vechta.de)

Opening hours:

Closed on Mondays

Tuesday to Friday: 09:30 to 12:30

Tuesday to Friday: 14:30 to 18:00

Saturday: 09:30 to 12:30

Goods receiving:

Friday: 15:00 to 17:00

Tuesday: 10:00 a.m. to 12:00 p.m.

**Neuenkirchen-Vörden**

Small department stores' Neuenkirchen

📍 [Bahnhofstraße 6, 49434 Neuenkirchen-Vörden](#)

☎ [+49 \(0\) 54939928400](#)

@ [kaufhaus-neuenkirchen@skf-vechta.de](mailto:kaufhaus-neuenkirchen@skf-vechta.de)

Opening hours:

Monday to Friday: 09:30 to 12:30

Monday, Tuesday, Thursday, Friday: 14:30 to 18:00

Closed on Wednesday afternoons

Goods acceptance at Bahnhofstr. 8a:

Wednesday: 14:00 to 16:30

Thursday: 10:00 a.m. to 12:00 p.m.

**Lohne**

Small department stores' Lohne

📍 [Marktstraße 6, 49393 Lohne](#)

☎ [+49 \(0\) 44429559140](#)

@ [kaufhaus-lohne@skf-vechta.de](mailto:kaufhaus-lohne@skf-vechta.de)

Opening hours:

Monday to Friday: 09:30 to 12:30

Monday to Friday: 14:30 to 18:00

Saturday closed

Goods receiving:  
Tuesday: 10:00 am to 12:00 pm  
Wednesday: 14:30 to 17:00


## Clothes shops


In addition to the small department stores, clothes can also be purchased cheaply in clothing stores. These can be found in the following towns:

### Visbek

St Vitus clothing store

 [Am Klosterplatz 3, 49429 Visbek](#)

 [+49 \(0\) 44451446](#) (Mrs Schulz)


 [+49 \(0\) 44457622](#) (Mrs Bockhorst)

 [St Vitus clothing store](#)

### Holdorf

Clothes chamber Holdorf

 [Badberger Straße 2, 49451 Holdorf](#)

 [+49 \(0\) 54948832](#)

Opening hours:

Thursday: 14:30 to 17:00


Goods receiving:

Monday: 15:30 to 17:30

### Goldenstedt

Local group Malteser/ Lutten


 [Brunkhorststraße 16 d, 49424 Goldenstedt](#) (multi-generation house, 1st floor)

 [Goldenstedt clothing centre](#)

Clothing donations are accepted every 1st Tuesday of the month from 15:00 to 17:00.

Clothes are handed out every 2nd Tuesday of the month from 15:00 to 17:00.

In Lutten, clothing donations can be handed in every second Saturday of the month from 09:00 to 11:00 at the Malteserhaus, Kolpingstr. 3.

 Please note: The clothing store is closed in the 1st week of January and in the summer months of July and August!