

Table of Contents

Welcome to Mannheim	4
The square city of Mannheim	4
About Integreat Mannheim	5
Integreat in sign language (Video)	5
First steps	6
Residence in Germany - Foreigners' Registration Office/Ausländerbehörde	6
Registration at the Citizen Service Centre	7
City-Key APP Mannheim	8
Take out health insurance	8
Open a bank account	9
Download city map	10
Living together in Germany	11
Basic Law & Fundamental Rights	11
Rule of law	12
Personal freedom	12
Equal rights for men & Women	13
LGBTIQ* - Lesbian, Gay, Bisexual, Trans*, Inter*, Queer	14
Children's rights	14
Non-violence/physical integrity	15
Freedom of religion	16
Freedom of expression	17
Advice & Help	17
Migration counselling for adults (aged 27 and over)	17
Counselling for new immigrants from Southeast Europe	18
Counselling for young migrants (12 to 27 years) - JMD	19
Counselling for international professionals	20
Counselling for refugees	22
Advice centres for jobseekers	24
Employment agency & job centre	24
Support for families with children	26
Baby equipment	26
Child benefit	27
Child supplement	28
Parental allowance	29
Education and Participation Package (BuT; Bildungs- und Teilhabepaket)	29
Family Pass / State Family Pass	31
Help in cases of domestic violence	32
Offers for LGBTIQ*	33
Advice from the consumer advice centre	35
Living	35
Looking for Somewhere to Live	35
Addresses for your flat search	36
Social housing - Wohnberechtigungsschein	39
Residence requirement - relocation as an asylum seeker	39
Found a flat - now what?	40
What is a house order?	42
Mieterverein Mannheim - independent representation of interests	42
Housing benefit	42
Health	43

Treatment voucher for asylum seekers	43
General information on the healthcare system	43
Visiting a doctor	44
Medical emergencies	45
Health insurance & health insurance company	46
Healthcare for people without insurance	47
What do I do in an emergency?	47
Where can I find help?	49
Self-help app for people who have experienced flight	50
Pregnancy & delivery (birth)	51
Contraception and sexual counselling	53
Special examinations for children	54
Further advice centres and offers of assistance	55
Addictive disorders	55
Breast cancer	55
HIV/Aids and sexually transmitted diseases	56
Support Groups	56
Prostitution - Social-health counselling	57
People with disabilities	57
Contact persons and advice centres	57
Applications - new determination & severely disabled person's pass	58
Language - Learn German	58
General information & language course counselling	58
Integration courses	59
Language courses: German for the workplace	60
Further offers	61
Counselling and help for children and parents	61
Financial aid for parents/families	63
Welcome to life / Early help	64
Children & Adolescents / school education	65
How do I register my child in a school?	65
Does your child still not speak German?	66
Is your child between 6 and 10 years old?	67
Is your child 10 years and older?	67
Does your child have additional needs?	69
Catch up on school-leaving qualifications	69
Parents' evening & Parents' council	70
Advice, help and further support	70
Childcare from 0-6 years (until joining school)	71
Higher education, training, work	72
Labour	72
Access to the labour market - EU citizens	72
Access to the labour market - refugees	73
Professional expertise	74
Unemployment	76
Job search	78
Independence	80
Training in Germany	81
General information on training	81
Dual education	82
Contact points (HWK and IHK)	82

Recognition of foreign degrees & qualifications	83
Study	84
General information about the degree programme	84
What do I need to study?	85
What does a degree programme cost?	85
How can I finance my studies?	86
Everyday Life	87
Broadcasting fees - GEZ	87
Mobility	88
Bicycle	88
Public transport - bus, tram & train	89
Car - driving licence & registration	90
Taxi	92
Drinking water	92
Waste & waste separation	92
When are shops open?	94
Cheap places to shop	94
Cheap food & social department stores'	94
Second-hand shops & flea markets	96
Free clothing - Clothes closets & Clothes closets in Mannheim	98
Lost and Found: Lost or found something?	99
Internet / WIFI	99
Emergency numbers / SOS	99
Taxes	100
Contracts - important information	101
Mobile phone contract	102
Danger warning / behavioural information	103
Theatres	104
Libraries and bookstores	104
Clubs	105
Music schools	105
Concerts, exhibitions and events	105
Leisure activities for children & Young people	105
Help for Ukrainians	106
Arrival: Entry and registration	106
Residence permit according to §24	107
Café Chernivtsi	108

Welcome to Mannheim

The square city of Mannheim

Mannheim lies on the rivers Rhine and Neckar. The city is located in the **federal state of Baden-Württemberg** and has about 320,000 inhabitants. The city is connected to the city of Ludwigshafen in Rhineland-Palatinate via two bridges.

Mannheim once had a fortress. The road network around this fortress was laid out in the form of a grid. Because of this grid, the blocks of houses in the city centre are square - they are therefore called squares. Mannheim is unique in Germany as a "**square city**".



The blocks of houses in the city centre are designated with a **combination of letter and number** - for example D1 or E2. In total, there are **144 squares** between the castle and the Neckar, and between the water tower and the Kurt Schumacher Bridge.

Here you can learn more about orientation using the squares:

["What is a square city?" \(EN\)](#)

[Mannheim - City of squares \(EN\)](#)

City figures (as of 31.12.2021)

- Total population: 322.038 Inhabitants
- People with a migration background: 46,3 %

- Population density: 2207 inhabitants/km²
- Area: 144.97 km²
- Highest natural elevation: 114 m above sea level (Unterer Dossenwald, "Rheinauer Wald")

About Integreat Mannheim

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

This guide has several chapters. Each chapter deals with a different topic. For example, you will find information on integration courses or advice centres. The information is **constantly** being **updated** and expanded, so it's a good idea to check your mobile app often.

You can also use this app offline if you do not have internet access. When you are online again, the app will update itself.

The content of the app is managed and maintained by the City of Mannheim. You can rely on the information in Integreat.

We very much hope that we can simplify your life in Mannheim with this app!

The development and implementation of the Integreat APP was funded by the state of Baden-Württemberg and the Mannheim Integration Fund as part of the EU-REACT programme in 2022.

STADTMANNHEIM²

Beauftragter für
Integration und Migration



Baden-Württemberg

Integreat in sign language (Video)

The explanation about the Integreat app in **sign language**

You can find the **video under this link:**

 [Integreat explained - Sign language \(video\)](#)



Wie funktioniert die Integreat-App? (Gebärdensprache, International Sign)

First steps

Residence in Germany - Foreigners' Registration Office/Ausländerbehörde

The **Foreigners' Registration Office** is an office that helps people who are not from Germany but want to live here. If you or someone in your family comes from another country, you may have to go there.

There you can, for example:

- Get permits to stay in Germany (residence permit and settlement permit)
- Apply for a permit to work
- Extend permission to live in Germany (issue and extend a residence permit (asylum))
- Getting help if you have fled because of war or other problems
- Exceptional permits for travelling
- Writing an invitation so that someone from abroad can come to visit (declaration of obligation)
- Getting help if you want your family to come to Germany (family reunification)
- Help for people who are studying or doing a language course in Germany (students, university applicants, visitors to intensive German courses)
- Apply for a German passport if you want to become a citizen

Important:

You must make an appointment before going to the Foreigners' Registration Office.
Who is responsible for you depends on which letter your surname begins with.


 [List of contact persons](#)

 Or you can use the digital services of the City of Mannheim via [Bürgerdienste DIGITAL](#).

Contact:

Citizens' Services, Immigration and Naturalisation

 [K 7, 68159 Mannheim](#)

 [0621 293 2692](#)

 [@auslaenderbehoerde@mannheim.de](mailto:auslaenderbehoerde@mannheim.de)

 www.mannheim.de/de/service-bieten/buergerdienste/zuwanderung-und-einbuengerung

Registration at the Citizen Service Centre

If you live in Germany, you are **obliged to register**. You must register with the Citizens' Services or the Citizens' Service of the City of Mannheim within two weeks of moving into your new home.

Obligation to re-register: even if you move to a new flat within the city of Mannheim.

Depending on the day of the week, personal visits to the Citizens' Services are possible with or without an appointment.

You can find the **opening hours** of the citizens' services with and without an appointment here:

 <https://www.mannheim.de/de/node/154921>

You can register and re-register your place of residence at all citizen services in Mannheim.

Spouses and family members with the same address can use one registration form.

Registration by one of the persons required to register is sufficient. The documents can also be submitted by one person if you authorise this person to do so.

The office will automatically deregister you from your previous home. You do not need to take care of this.

Further information, also in plain language, on registration and re-registration can be found here:

Citizen service in Mannheim

 [K7, 68159 Mannheim](#)

 Enquiries under telephone number 115

 <https://www.mannheim.de/de/service-bieten/buerger...>

City-Key APP Mannheim

The City-Key Mannheim app offers centralised access to the city's digital services

Everything at a click - services and information for everyday life and leisure.

With an app, you can easily use many of the services offered by the city of Mannheim. The app works on a mobile phone or tablet.

The following content is currently available:

- Citizens' portal - online services, for example you can apply for a parking permit online
- Participation portal - information and opportunities for citizen participation
- Appointment booking - you can make an appointment at the office. Then you don't have to wait long.
- Traffic information - including an overview of current roadworks
- rnv Online - information on local public transport in Mannheim (timetables, tickets)
- Car parks: you can see where parking spaces are still available and how to get there
- Defect notifier - report problems in the cityscape, for example bollards that have been knocked over
- Waste calendar - you can see when waste is collected from your home
- Events - from various categories such as art, culture or music
- News from the city - the latest news and information from Mannheim

Download the APP:

[Appstore](#)

[Google](#)

Take out health insurance

In Germany, **insurance is compulsory**. This means that you have to be a member of a health insurance fund to see a doctor. As soon as you have a **residence permit**, you must register with a health insurance fund. You can choose and change the health insurance company yourself. **You have a legal right to be insured.**

You will receive an insurance card from the health insurance company and are thus entitled to the same benefits as all residents in Germany. Always take your insurance card with you to your appointments with the doctors.

You can find a list of health insurance funds in Germany at:

 <https://www.krankenkassen.de>

The basic medical care provided by the health insurance fund includes:

- Services to prevent and alleviate diseases
- Services during pregnancy
- Services for the detection of diseases
- Services for the treatment of diseases

Costs

When you go to a doctor, show your insurance card. With this, most examinations are free of charge for you. You have to pay for certain preventive examinations yourself.

For therapies (for example, physiotherapy) and aids (for example, bandages) you have to pay a contribution yourself.

People who have limited funds can be exempted from this. Please ask your health insurance company about this.

The costs of dental treatments are paid by the health insurance. If a tooth needs to be renewed or replaced, you will have to pay for part of it yourself.

The costs of hospital treatment are also paid by the health insurance company. However, you have to pay a daily hospital allowance of 10 euros for each day in hospital. People who have limited funds can be exempted from this. Please ask your health insurance company about this.

Open a bank account

Why do I need a current account?

A current account is an account for people who want to make **payments via the bank**. Your money is **always available** in your current account.

With a current account you can:

- **Transfer money to another account** (bank transfer)
- **Receive money** into your own account (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** if, for example, you always have to pay the same amount of money to one person once a month. For example, the money for the rent on your flat. The bank will then automatically and regularly transfer the costs from your account.
- Participate in **direct debiting**. This means that the recipient can automatically deduct money from your account. This is only possible if you authorise it in advance with your signature. For example, for a mobile phone contract.
Cashing cheques,
- making cashless **payments** with your EC/Maestro card
- **Important:** Make sure that you have enough money in your account for all withdrawals and payments.

Tip: 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.

How do I open an account?

Decide **which bank** you would like to have an account with.

Make an appointment to open an account.

Bring **the following documents** with you to the appointment:

- one of your identification documents: proof of arrival, residence permit, authorisation to stay, tolerated stay permit, identity card
- If no current address is noted on the legitimisation document: please bring a registration certificate or a comparable document with you
- Important: If you do not speak German or English, please bring an interpreter with you.

Important notes:

After opening the account, you will receive an **EC card with a four-digit PIN code**. Sign the back of the EC card. 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 withdrawn 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.



[116116](tel:116116)



Monday to Friday from 0 - 24 hrs



Download city map

For orientation in the city, it is useful to have a city map at hand.

The **MAPS-Me application** is a **free** and **offline usable application**. It also offers a navigation function. In other words: You can save locations (for example your accommodation) and be guided to an address (for example the town hall).

Offline use means that once downloaded, it will work without an active connection to the internet. This is how you get the **city map of Mannheim for offline use**:

1. Download the app MAPS.ME. You can find the app in all popular stores (Google Playstore, Apple App Store, ...). The application is free of charge.
2. Download the regional map. The city of Mannheim is located in the federal state of Baden-Württemberg (MAPS.ME, "Regierungsbezirk Karlsruhe").

Living together in Germany

Basic Law & Fundamental Rights

Germany is a democracy. This means that people in Germany are allowed to make their own decisions about their lives. They are allowed to express their opinion. And they are allowed to vote if they have German citizenship.

A democracy needs laws. That is why Germany is also a **constitutional state**. The basis for all laws is the **Basic Law**. The Basic Law contains 19 fundamental rights.

The basic rights apply to all people in Germany. The most important fundamental rights are

Protection of human dignity - Article 1

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

Right to liberty of the person - Article 2

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

Equality before the law - Article 3

(1) All persons shall be equal before the law.

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

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

Freedom of opinion, art and science - Article 5

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

The Basic Law is also known as the **Constitution**. It contains **the rights of the people and the rights of the state**. The state may not simply rule over the people.

Important: Everyone must abide by the law. Everyone should know and understand their rights. Here you will find an explanation of basic rights in plain German:

 [The German Basic Rights \(leichte-sprache.org\)](https://www.leichte-sprache.org/)

Here you can find the Basic Law in the following languages

 [German, Arabic, English, Farsi, French, Kurdish, Russian, Spanish and Turkish.](#)

What this means for living together in Germany is explained here with examples:

 ["Democracy for me" brochure \(North Rhine-Westphalia State Office for Political Education\)](#)

Rule of law

Germany is a **democratic constitutional state**. This means that human dignity, freedom and justice are guaranteed by the **Basic Law**.

Political decisions are made by representatives of the people. The people's representatives are elected in free elections for a term of four years.

Because Germany is a constitutional state, laws apply equally to all people in Germany. The state must abide by the law. All people living in Germany must also abide by German laws.

This principle is also known as the rule of law. An important feature of the rule of law is the separation of powers.

The rule of law means, **for example**:

If people believe that other people or the public administration are doing them an injustice, they can appeal to a **court**. The courts are **independent** of the government. This means that the government cannot dictate to the courts how they should decide.

Courts decide whether someone should be punished. Punishments include fines, community service or imprisonment. **There is no death penalty in Germany.**

The police have the task of ensuring that everyone can live in freedom and safety.

The practice of religion must not violate the law. Germany is a secular state, which means that state and religion are largely separate and the law always takes precedence over religion.

Personal freedom

All adults are allowed to make their own decisions and determine their own lives. No matter whether man or woman, young or old, with or without disabilities, no matter what skin colour or religious affiliation.

All people may do what they want as long as they obey the laws and do not restrict others in their freedom.

This means, **for example**:

All people are allowed to decide what clothes they want to wear: whether they want to wear trousers, dresses, a suit and tie, long or short skirts, tight or loose clothing, a headscarf, hat or turban.

All people may **eat** what they want and what they like. People make the decision whether to eat meat and which meat to eat all on their own. The state enforces no universally valid or religious dietary laws.

Drinking **alcohol** is permitted for adults. Drinking alcohol is prohibited for children and young people.

Every adult person may decide for himself or herself whether and whom he or she wishes to **marry**.

Every adult person is allowed to get divorced.

Unmarried couples are allowed to live together and have children.

Members of different religions and beliefs are allowed to marry and have children.

Sexual acts between adults may only take place with mutual consent. Any sexual act with children is prohibited.

Contraception is allowed for all sexes. A person's decision to use contraception must be respected.

Same-sex partnerships are accepted. Same-sex couples are allowed to marry. The rights of a civil union are similar to those of a heterosexual marriage.

All (adults) decide for themselves how and where they want to live. For non-Germans, this right may be limited until the approval of an asylum application.

Important:

One's own freedom ends where it violates the freedom or human dignity of the other person or violates laws.

Equal rights for men & Women

Women and men have the same rights. This is reflected in the laws and in daily life.

That means, for **example**:

Girls and boys go to school together and receive the same lessons. They take part in sports education together.

Both women and men are allowed to study or learn a profession. All professions are fundamentally open to both genders. Women practice, for example, as policewomen, doctors, teachers or in offices and authorities. Their instructions must be followed.

Women decide themselves which career they want to have. They can spend their money as they wish.

Women do not need to ask their husband, parents or other family members for permission to work, open a bank account, or sign contracts.

Women may dress as they wish.

Women decide for themselves who, when and if they marry.

Mothers are given extra help and support. They do not have to (and are not permitted to) work for six weeks before the birth or eight weeks after the birth. They cannot be fired from their jobs because they become mothers.

The tasks and roles in the family are not fixed.

Women participate in public life. They attend cultural, political or sports events, restaurants and bars.

Women can vote and be elected to political office.

Women and men have equal inheritance rights, daughters as much as sons.

Sexual contact, comments or solicitations are only allowed if everyone involved consents. **A "stop" or "no" is to be respected at all costs.**


The following behaviour is not allowed in Germany:

All forms of violence against women, including in marriage.

No one may be sexually harassed.

Rape, even within marriage, is forbidden.

No one must be forced to marry. The coercion of a marriage by force or threat will be prosecuted.

 As a woman, are you a victim of violence? Then you can find support at the [help hotline "Violence against women"](#). Here you can find information about [support and counselling centres in Mannheim](#).

LGBTIQ* - Lesbian, Gay, Bisexual, Trans*, Inter*, Queer

Many different people live in Germany.

They believe in different religions.

They are men or women or feel differently.

They think differently about politics.

All people have the same rights.

People with different sexual orientations or gender identities also have the same rights.

For example:

Lesbians, gays, bisexuals, transgender, intersex and queer people (LGBTIQ*).

In Germany, women are allowed to love and marry women.

Men are allowed to love and marry men.

In addition to the two genders "male" and "female", Germany has also recently introduced the third gender entry "diverse". Transgender people can have their gender entry and name changed in Germany.

Many LGBTIQ* people have come to Germany because they cannot live freely in their home country or because they were persecuted. If you have come to Germany because of this, you can find support, contacts and information from many **LGBTIQ organisations** in Mannheim.

Further information and contact points can be found here:

 <https://integreat.app/mannheim/de/beratung-hilfe/...>

Children's rights

Children and youth have rights. These rights are enshrined in the United Nations Convention on the Rights of the Child. This applies to all children and young people under the age of 18 in Germany. In addition, there are many other laws in Germany that specifically protect the lives, health and rights of children.

Counselling centres like the Child Protection Agency help when the rights of the child have been violated. The [Kinderschutzbund Mannheim](#) can also help you in [Mannheim](#).

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

[German](#), [English](#), [French](#), [Italian](#), [Spanish](#), [Croatian](#), [Polish](#), [Romanian](#), [Russian](#), [Serbian](#), [Turkish](#)

The protection of children always comes first. This means, for **example**:

All children have the same rights. No matter where they live, where they come from, the colour of their skin, their parents' jobs, which language they speak, their religion, their gender, the culture in which they live, whether they have any disabilities, whether they are rich or poor.

Children have the right to a name, a birth certificate, a nationality and a family. If a child is missing any of these things, the state will help them as a general rule.

Children should be able to live with their parents, unless this places them at risk. Parents can and must provide for their children, and protect and encourage their children's health and well-being.

Children who are refugees have a right to special protection and help.

Children need to be protected in order to grow up safely.

Children can and must go to school. Education is compulsory. Parents must support their children in their schooling. In Germany, school education is free.

Children are entitled to form their own opinions.

By the age of 14 at the latest, children are allowed to decide for themselves whether they want to be part of a religion (and if so, which one).

Children should be able to develop well. Parents are responsible for this. If they need help, the state must help them, for example by providing food, clothing and a place to live.

Children whose parents are not married have the same rights as those who live with married parents.

The following behaviour is not allowed in Germany:

Children must not be neglected or abused.

Children must not be hit or abused physically or psychologically in any way.

Children must stay in school until the age of 13. If they are older, they are only allowed to work in a very limited capacity. If they work, it must not negatively affect their health and development.

Children must not be abducted or used as commercial objects.

Sexual activity with children is forbidden.

Non-violence/physical integrity

Everyone has the right to a life without violence. This means that everyone has the right to life and physical integrity. This applies to both physical and mental health. It also applies to people's private lives.

That means, for **example**:

Conflicts should be resolved without violence.

If someone needs help because of danger or conflict, they can call the police.

The instructions of the police must be followed.

Taking the law into your own hands (vigilante justice) is not allowed. A state court will decide in the case of a person's own rights being violated.

The state must act in a non-violent manner. It is only permitted to use violence in exceptional cases when all other methods have failed. There is no death penalty or corporal punishment.

Torture is forbidden.

The following behaviour is not allowed in Germany:

- To hit, injure or kill another human being. This also applies among families, in schools and on the streets.
- Taking part in a fight in which people are killed or seriously injured.
- Vendettas (blood revenge) or murder in the name of honour.
- Any kind of violence to women and children at any time, anywhere.
- Human trafficking (smuggling people), slavery or forcing people into prostitution.
- Sewing, cutting or removing female genitals.



The sewing up, circumcision or mutilation of the female genitals is also called **female genital mutilation** or **circumcision**. In Germany, this is **punishable** by law. It is also punishable if female genital mutilation is performed outside of Germany. You can get sentenced to up to 15 years in prison.

There is an official **safe conduct** from the federal government against female genital mutilation. This informs about legal consequences to protect girls abroad as well. In this way, it can help families.

You can find the protection letter [here](#). It is also available in the following languages: [English](#), [French](#), [Portuguese](#), [Arabic](#), [Amharic](#), [Farsi](#), [Indonesian](#), [Mandinka](#), [Sorani](#), [Somali](#), [Swahili](#), [Urdu](#).



Are you a victim of violence, human trafficking, mutilation, oppression, exploitation, forced marriage or prostitution?

 [Here](#) you can find **counselling centres** that offer help and support.

Freedom of religion

Religion and faith are a private matter in Germany. The state does not dictate to anyone whether and in which God one should believe. **State and religion are separate.**

That means, for **example**:

All people have the freedom to choose and practice their religion and beliefs themselves.

All people have the freedom to not follow a religion and to state that fact openly. If someone does not believe in God, they are free to state this publicly.

Members of different religions and faiths are allowed to marry each other and have children.

A marriage only counts as a legal marriage if it was concluded before the registry office. If a marriage takes place exclusively within the framework of a religion, the marriage is not legally binding in Germany.

This must be taken into account in Germany:

Religious rules or traditions must not take precedence over applicable laws. For example, one may only be married to one person. It takes a special permit to slaughter an animal.

Boys can only be circumcised if it does not negatively affect their well-being.

Many people in Germany now work to ensure that there is dialogue between religions. The aim is the peaceful coexistence of religious people, people of faith and people who do not belong to any religion.

Freedom of expression

Everyone is allowed to have their own opinion.

They are allowed to say them and pass them on. You are also allowed to express your opinion in front of many people.

All media are free.

That means that everyone can get information there.

When you express your opinion, **you** must **respect the dignity of other people**.

This means that you must not malign or hurt anyone.

That means, **for example**:

- You are allowed to criticise the government.
- You are allowed to talk about religion and criticise it.
- Artists are allowed to do special and sometimes provocative things.
Nobody is allowed to tell them how they have to make their art.
- You are also allowed to criticise the government and religions in jokes or art.

Anyone who feels slandered, insulted, defamed or whose personal honour or dignity has been violated can turn to the police or a court.

This is forbidden in Germany:

- Saying bad and false things about other people (defamation)
- Inciting people to hatred or violence against others
- Insulting or denigrating other people
- Using anti-constitutional symbols and calling for the overthrow of democracy

Advice & Help

Migration counselling for adults (aged 27 and over)

Counselling is available to all migrants in Mannheim who are older than 27. The counselling is free of charge.

The counselling service offers help with these topics:

- German courses and integration courses
- Support with school and vocational qualifications
- Kindergarten, school, career, training
- Help with social emergencies
- Residence, naturalisation
- Work and unemployment

- Housing
- Leisure and socialising
- Opportunities to get involved as a volunteer

Here you will find a list of offers for people who are new to Mannheim: [Flyer MBE JMD Stand February 2025.pdf](#)

Counselling for new immigrants from Southeast Europe

MOVE ON: creating motivation, building trust, providing orientation, building networks in Mannheim:

"MOVE ON in Mannheim" is an offer for people from the EU who have recently arrived in Mannheim. The counsellors help them with important questions, such as Where can you live? Where can you find work? How does school work here?

There are five centres in the city where you can get support. This makes it easier for newcomers to find their way around Mannheim and settle in more quickly.

1st JUNGBUSCH: AWO, Caritas and Diakonie at the Jungbusch Community Centre

📍 Jungbuschstr. 19, 68159 Mannheim

Mrs Veit Languages: Bulgarian, German

☎ 0176 39269999

@ehap-jungbusch@caritas-mannheim.de

Mrs Pomarac Languages: Romanian, German

☎ 01747272661

@ioana.pomarac@diakonie.ekiba.de

Mrs Mete Languages: Turkish, German

☎ 0151 15238786

@a.mete@awo-mannheim.de

2. NECKARSTADT:

Diakonie and AWO Mannheim

📍 Zeppelinstr. 45 , 68169 Mannheim

Mrs Valchanova Languages: Bulgarian, German

☎ 0171 9736646

@vesselina.valchanova@diakonie.ekiba.de

Mrs Gerold Languages: Turkish, German

☎ 0151 63386336

@k.gerold@awo-mannheim.de

AWO Mannheim

📍 Murgstr. 3, 69167 Mannheim

Mrs Draganska Languages: Bulgarian, German

☎ 0151 14364733 @ M.Draganska@awo-mannheim.de

Mrs Mete Languages: Turkish, German

☎ 0151 15238786

@ a.mete@awo-mannheim.de

3 RHEINAU: Diaconia in the Rheinau neighbourhood office

📍 Durlacher Str. 102/1, 68219 Mannheim

currently not occupied

4. INNENSTADT: Caritas Mannheim in the station mission

📍 Willy-Brandt-Platz 17 (main station platform 1), 68161 Mannheim

currently not occupied



Gefördert durch:



**Bundesministerium
für Arbeit und Soziales**



**Kofinanziert von der
Europäischen Union**

Counselling for young migrants (12 to 27 years) - JMD

The **Youth Migration Service** supports young people with a migration background between the ages of 12 and 27. Young people who have immigrated and young people born in Germany whose parents have immigrated are counselled.

Services offered:

Counselling in everyday matters and problems, e.g.

- How do I learn a foreign language?
- Which type of school is right for me?
- How do I apply for a job properly?
- What do I need to look out for when dealing with the authorities?
- Accompaniment to authorities if required
- Group programmes (e.g. tutoring at school, learning German, IT courses, job application training)
- Information about leisure activities

You can find a list of contact persons in Mannheim [here](#).

Counselling for international professionals

Counselling on recognition and professional qualifications

The advice centres will help you to have your foreign professional qualification recognised in Germany. They also provide information on how you can continue your training.

Counselling topics:

- **Orientation: How you can best utilise your foreign professional qualifications**
- **Counselling on the recognition of qualifications**

The advice centre provides important information:

- How the recognition procedure works
- Which body is responsible for recognition
- Which further training courses help to ensure that a qualification is fully recognised
- Which jobs are possible afterwards
- What funding and financial assistance is available

Important:

Personal counselling is only available by appointment.

The counselling is free of charge.

Please bring the following to the counselling session (if available)

- Certificates and diplomas (preferably in German or with translation)
- Curriculum vitae
- Job references

- Letters or notifications from recognition centres

There are also alternatives to recognition:

For example, offers to check your professional knowledge - even if you don't have any certificates for it.

This can show your work experience, for example.

Contact our advice centres via the WebApp: <https://www.iq-webapp.de/anmeldung-bw>

or by e-mail or telephone:

Interkulturelles Bildungszentrum Mannheim GmbH:

📍 N4,1, 68161 Mannheim

✉ @anerkennung@ikubiz.de

☎ 0621 400712-13

Monday to Thursday, 10am-12pm and 2pm-4pm

Welcome Centre Rhine-Neckar

The Welcome Centre Rhine-Neckar helps companies and people from other countries. It supports anyone who wants to work and live in Mannheim, Heidelberg or the surrounding area.

It particularly helps those who have completed an apprenticeship or degree programme. Counselling is free of charge.

Offer:

- **Entry and residence:** What you need to be allowed to live in Germany
- **Finding work:** Help with finding and applying for a job
- **Companies in the region:** Information about companies looking for employees
- **Recognition of qualifications:** Support if you want to practise your profession in Germany
- **Learning German:** Courses to help you speak German better
- **Further training:** Opportunities to learn new things for your job
- **Housing & childcare:** tips for finding accommodation and childcare
- **Leisure:** Ideas for hobbies and fun in the region

Contact:

Welcome Centre Rhine-Neckar

Counsellors at the Mannheim location:

☎ [06212934020](tel:06212934020)

✉ @info@welcomecenter-rn.de

🌐 <https://www.welcomecenter-rn.de/>

For specific questions, please use the contact form:

🌐 www.welcomecenter-rn.de/kontakt/

IRC: International Rescue Committee

"WIN": Your career start in Germany

The WIN project helps migrants who want to work in Germany. Counselling is available at many locations, including Mannheim.

Prerequisite: German language skills at level B1.

The offer is free of charge and includes, for example

- Regular courses on various topics, for example the application process in Germany
- One-to-one meetings with counsellors (coaching)
- Initial contact with employers in the Mannheim region

Contact: Mrs Grimm

☎0176 86669626

@christina.grimm@rescue.org

City of Mannheim / Department of Economic Development

Advice centre for international skilled workers in the Rhine-Neckar region

Advice centre for qualified employment for international skilled workers in the Rhine-Neckar region

We support international skilled workers with a foreign qualification and B2 language level from the MINT sector (mathematics, computer science, natural sciences, technology) in finding suitable work or qualifications in the Rhine-Neckar region. We help you get started in your career with personalised coaching and support, also online and free of charge. Register with us at any time!

The advisor works together with the Employment Agency, the Welcome Centre, the Job Centre and companies in the Rhine-Neckar region.

Contact: Mrs Zeljkovic

☎0621 2933355

@marina.zeljkovic@mannheim.de

Appointments by arrangement.

Counselling for refugees

Integration management

Help for people who have recently arrived in Germany

Integration management is a service for people who have had to flee their country and are now living in Germany. The employees there are called integration managers. They help refugees to find their feet in Germany - in other words, to settle in well here. This help costs nothing.

What do they do?

The employees talk to the refugees and see what they need.

They help with questions about everyday life - for example: "Where can I find a flat?", "How can I find work?" or "What can I do in Mannheim?"

They tell people where they can get more help and accompany them there.

They show people how to get to know clubs or groups in Mannheim in order to make new friends.

Important: The integration managers are not lawyers. They are not allowed to give legal advice.

Contacts:

- Caritas Association Mannheim:

<https://www.caritas-mannheim.de/hilfe-und-beratun...>

- German Red Cross Mannheim:

<https://www.drk-mannheim.de/angebote/migration-un...>

- Diaconal Work Mannheim:

https://www.diakonie-mannheim.de/fremde.html?ta_i...

- AWO Workers' Welfare Association:

<https://www.awo-mannheim.de/integrationsmanagemen...>

- Friends of Asylum:

<https://fka-ka.de/integrationsmanagement-mannheim/>

- City of Mannheim, Service Centre for Refugees

<https://www.mannheim.de/de/service-bieten/soziale...>

Help with difficult questions about asylum law

Some refugees have legal questions, for example:

- What happens when I apply for asylum?
- Am I allowed to stay?
- Do I have to leave the country again?

There are people and organisations who are well versed in these questions and can help. The counselling sessions are free of charge and confidential - nobody will find out what is said.

Contact:

Asylcafé

📍 [Mittelstr. 14 68169 Mannheim-Neckarstadt](#)

☎ 0621 1564157 (Monday to Thursday 3 to 6 pm)

 <https://mannheim.asylcafe.de/>

Freundeskreis Asyl e.V.

The Freundeskreis Asyl in Karlsruhe helps people who have fled to Germany. Lawyers who are well versed in the rules and laws for refugees also work there. Counselling is free of charge.

 <https://fka-ka.de/integrationsmanagement-mannheim/>

Friends for Strangers e. V.

The group "Freunde für Fremde" helps people from other countries if they have questions about the law or if they need help with appointments with the authorities.

 <https://freunde-fuer-fremde.de/>

Pro Bono

Pro Bono offers personal counselling sessions for hearings at the Federal Office for Migration and Refugees (BAMF). You can also contact Pro Bono with other matters relating to asylum law.

 <https://probono-heidelberg.de/asylrecht/>

Baden-Württemberg Refugee Council

The Baden-Württemberg Refugee Council is an independent and supra-regional network of local initiatives that work with and for refugees on a voluntary basis. They support local refugee work by providing comprehensive information on the social and legal situation in Baden-Württemberg, refugee policy and the situation in the countries of origin.

 <https://fluechtlingsrat-bw.de/>

Advice centres for jobseekers

Employment agency & job centre

Mannheim Job Centre

The Mannheim Job Centre is the point of contact for all questions relating to basic income support for jobseekers in accordance with the German Social Security Code II. It offers various advice and support services and helps people to achieve sustainable integration into the labour market.

📍 [Ifflandstr. 2-6 , 68161 Mannheim](#)

☎ [0621 17238 333](#)

@ [j_obcente](#) r-mannheim@jobcenter-ge.de

🌐 <https://jobcenter-mannheim.de/>

JobBörsen Mannheim - job placement in the city districts

There are ten job centres in Mannheim. There, all people from Mannheim can get help on the subject of work - in their neighbourhood, i.e. in the vicinity. Specialists arrange suitable jobs between employers and jobseekers. The JobBörsen are placement offices of the Mannheim Job Centre.

🌐 <https://jobcenter-mannheim.de/jobboersen/>

📍 [Location map and contact persons](#)

Job Centre Young Mannheim

Young people from Mannheim under the age of 25 can get help at the Jobcentre Junges Mannheim. There are programmes there that are precisely tailored to the skills and strengths of young people. The important thing is: Nobody is forgotten! The aim is for young people to become independent and find work.

📍 [Hebelstr. 1, 68161 Mannheim](#)

☎ [0621 17238 555](#)

@ [jobcenter-mannheim.team-junges-mannheim@jobcenter...](#)

🕒 Monday to Friday from 08:00 to 12:00, appointments by arrangement

Mannheim Job Centre - Initial application office

Are you over 25 years old and coming to the Mannheim Job Centre for the first time? Then you can get help at the Mannheim Initial Application Centre (MEAS). The following services are available:

- A quick appointment with an employment counsellor
- Support and motivation to become active yourself
- Counselling on your personal situation, with the aim of helping you to help yourself before you become dependent on public assistance
- Checking whether you need financial support
- Immediate assistance, for example with qualifications, employability, work for the community, entry-level benefits or wage subsidies
- Specialists who are familiar with relocation and maintenance law

📍 [Ifflandstraße 2-6, 68161 Mannheim](#)

☎ [0621 17238 333](#)

🕒 Monday to Friday from 08:00 to 12:00

Federal Employment Agency

The Federal Employment Agency helps and supports you in your search for a suitable job or apprenticeship.

📍 [M 3a, 68161 Mannheim](#)

☎ [0800 4 5555 00](#)

@ [M annheim](#) @arbeitsagentur.de

🌐 [www.arbeitsagentur.de](#)

Support for families with children

Baby equipment

Initial baby equipment is **financial assistance for pregnant women**. You can use it to buy baby clothes, prams, cots and similar items.

Job centre pays for initial equipment

If you have little or no income, you can apply for income support or social assistance. After the twelfth week of pregnancy, the job centre or social welfare office will pay mothers additional needs and initial equipment for pregnancy and baby.

Important: Make an application first! Then you can buy maternity clothes or baby equipment. Keep the receipts in a safe place.

Some **foundations** pay for the initial baby equipment.

If the money from the state is not enough, foundations can help. The Federal Foundation Mother and Child, for example, provides additional support. It can also cover the costs of the initial baby equipment - if certain conditions are met.

The pregnancy advice centres of Caritas and Diakonisches Werk know how the foundation works. They will check whether an application makes sense for you.

Contact:

Sozialdienst Katholischer Frauen Mannheim e.V.

📍 [B5, 20 68159 Mannheim](#)

☎ [0621 120800](#)

@ [info@skf-mannheim.de](#)

🌐 [www.skf-mannheim.de](#)

Diakonisches Werk Mannheim: 📍 [M1, 1a 68161 Mannheim](#)

☎ [0621 28000 0](#)

@ [info@diakonie-mannheim.de](#)

🌐 [diakonie-mannheim.de](#)

Child benefit

Child benefit

You are entitled to child benefit if:

- the child is under the age of 18 (for children in training or studying up to the age of 25, for unemployed children up to the age of 21)
- the child lives in your household (also applies to stepchildren, grandchildren or foster children)

For EU or EEA nationals who have moved to Germany since August 2019, the following conditions apply:

You must earn domestic income in the first three months after your arrival.

From the fourth month after your arrival, you must fulfil the requirements of the Freedom of Movement Act:

- You are self-employed or employed
- You are a jobseeker or involuntarily unemployed
- You have a family member who is entitled to freedom of movement
- You have sufficient resources or a permanent right of residence and health insurance

Citizens of other countries

Citizens of other countries must fulfil one of the following requirements:

- You are officially employed in Germany or you receive unemployment benefit or sickness benefit
- You have a valid settlement or residence permit that allows you to work in Germany
- You are an incontestably recognised refugee or person entitled to asylum

How do I receive child benefit?


- You must submit an application to the Family Benefits Office of the Federal Employment Agency. Please also contact your benefit provider for more information.
- Note for asylum seekers: **You cannot receive child benefit during the asylum procedure.** This is **only** possible once you have received a **favourable decision from the BAMF.**

If a child moves out, child benefit can still be paid under certain conditions:

- Studying: If the child is under 25 and is studying, they will continue to receive full child benefit.

- Own income: If the child moves into their own home and receives no maintenance from their parents, the child benefit can be paid directly to the child.
- Application for bifurcation: The child must submit a **diversion application** to the relevant family benefits office in order to receive the child benefit themselves.

Contact details for the Baden-Württemberg West Family Benefits Office

 [Czernyring 22/11 69115 Heidelberg](#)

 [0800 4 5555 30](tel:08004555530)

@

Familienkasse-Baden-Wuerttemberg-West@arbeitsagentur.de

 [Family Benefits Office Baden-Württemberg West](#)

Child supplement

Child supplement: entitlement, amount, duration

Parents whose income is not enough or only just enough for the whole family can receive child supplement. However, you must submit a separate application for child supplement to the family benefits office.

The child supplement is calculated individually for each child. You will receive a maximum of 297 euros per child per month. This already includes the immediate supplement. If you have several children, a total amount is paid out. It is usually transferred to the person who also receives the child benefit.

You receive child supplement for 6 months. If the authorisation period has expired, you must submit a new application for child supplement.

Certain conditions must be met in order to be entitled to child supplement. It depends on what income and assets you, your partner and your children have.

If you already receive child supplement, the family benefits office must be informed of any changes to your personal circumstances and your family.

Requirements for child supplement

- Your child lives in your household. The child is under 25 years of age and is not married or in a registered civil partnership.
- You receive child benefit (or a comparable benefit) for your child.
- Your family's gross income is at least 900 euros (couples) or 600 euros (single parents).
- You would have enough money to support your family if you received child supplement and possibly housing benefit in addition to your income.

You can obtain more information from the family benefits office or by clicking on the link:

<https://www.arbeitsagentur.de/familie-und-kinder/...>

Contact:

Family Benefits Office Baden-Württemberg West

[Czernyring 22/11 69115 Heidelberg](#)

[0800 4555530](#) (for questions about child benefit and child supplement)

[@Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...](#)

Parental allowance

Parental allowance

Parental allowance is money that parents receive when they are looking after their baby and are therefore unable to work. It helps to balance out income when someone goes on parental leave or gives up work. How much parental allowance you receive depends on how much you earned in the year before the birth of your child. Parental allowance is paid for a maximum of 12 months if only one parent takes parental leave. If both parents take parental leave, they receive it for 14 months. Single parents can also receive parental allowance for 14 months.

The prerequisite for receiving parental allowance is that the parents or the parent

- are mainly resident in Germany
- live in the same household as the child
- look after the child
- have no or no full-time employment, i.e. work a maximum of 30 hours a week

Parental allowance is offset against **social benefits** .

To receive parental allowance, you must submit an application to the L-Bank. The forms for this are available online. It is also possible to submit the application directly online.

L-Bank

Parental allowance department

P.O. Box 10 24 43

70019 Stuttgart

Make sure that all the necessary documents and information are included in the application.

<https://www.l-bank.de/produkte/familienfoerderung...>

Education and Participation Package (BuT; Bildungs- und Teilhabepaket)

If you receive **Bürgergeld** or **Kinderzuschlag** , you are entitled to benefits for education and participation (also called "education package") for your children under certain conditions.

Benefits from the education package are usually cash benefits or benefits in kind (in the form of vouchers). You can get them from your **city** or **municipality**.

These could be, for example:

- the costs for tutoring lessons are covered
- the membership fee of the sports club is subsidised
- the costs for a sports equipment or musical instrument are partially covered

Prerequisites for a claim:

If your family receives Bürgergeld or Kinderzuschlag, you can apply for benefits for education and participation if your child ..

- is younger than 25 years
- attends a day care centre (Kita) or a general or vocational school and does not receive a training allowance

Apply for benefits for education and participation

As a rule, you will have to provide appropriate evidence in order for your application to be approved.

For more information, contact your city or municipality. On the website of the Federal Ministry of Labour and Social Affairs, you can find out who your local contacts are regarding the education package.

Note: If you receive Citizen's Income, the benefits for education and participation are applied for together with the application for Citizen's Income. This also applies to those services that serve to promote your child's learning.

Prerequisite for the reimbursement of costs

Provide the receipts for your expenses (for example, invoices, receipts or tickets). Only costs that you can prove will be reimbursed to you. One exception is school supplies, for which you receive a fixed amount.

Examples of the benefits from the education package

Personal school supplies: They receive an annual lump sum for personal school supplies per child. Part of this is paid out in February and part in August. You must present a school certificate for this.

Learning support (tutoring): The costs are covered. Requirement: The school confirms the need and has no corresponding offer itself.

Community lunch: The costs for lunch at school, after-school care, day care centre or childminder can be subsidised.

Offers in clubs, culture and leisure: Children and young people receive a monthly flat rate. Please ask your job centre for the amount. Requirement: For example, they prove their membership in a sports club.

Ride to school: As a rule, there is a subsidy for the monthly ticket. Requirement: Pupils cannot reach the nearest school on foot or by bicycle. Your Job Centre will tell you the exact distance from which the monthly travel pass is subsidised.

Contact:

📍 [D1, 4-8, 68159 Mannheim](#)

☎ [0621 2932600](#) or [0621 18166500](#) (Bürgergeld/SGB II)

@BuT@mannheim.de

Family Pass / State Family Pass

Mannheim Family Pass 2023

For 2023, the City of Mannheim is offering the Family Pass to all Mannheim families regardless of their income. The family pass is intended to encourage parents and children to spend their free time together and to make it easier for them to access the existing offers. The Family Pass (voucher booklet with entitlement card) is available to all families with children under 18 years of age who have their main residence in Mannheim. In 2023, parents whose children are only in Mannheim for a certain period of time are still entitled to the family pass. In addition, up to three further adult accompanying persons, freely selectable and without proof, can be entered on the entitlement card. Again, there are also some vouchers that young people can redeem without being accompanied by an adult. The Family Pass can be ordered online free of charge.

Family Pass plus

Since 2010, the Family Pass has been supplemented by the Family Pass Plus. In the same booklet of vouchers you will find further discounts and attractive offers for families and single parents who receive benefits according to SGB II or assistance for living expenses according to SGB XII or according to the Asylum Seekers' Benefits Act.

The Family Pass plus can also be ordered online. Please have the current notifications of benefits according to SGB II or assistance for living costs according to SGB XII or the Asylum Seekers' Benefits Act (Asylbewerberleistungsgesetz) ready, as these must be digitally enclosed with the application. However, only eligible benefit recipients with their children can redeem the Family Pass plus vouchers.

You can find more information on this and the link to the online application at:

<https://www.mannheim.de/de/service-bieten/kinder-...>

You can also order the Family Pass (plus) at Bürgerdienste.

For information on opening hours or to make an appointment, please contact:

<https://www.mannheim.de/de/service-bieten/buergerdienste/buergerservice/terminreservierung>

Help in cases of domestic violence

Violence against women and girls is a human rights violation and violates not only their physical and psychological integrity, but also their right to self-determination. Violence prevents equal and dignified participation in social life.

If you experience violence or are threatened by violence, you are not alone. There are many different counselling services. Do not hesitate to seek help! Talk about it and get advice!

If you observe violence or suspect it, you can get professional, anonymous and free support!

Here you can find contact points that offer you support and assistance when you experience violence. Your information will be treated confidentially there.

Women's Information Centre of the Mannheim Women's Shelter e. V.

Counselling for women on the expulsion from housing and the Protection against Violence Act after domestic violence, support in difficult separation and divorce situations and in cases of stalking.

☎ [0621379790](tel:0621379790)

@ fraueninformationszentrum@t-online.de

🌐 www.frauenhaus-fiz.de

Overview of support services in Mannheim

You can find an overview of important support services and counselling centres on the website of the Equal Opportunities Officer of the City of Mannheim:

🌐 www.mannheim.de/de/service-bieten/frauen-gleichst...

Brochure with offers of help in several languages

Physical, psychological, sexualised, structural, institutional or even digital violence are part of the daily experience of many people in our society. The brochure "Gewalt hat viele Gesichter" (Violence has many faces) provides information about support services and contact points in Mannheim that support victims of violence and implement preventive services.

🌐 <https://www.mannheim.de/de/service-bieten/integra...>

Offers for LGBTIQ*

The City of Mannheim is specifically committed to the protection and rights of people with different sexual orientations or gender identities. This includes: **Lesbians, gays, bisexuals, transgender, intersex and queer people**. This is known as **LGBTIQ*** for short. In Germany, all people have the same rights - including LGBTIQ* people.

Many LGBTIQ* people have fled to Germany because they were not safe in their home country. They were treated badly or persecuted there.

If you have fled and are lesbian, gay, bisexual, trans or diverse, there is help for you. There are many LGBTIQ* organisations in Mannheim and the region. There you will find support, social contacts and important information.

You can find the **contact point of the city of Mannheim** and more information here:

 [LSBTI | Mannheim.de](https://www.lsbti.mannheim.de)

Counselling for refugees:

PLUS Mannheim project Refugees Welcome - Help and Participation for LGBTIQ refugees

 <https://www.plus-rheinneckar.de/>

The Lesbian and Gay Association in Germany (LSVD) can help you.


It networks, advises and supports you. The project is called: Queer Refugees Germany


 www.queer-refugees.de


Advice centres, networking, leisure activities & further information:


PLUS Mannheim

Psychological counselling for lesbians and gays in Mannheim.

 [Max-Joseph-Str. 1, 68167 Mannheim](#)

 0 6213362 110

 @t eam@plu-s-rheinneckar.de

 www.plus-rheinneckar.de

 You can get help over the phone:


Tuesdays from 4 to 6 pm

Thursdays from 9 to 11 a.m.

Youth at PLUS

These are offers for teenagers and young adults from PLUS e.V.

 [@jugend@plus-rheinneckar.de](mailto:jugend@plus-rheinneckar.de)

 youth.plus-mannheim.de

Queer Centre Mannheim e.V.

This is where people meet, exchange ideas and organise events in Mannheim.

📍 [G7, 14, 68159 Mannheim](#)

✉ info@qzm-rn.de

🌐 www.qzm-rn.de

That's good.

Mannheim's queer youth centre

📍 G7, 14, 68159 Mannheim

✉ gutso@plus-rheinneckar.de

📷 Instagram: @gutsojugendtreff

🌐 www.plus-rheinneckar.de/seite/551778/jugend.html

Open network LGBTTIQ Mannheim

This is a joint platform of people from various organisations and groups.

They work together for the LGBTTIQ community in Mannheim and the surrounding area.

The network is non-partisan, i.e. it does not belong to any party.

🌐 www.schlimm-online.de

Frieda

The network is for lesbian, bi, trans, inter and queer women* in the Rhine-Neckar region

🌐 www.frieda.city

ILSE - Initiative of lesbian and gay parents e.V. Rhein-Neckar

🌐 www.ilserheinneckar.wordpress.com

Trans*-Treff Mannheim

People who are trans* meet here.

They exchange experiences and help each other.

🌐 www.transtreff-mannheim.de

mvd sports club - United in sporting diversity

This is a sports club for LGBTTIQ people.

It offers many different sports:

Volleyball, swimming, fitness, yoga, self-defence, football and badminton.

🌐 www.mvd-mannheim.de/

CSD Rhein-Neckar e.V. - Christopher Street Day in Mannheim for the Rhine-Neckar metropolitan region

🌐 www.csdrn.de

LGBTIQ Network Baden-Württemberg

This is an association of groups, organisations and initiatives from Baden-Württemberg. They work together so that they can exchange information and help each other better.

🌐 www.netzwerk-lsbttiq.net

DGTI German Society for Transidentity and Intersexuality

Here you can find advice on various topics:

General questions, medicine and law.

 <https://dgti.org/uebersicht-beratungsstellen/>

Advice from the consumer advice centre

The consumer advice centre is a place where people can go if they have questions or problems in everyday life. It helps with many (legal) issues.

They will help you with questions about:

- **Telephone, mobile phone & internet:** If the phone bill is too high or there is trouble with online shopping.
- **Contracts:** If something broken needs to be returned or a contract needs to be cancelled.
- **Money & Bank:** If there are questions about an account, a credit card or a letter from a debt collection agency.
- **Electricity & energy:** If someone wants to change their electricity provider, has questions about their bill or doesn't know how to save electricity.
- **Insurance:** If someone wants to know which insurance is important or how to get help in the event of a claim.
- **Food & drink:** If someone wants to know how long food lasts or where it comes from.


Information is also provided in **different languages** and via different media.

<https://www.verbraucherzentrale-bawue.de/beratung...>

Information and contact:

Advice centre Mannheim (appointments by arrangement)

 [N4 13-14, 68161 Mannheim](#)

 [0711669110](tel:0711669110)

Make an appointment online:

 <https://www.verbraucherzentrale-bawue.de/beratung...>

Living

Looking for Somewhere to Live

As soon as you have a residence permit, you are generally obliged to move out of the shared accommodation or decentralised accommodation. **This means: You will need to find your own place to live.** As long as you do not have a job and therefore do not earn any money, the Job Centre pays your rent. But it will only do this if you need help paying your rent.

Here you will find a list of [addresses and portals for your flat search](#).

The Federal Anti-Discrimination Agency and the Federal Ministry of Housing, Urban Development and Construction have produced a guide to finding housing for migrants - you can find it here: [Looking for a flat in Germany - A guidebook for migrants](#). Unfortunately, this guide is currently only available in German.

If you have found a flat that might be suitable, you should quickly make an appointment to view it. If necessary, you should [consult](#) an [interpreter](#). After the appointment, you should quickly let the provider know if the flat is suitable for you.

If the landlord wants to rent the flat to you, he should give you an overview of the rent and service charges or a tenancy agreement. It must be specified in the rental contract how large the flat is, how high the rent is and what costs the rent comprises.

Important for benefit recipients: You are **not** allowed to **sign** the tenancy agreement **yet!** You can find more details about the procedures **after you have found a flat** here: [Found a flat - now what?](#)

Important shortcuts when looking for a flat

1. OG = "Erstes Obergeschoss". English: first floor.
 App. = "Appartement". English: flat, apartment
 DB/bath = shower bath
 EG = "Erdgeschoss". English: ground floor
 EBK = "Einbauküche". English: fitted kitchen
 HK = "Heizkosten". English: heating costs.
 inkl. = "inklusive". English: including
 Kaut. = "Kaution". English: deposit.
 MM = "Miete pro Monat". English: monthly rent.
 NK = "Nebenkosten". English: service and utility costs
 sof. frei = free immediately
 teilmbf. = "teilmöbliert". English: partially furnished.
 WBS = "Wohnberechtigungsschein". English: accommodation entitlement certificate
 WG = "Wohngemeinschaft". English: a flat or house or apartment shared by several people who are not all part of the same family
 Whg. = "Wohnung". English: flat, apartment, home, house
 Wohnfl. = "Wohnfläche" English: living area.
 Zi. = "Zimmer". English: room
 ZKB = "Zimmer-Küche-Bad". English: room and kitchen and bathroom

Addresses for your flat search

Addresses for finding and renting a flat

Important:

These are just a few examples. There are many other possibilities where you can find a flat.

Grand City Property Ltd.

The flats are for rent at Neckarpromenade 9, 15 and 25.

📍 Neckarpromenade 15, 68167 Mannheim

☎ [0800 646377201](tel:0800646377201)

@

vermietung@grandcityproperty.de

Vonovia

📍 Hans -Thoma Straße 15 -17, 68163 Mannheim

☎ [0234 414700000](tel:0234414700000)

@

info@vonovia.de

GBG-Mannheimer Wohnugsbaugesellschaft GmbH

📍 Leoniweg 2, 68167 Mannheim

☎ [0621 3096211](tel:06213096211)

@

vermietung@gbg-mannheim.de

Gartenheim-Baugenossenschaft eG

📍 Heilbronner Straße 14, 68259 Mannheim

☎ [0621 791919](tel:0621791919)

🌐

www.gartenheimbgm.de

Letting co-operative Ludwig-Frank eG

📍 Melchior Straße 10, 68167 Mannheim

☎ [0621 4018050](tel:06214018050)

@

info@treffpunkt-neckarstadt-ost.de

🌐

www.treffpunkt-neckarstadt-ost.de

Diringer & Scheidel GmbH & Co. Beteiligungs KG

📍 Wilhelm - Wundt Straße 19, 68199 Mannheim

☎ [0621 86070](tel:062186070)

@

info@dus.de



www.dus-bau.de

SPA+BAUVEREIN Mannheim eG building co-operative

📍 R7, 5, 68161 Mannheim



info@spa-r-bau-ma.de



www.spar-bau-ma.de

FLÜWO Bauen Wohnen eG

📍 Kranichweg 31, 69123 Heidelberg

☎ [06221 74810](tel:0622174810)



info@flu-ewo.de

Building Co-operative Tenants' Association Mannheim eG

📍 Hugo - Wolf Straße 8, 68165 Mannheim

☎ [0621 442602](tel:0621442602)



info@mie-tervereinigung-mannheim.de

Building co-operative Seckenheim eG

📍 Badener Straße 101, 68239 Mannheim

☎ [0621 471918](tel:0621471918)

Familienheim Rhein-Neckar eG

📍 Am Exerzierplatz 6, 68167 Mannheim


☎ [0621/3005-0](tel:062130050)



info@fh-rn.de

Haus & Grund Mannheim Immobilien GmbH

You can only rent the flats via the website:

 www.hug-mannheim.de

You can also find more information in the newspaper or on the Internet:

- Mannheimer Morgen
□ www.immomorgen.de
- Immobilienscout24
□ www.immobilienscout24.de
- Quoka classified adverts
□ www.quoka.de/mannheim

Social housing - Wohnberechtigungsschein

As in many cities and municipalities, there is also **social housing** in Mannheim. These are subsidised by the state and are only rented to people with a **certificate of eligibility for housing (WBS)**. If you have a chance of getting a social housing flat, you must apply for a housing entitlement certificate through the city.

With a certificate of eligibility for housing (Wohnberechtigungsschein, WBS) you have the possibility to rent a **publicly subsidised flat** (Sozialwohnung). The accommodation entitlement certificate is valid for 1 year and must be renewed thereafter.

The flat must not exceed a maximum size - depending on how many people live in your household:

- 1 person: 50 m²
- 2 persons: 65 m² or alternatively 2 living rooms
- Each additional person + 15 m² or alternatively + 1 room

You can find more information on the housing entitlement certificate on this [homepage of the City of Mannheim](#).

Residence requirement - relocation as an asylum seeker

There is a **residence requirement** during the asylum procedure. This means that **you cannot freely choose your place of residence as you are assigned to a municipality for accommodation. Sometimes there is an exception:** a reallocation is possible if you want to live together with your family (e.g. spouse or children and parents).

If you live in Mannheim and are an asylum seeker, you do not need to obtain permission from the foreigners authority to move within the city. If you receive social benefits from the state, you must have the tenancy agreement checked before you sign it. You can find more information here: [Found a flat - what now?](#)

Moving outside the city of Mannheim as an asylum seeker - application for redistribution

If you would like to move outside of Mannheim, this is **only possible with an application for redistribution**.

This application will only be approved if:

- You want to move in with your close family members (for example wife, husband or child under 18),
- or you can prove that you have a permanent job or are studying there.

You must submit the application for reallocation to your **foreigners authority**. The foreigners authority will then forward the application to the foreigners authority of the city or municipality where you wish to move.

Please note that many immigration authorities take several months to process a redistribution application.

Cancellation of the residence requirement

In order to prevent your flat from already being allocated due to the long processing time, you can **apply to your immigration authority to have your residence requirement cancelled**. However, the cancellation will only be approved if you **have been working or studying for 3 months**.

If your residence requirement has been cancelled, you can apply for flats **nationwide**.

Found a flat - now what?

Congratulations on your successful flat search!

If you receive money from a **benefit agency (Job Centre, Department of Asylum, Social Welfare Office)**, you must now observe the following. **You may not sign the tenancy agreement yet, but must first have it checked and approved.**

First of all, you have to get an estimate from your future landlord. A cost estimate should include the following information:

- The amount of the cold rent (basic costs)
- The amount of any additional costs (heating, water, electricity)
- The amount of the operating costs (stairwell cleaning, caretaker costs, rubbish, etc.)
- The amount of the deposit (maximum three cold rents)
- Possible graduated rent (automatic increase of the rent)

With the **cost estimate**, you must go to your **benefit provider in Mannheim (Job Centre, Asylum Department, Social Welfare Office)**. The latter decides whether the flat is appropriate. You may need to provide further documentation to the benefit provider or landlord. You should do this as soon as possible. If everything is in order, the service provider authorises the signing of the tenancy agreement.

If you do **not** have a **residence requirement** in your document for refugees or electronic residence title, you may sign the tenancy agreement. If you have a [residence requirement](#), then you must submit an application to the Aliens' Registration Office.

Important: Before you sign a rental contract, look carefully! This Consumer Protection [checklist](#) can help you with this.

Please check whether there is a **clause** in the tenancy agreement **regarding renovation**. This could state that the flat is to be renovated by the tenant upon moving in and/or that one to two cold rents must be paid for this. **Important for benefit recipients:** The costs of the flat for the rent-free period are not covered. Renovation costs are also not covered.

The **deposit** is a security payment for the landlord. The amount for the deposit is a **maximum of 3 cold rents**. When you move out of the property, you get the money back.

Important: You must **not leave any damage behind** when you move out of the flat. The landlord can **offset** any damage to the flat against the **deposit**.

Relocation, initial equipment/Replacement, reregistration and change of address

Take care **before moving** to find a **way to transport your belongings**.

Familiarise yourself with the **house rules** in your new home. The house rules often also include conditions regarding moving in or moving furniture. You can find more details under: [What are house rules?](#)

Important: You are **not** allowed to **take the furniture from an asylum centre**. That is why you need new furniture.

You can apply to the Job Centre for **initial equipment**. You will then receive a flat-rate amount from the Job Centre. This amount can vary according to the number of people and the size of the property. The following applies when **applying for initial equipment at the Job Centre: The sooner, the better**. If you have already purchased items for your home, these will **not** be **reimbursed retroactively**.

Caution: It can take a few weeks before the money is paid out by the Job Centre!

If your previous tenant leaves various things in the flat, you can buy them from him/her (**transfer fee**).

Please remember to inform the following institutions of your **change of address**:

- Job Centre
- Einwohnermeldeamt (Registration Office) in your new community
- Ausländerbehörde (Immigration Office) in your new community
- Bank
- Health insurance
- Retirement pension institution
- School and kindergarten (if you have children)
- Familienkasse (The Family Benefits Office)

Important: Please make sure your name is on the letterbox.

As soon as you have moved into your new home, you must **register with your new municipal administration** within two weeks. For this, you need a **“Vermieterbescheinigung” (landlord's certificate)** from your landlord. If you miss the two-week deadline, a penalty may be imposed.

We recommend setting up a [forwarding address](#) at the post office, so that your mail will be forwarded to your new address.

What is a house order?

House rules list specific rules about living together with others. They apply to all people living in group accommodation or an apartment.

The main points are:

Noise: Everyone living in the building is responsible for keeping noise levels as low as possible. You need to be particularly attentive to this between 13:00 and 15:00 and between 22:00 and 6:00 – these are the “quiet hours” (Ruhezeit). On Sundays and public holidays there is a rest period all day.

Ventilation: You should open the windows frequently to let in fresh air. This prevents mould from developing.

Waste disposal: Rubbish must be disposed of separately in the bins provided. Please adhere to waste separation, as much of the waste is processed and it is an important part of environmental protection.

Mieterverein Mannheim - independent representation of interests

The Mannheim Tenants' Association is the solidarity-based representation of tenants' interests in Mannheim. It is one of the largest tenants' associations in Baden-Württemberg.

As a social association, the tenants' association offers legal advice on all tenancy law issues, from the conclusion of a contract, service charges and housing defects to the termination of your tenancy.

Do you have the feeling that your service charge bill is not correct, a dispute with your landlord or questions about tenancy law? Then simply contact the Mannheim Tenants' Association.

Please note that you **must be a member in order to use the services of the tenants' association**. You can find all the information on the [association's website](#).

💡 As a social association, the Mieterverein Mannheim has decided to offer the service of standard membership for all those in our society who receive benefits according to the **German Social Code (SGB)** at a reduced membership fee of € 40.00 per year.

Housing benefit

Housing **benefit** is a state subsidy towards housing costs.

Housing benefit for tenants is called a rent subsidy.

Housing benefit for owners of owner-occupied housing is called a housing allowance.

People on low incomes can receive housing benefit. You have to submit an application for this.

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

- the number of household members
- the amount of total income

- the amount of rent or monthly charges

The [Housing Benefit Plus Calculator](#) gives you an initial indication of whether you are entitled to housing benefit.

Do you receive money from the job centre, basic income support or asylum seeker benefits and the costs for accommodation are already included?

Then you are generally **not entitled** to housing benefit.

Further information on housing benefit can be found on the website of the [City of Mannheim](#)

Health

Treatment voucher for asylum seekers

Persons in the **ongoing asylum procedure** require a **medical treatment voucher** or **dental treatment voucher** for medical treatment. This is always valid for **3 months**. You can obtain the relevant treatment certificate from the **benefits officer** at the Asylum Seekers' Benefits Department.

When you go to a doctor, show the treatment voucher.

You are entitled to benefits

- for the prevention and alleviation of illness and pain
- for pregnancy
- to recognise illnesses
- for the treatment of illnesses

If you have a **residence permit**, you must register with a **health insurance fund**.

Further information

If you have any questions about benefits under the Asylum Seekers Benefits Act, please contact

@50.52.Kontakt@mannheim.de

You can find further information [here](#). Also available in other languages (Farsi, Dari, Pashto, Kurdish, Arabic, English, German).

General information on the healthcare system

The German healthcare system is one of the best in the world - but not the easiest.

You may be wondering:

- Whether and how you can get health insurance
- Who you should contact if you or your family are ill
- When to go to the doctor or directly to hospital

We would like to answer these questions for you here.

Further information can be found at the **Health Initiative Germany With Migrants for Migrants**.

The information is available in many languages: Arabic, English, French, Italian, Kurdish, Pashto, Persian/Farsi, Polish, Romanian, Russian, Serbian/Croatian/Bosnian, Spanish and Turkish.

 <http://imi-gesundheit.de/ratgeber/wegweiser-durch-das-deutsche-gesundheitswesen/>

Visiting a doctor

Family doctors

In Germany, there are doctors in every city who work in a practice and not in a clinic – these are called **general practitioners**. Anyone who has health concerns or questions should first go to a family doctor. So that you do not have to wait too long, it is **important** to make an **appointment** beforehand.

You may choose your own family doctor. As a rule, one does not change this family doctor. There are family doctors in almost every town. They determine the opening hours themselves.

General practitioners perform **important examinations** and are your **first point of contact in case of illness**.

Consult your family doctor if you

- are acutely ill (for example flu or cold)
- are chronically ill (for example diabetes or rheumatism)
- are in pain
- wish to be vaccinated
- are pregnant

General practitioners decide on necessary medication and whether a specialist examination is necessary.

If necessary, your family doctor will **refer** you to a **specialist** (medical specialist) who can perform special examinations.

How do I find a family doctor?

[Here](#) you can search for a family doctor or a specialist in your area.

You can also search here for doctors who speak your language ("foreign languages").


If you cannot find a doctor who speaks your language, you will have to look for an interpreter. Sometimes the costs of professional interpreters can be covered. Please talk to your social counsellor/your integration manager, your [migration counselling service](#) or the [youth](#)

[migration service](#).

Important information

If you need a general practitioner in the evening, at night or at the weekend, but it is not an emergency, call the "Bereitschaftsdienst" (medical on-call service). If you cannot come to the emergency practice, a doctor will drive to your home.

General medical service

 [116117](#)


Pediatric service

 [0180/6078111](#)

Ophthalmological service

 [0180/6078100](#)

Dental Service of the Association of Statutory Health Insurance Dentists of Baden-Württemberg (KVZ)

 [0180/322255511](#)

Further information

[Here](#) you will find 8 health films from the German Red Cross on various topics.

Medical emergencies

In the event of an **accident** or **life-threatening conditions**, dial **112**



It is **important** that you provide this information:

- **Who is** calling?
- **Where** did it happen?
- **What** happened?
- **How** many injured/sick people are there?
- **What** injuries/diseases are present?
- **Wait for** queries.

Always keep calm and speak clearly so that you are better understood. **Do not end the phone call.** The emergency service or police will end the call when all necessary information has been given.

Emergency numbers are **free of charge** and can be called from **all phones** even **without prepaid credit**. You do **not** need a **prefix**.

It is **not an emergency** if, for example, you need a sick note or want to avoid waiting times at the GP.

If the situation is acute but not life-threatening, go to the **emergency department** of the nearest hospital.

If you need medical advice outside surgery hours (e.g. at night, at the weekend or on public holidays) and cannot wait until your GP is available again, call the medical **on-call service** via [116 117](tel:116117).

Emergency numbers **do not** require an **area code** and **can be called from all phones**. They are **free of charge**.

Especially if you have family, it is good to know how to help yourself before professional help comes. You can learn this in **first aid courses**. Many associations and educational institutions offer first aid courses.

Health insurance & health insurance company

Insurance is compulsory in Germany. This means that you must be a member of a health insurance fund in order to see a doctor.

As soon as you have a **residence permit**, you must register with a regular **health insurance fund** (Krankenkasse). You can choose and change the health insurance company yourself.

You will receive an **insurance card** from the health insurance company, which entitles you to the same benefits as all residents in Germany. Always take your insurance card with you to your medical appointments.

The **basic medical care** provided by the health insurance fund includes

- Services to prevent and alleviate illness
- Pregnancy benefits
- Services for the detection of diseases
- Services for the treatment of illnesses

Costs

When you go to the doctor, show your health insurance card. With this card, **most examinations** are **free of charge** for you.

You will have to **pay** for certain **preventive check-ups yourself**.

For therapies (e.g. physiotherapy) and aids (e.g. bandages), you will have to pay part of the costs yourself.

People who have little money can be exempt from this. Ask your health insurance company about this.

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

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

Further information

[Here](#) you can find various health insurance policies and choose the one that suits you best.

Healthcare for people without insurance

Medinetz Rhine-Neckar

If you are **ill** and have **no papers** or **health insurance**, you can contact the [Medinetz](#) medical [advice centre](#). There you will be referred to doctors free of charge and anonymously. Your data will remain confidential. Nothing will be passed on to the authorities.




If you need medical help, please contact

 mail@medinetz-rhein-neckar.de
 [0 1577543 8815](tel:015775438815)

Please make an appointment for a consultation.

Malteser Medicine for people without health insurance (MMM) in Mannheim

The MMM helps people without health insurance who urgently need a doctor. Here you can get an initial examination, treatment and counselling in the event of illness, injury or pregnancy.

The MMM has consultation hours every Thursday. Please book in advance. **Contact** 
[Zehntstr. 32, 68169 Mannheim](#)  [062132491489](tel:062132491489) (Thursdays 9-11 a.m.) @
mmm.mannheim@malteser.org  <https://www.malteser-bw.de/unsere-standorte/mannh...>

What do I do in an emergency?

If you need help very quickly in an emergency situation, the [emergency numbers](#) will help you.

You can also call the **telephone pastoral care service** ("Telefon-Seelsorge"). There you will be advised directly on the phone:



[08001110111](tel:08001110111) and [08001110222](tel:08001110222)

The call is free and you can always call. You do not have to say your name and you will not be asked for it.

Help and advice in difficult situations can also be found at the [Helpline](#).


 [0800 2226622](tel:08002226622)

For children and young people, there is the **number for those struggling with worries or concerns**:



[116111](tel:116111)

What can you do in the event of an acute mental health crisis?


 Anyone can have a **mental health crisis** - no matter how old they are, how they live or where they come from. You can have a crisis because something very bad has happened to you (e.g. someone has died, you are in great danger war...). You can also have a crisis if you have experienced bad things for a long time or are seriously mentally ill (e.g. have depression or anxiety disorders).

 In an emergency, call the [112](tel:112).

If you have a crisis or think you want to die, you can also always go to a hospital - day and night and at weekends:

University Hospital Mannheim - Emergency Department


 [Theodor-Kutzer-Ufer 1-3, 68167 Mannheim](#)

 [06213834472](tel:06213834472)

 <https://www.umm.de/integriertes-notfallzentrum/no...>

Psychological Emergency Service Central Institute for Mental Health

 [J5, 68159 Mannheim](#) (entrance next to the main entrance)

 [0621 17037777](tel:062117037777)

 <https://www.zi-mannheim.de/behandlung/notfall.html>

Where can I find help?

In the **Mannheim** you will find help in the following places:

Family doctors

Your GP can help you directly, refer you to the right specialist.

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

Specialist for psychiatry and psychotherapy

A specialist in psychiatry and psychotherapy is particularly knowledgeable about mental illness. You can find a specialist, for example, on the [website of](#) the Kassenärztliche Vereinigung Baden-Württemberg (Association of Statutory Health Insurance Physicians)

Advice centres

Psychological Counselling Centre of Caritas Mannheim

📍 [D7, 5, 68159 Mannheim](#)

☎ [0621125060](tel:0621125060)

🌐 <https://www.caritas-mannheim.de/hilfe-und-beratun...>

Psychological Counselling Centre of the Protestant Church Mannheim

📍 [M1, 9a, 68161 Mannheim](#)

☎ [0621 28000280](tel:062128000280)

🌐 <https://pb.ekma.de/>

Emergency call and counselling for sexually abused women and girls

📍 [O6, 9, 68161 Mannheim](#)

☎ [062110033](tel:062110033)

🌐 <https://www.maedchennotruf.de/>

Addiction counselling at the Mannheim Drug Association

📍 [K 3, 11-14 68159 Mannheim](#)

☎ [0621 159000](tel:0621159000)

 <https://drogenverein-mannheim.de/hilfe/beratung/>

Online offer for adolescents and young adults with traumatic experiences

You had a bad experience?

Find a way to deal with it better with the **StAR online training**!

The online training...

- is free
- is 12 weeks long
- you can do it yourself
- you can do it when and where you want (e.g. at home)
- is accompanied by a coach

You can participate if you are **between 15 and 21 years** old.

If you are under 18 years old, your parents' consent is required.

Here you can find more information and register directly: <https://hellobetter.de/star-studie/>

If you have any questions, you can send the study team an email or a message on Instagram:



projekt-star@fau.de



team_star_studie



[StAR flyer for relatives](#)



[StAR flyer for young people](#)

Self-help app for people who have experienced flight

The "[Sanadak](#)" app supports people in dealing with **post-traumatic stress** and related **psychological stress**.

It is available in **German** and **Arabic**.

 [Google Playstore](#)

 [Apple Store](#)

Pregnancy & delivery (birth)

Pregnant women in Germany are under **special protection** and are entitled to counselling, medical care and support. A **gynaecologist** determines the pregnancy. This is also known as a **gynaecologist**.

Have the **check-ups** carried out there. You will then receive a maternity pass. The maternity record is a document containing important information about your pregnancy, your health and that of your child. Always take your maternity record with you in case of emergencies.

Being pregnant

How do you determine a pregnancy?

For example:

- The body changes a lot during pregnancy. For example, nausea, tiredness and much more.
- You no longer have a period.

You can have pregnancy tests carried out by a doctor or buy a test from a pharmacy or drugstore.

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

Some women get pregnant very easily, others have to try for a long time. This is normal. If it takes longer, you or your partner may be less fertile.

Talk to your doctor about this.

Maternity clinics

University Hospital Mannheim


 [Theodor-Kutzer-Ufer 1-3, 68167 Mannheim](#) (House 1)


@k [reissal](#)@umm.de

 [0621 3831649](#) (between 8:00 and 15:00)

 <https://www.umm.de/frauenklinik/geburt/geburtshil...>

Deaconess Hospital Mannheim

 [Speyerer Straße 91-93, 68163 Mannheim](#)

 [062181024224](#)

Unintended pregnancy

You can use [contraceptive methods](#) to avoid an unwanted pregnancy.

If you have not planned to become pregnant, it is particularly important that you seek help and advice. You should find out about different options.

[Multilingual information](#)

<https://www.mannheim.de/de/service-bieten/frauen-...>

Termination of pregnancy

You can terminate the pregnancy with an [abortion](#) (termination of pregnancy).

Termination of pregnancy is possible up to the **twelfth week** of pregnancy. Before that, you must go to a **pregnancy conflict counselling centre** and have a consultation.

You can find **help and counselling** here:

- [pro familia Mannheim](#)
- [Diakonisches Werk Mannheim](#)
- [City of Mannheim - \(Unintended\) pregnancy: information and counselling](#)

The **help hotline** "Pregnant women in need - anonymous and safe" on [0800 40 40 020](#) is available free of charge 24 hours a day. Counselling is available in many languages with the help of an interpreter.

You can also get information about a pregnancy counselling centre in your area. They will provide you with anonymous and free counselling and support you in all further steps.

Adoption

You can continue the pregnancy and give the baby up for **adoption**.

In Germany, women can have their baby in hospital without having to give their name. After the birth, the mother leaves the hospital. The baby is given up for adoption after a certain period of time. You can find helpful information under ["Giving a child up for adoption"](#).

Baby hatch

It is also possible to hand over the baby to the [baby hatch](#) at the **Deaconess Hospital**.

Pregnancy counselling

Women and men can obtain free and anonymous counselling on **all questions, issues and changes relating to pregnancy** and family planning. Regardless of whether they need **medical or legal information**, for example. The counselling service is also available for mothers and young families after the birth of a child. Women and men with an unfulfilled desire

to have children can also seek counselling.

Counselling on the topics of sexuality, partnership and family planning can be found here:

- [Diakonisches Werk Mannheim](#)
- [pro familia Mannheim](#)
- [SkF \(Social Service of Catholic Women\)](#)
- [City of Mannheim - \(unwanted\) pregnancy: information and counselling](#)
- [City of Mannheim - Early help](#)

Contraception and sexual counselling

You can decide for yourself whether and how many children you want to have. Nobody is allowed to force you to have children. **You** can also say that **you have the right to family planning**.

Contraception

Contraception prevents a woman from becoming pregnant. If you want to have sexual intercourse but do not (yet) want to have children, you can use contraception to prevent pregnancy. The responsibility for contraception lies with both partners. Talk to your partner about which **contraceptive method** you want to use as a couple. **Both of you** should be in **agreement**.

Contraception **does not** make a woman **less fertile**. If she stops using contraception, she can have children.

There are different **contraceptive methods**. You can choose which method is best for you and your partner. Some contraceptive methods are better suited to a person's lifestyle, age and physical conditions than others.

Contraceptive methods

Important: Please seek advice on contraceptive methods from a **gynaecologist** or a **counselling centre**.

Here are just a few examples:

- **Barrier methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you against HIV. It also reduces the risk of contracting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a chance that you could become pregnant, even if you don't want to. Mistakes can also happen when using contraception. Then you will become pregnant despite using contraception. For example, the condom can slip off. You can also forget to take the pill or you have had severe diarrhoea and the pill could not work properly.

You can take the "**morning after pill**". You must take this as soon as possible, preferably **in the first twelve hours after sexual intercourse**. You can buy the morning-after pill from a pharmacy without a prescription. You can get advice on this at a pharmacy or from a doctor.

Important: Do not use the morning-after pill **as a contraceptive method**.

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

Sexual counselling

Sexual self-determination means choosing how and with whom you want to have sex. You must not be forced to do anything. You can talk about your sexuality at a **sexual counselling** session. In sexual counselling, you can ask questions about your body, sexual orientation and sexual difficulties such as lack of desire or erection problems. Experiences of sexual violence can also be discussed.

Sexual counsellors **do not talk to other people** about what you discuss with them.

You can find more information here: www.zanzu.de

Counselling centres

[pro familia Mannheim](#)

Special examinations for children

Early detection examination

There are ten **early detection examinations**. They are called **U1 to U9** and **J1**.

Your child will be examined regularly up to their 6th birthday. This is to see how your child is developing.

The first examinations (**U1** and **U2**) often take place directly after birth in the clinic. For further examinations, you must make an appointment with your **paediatrician**.

Important:

When you register your child at the daycare centre, you may need to show proof of the examinations.

School enrolment examination

For children aged 4 to 6 years, the public health department offers a **pre-school examination**. This examination is called **a school enrolment examination**.

It checks whether the child is well prepared for school.

There is also counselling for the parents, the day care centre and the primary school.

Further information can be found on the homepage of the [Baden-Württemberg Ministry of Education and Cultural Affairs](#).

Further advice centres and offers of assistance

Addictive disorders

Addiction is an illness!

An addiction is a dependency on **substances** (e.g. alcohol, drugs, nicotine, medication) or **behaviours** (e.g. gambling addiction, shopping addiction). Addiction can affect anyone. Seeking **help** has nothing to do with personal failure.

When you are addicted, you think almost exclusively about the addictive substance. You can no longer control your own consumption. Relationships and work performance often deteriorate as a result.

What help is available?

Professional support

You can get professional support from specialists in addiction counselling centres (addiction counselling centre).

You can find the counselling centres in the city of Mannheim [here](#).

Self-help groups

Those affected strengthen each other in self-help groups. Some of the groups work anonymously and help all those affected in difficult situations.

You can find an overview of all addiction support services in the city [here](#).

Here you will be familiar with the problem and you are sure to get help.

Counselling centre for refugee families affected by addiction

This service is primarily aimed at families with a refugee background.

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

Brochures for migrants and refugees seeking help with addiction problems in the following languages: Arabic, Bulgarian, English, Farsi, Turkish and other languages. You can find the link to the brochures [here](#)

Important information

The counselling centres are free of charge. The counselling sessions are confidential and the information discussed will not be passed on to the police. If you wish, the counselling is anonymous.

Breast cancer

Find out about early detection of breast cancer in the multilingual app.

Link:

<https://www.breastcare.app/>

HIV/Aids and sexually transmitted diseases

HIV is the abbreviation for a **virus**. If the virus makes you very ill, it is called **AIDS**. **Sexually transmitted diseases** are diseases that are **transmitted** during **sex**.

Do you have questions about these topics such as:

- When can I get infected?
- What protects me from infection?
- Who can help me if I am infected?

Then the [Aidshilfe Potsdam](#) can help you - also in your language.

You can find more multilingual information in 13 languages [here](#).

You can find help in Mannheim here:

<https://www.mannheim.de/de/service-bieten/gesundh...>

Counselling on HIV / AIDS and other sexually transmitted diseases at the public health department

You can contact us

if you:

- would like to take an anonymous and free HIV antibody test
- have questions about HIV / AIDS and other sexually transmitted diseases
- are afraid of having been infected
- are infected with HIV or have AIDS

We also offer additional tests for a fee:

- Chlamydia and gonorrhoea (gonorrhoea)
- syphilis
- Hepatitis B and C

You can find more information on the [website of the public health department](#).

Support Groups

Do you feel burdened with **health**, **emotional** or **social problems** (e.g. due to an illness, separation from your partner)? Would you like to talk to people who feel the same way? This possibility exists - we call them **support groups**. There are support groups for many **topics**

and **life situations**.

Here you will find an overview of the [support groups in the City and District of Karlsruhe](#).

Prostitution - Social-health counselling

If you are already working in prostitution or want to work there, the public health department will advise you (§10 ProstSchG). According to the law, you must seek counselling for this work. The law that protects you is called the Prostitute Protection Act. However, you also have the option of seeking counselling if you wish (voluntary).

Counselling is **confidential**. **No data** will be **passed on**.

You can find more information on the [website of the public health department](#).

You can find a video explaining health counselling [here](#).

Making an appointment for health counselling

You can make an appointment for health counselling by telephone or in person at the public health department. After the consultation, you will receive a certificate of counselling and, if necessary, an appointment for a registration interview at the Department of Safety and Order.

☎0621 / 293 261

Registration times: Mon.-Fri. 8am-12pm, Thurs.2pm-5pm

The health counselling is carried out by a social worker. The counselling session is strictly confidential as there is a duty of confidentiality. If an interpreter is called in for the counselling session, they are also bound to confidentiality. NO EXAMINATIONS are carried out.

Other counselling centres

[The Justice Project](#) can also advise you.

[Amalie-](#) A counselling centre for prostitutes.

Keywords: sex work, sex services, Prostitutes Protection Act

People with disabilities

People with disabilities have a right to help and support. Nobody should be treated badly because of their disability. That is the law in Germany.

People with disabilities want to live just like non-disabled people. They want to be mobile and be able to cope with everyday life without outside help.

[Here](#) you can find the most important advice centres, contacts and information in Mannheim in the "Living with a disability" guide.

Contact persons and advice centres

Mannheim has the Supplementary Independent Participation Counselling Centre (EUTB). It supports people with disabilities and their families. The **advice centre is free of charge and independent.**

It helps to answer questions about participation in Mannheim.

Here you can find **the EUTB counselling centres** in the city of Mannheim:

 [Badischer Blinden- und Sehbehindertenverein V.m.K. \(BBSV\)](#)

 [EUTB - Duha e.V.](#)

 [EUTB - Förderband e. V.](#)

The health department offers counselling for people with long-term illnesses or disabilities. There are also counselling sessions for children and young people with special needs. Counselling is confidential and free of charge.

[Here](#) is more information.

Applications - new determination & severely disabled person's pass

Severely disabled person's pass

A disability is when someone has physical, mental or psychological problems. These problems are not just temporary, but last longer. Because of these problems, it can be difficult for the person to cope in everyday life or with other people. It doesn't matter whether the disability is caused by an illness, an accident or from birth. The only important thing is that the disability is there.

Whether a disability exists can only be assessed on an individual basis and taking into account all the circumstances of the individual case.

[Here](#) you will find information on how to apply for a severely disabled person's pass.

Language - Learn German

General information & language course counselling

Language is the key to integration. Access to the labour market, doctors, public institutions and, last but not least, interaction with neighbours is much easier this way. Here you will find opportunities and contact points for [learning German in a language course](#).

There are various ways to learn German. The largest offer is **integration courses**. These courses are available throughout Germany and also in Mannheim. After the integration course, you can take a vocational language course. This will improve your chances on the labour market.

Do you need **counselling and support**? The Migration Counselling Service for Adults and Integration Management will help you find the right language course for you:

- [Migration counselling for adults](#)

- [Integration management](#)

Integration courses

Integration courses are the central programme for learning German. In the integration courses, you will learn German for everyday life and find out a lot about life in Germany, including its history, culture and political system. The course ends with a final test, which consists of a language test (level B1) and the "Life in Germany" test.

Various organisations offer integration courses in Mannheim. The course organisers can also help you with questions about the integration courses, registration and participation.

You can find a list of integration course providers and contact persons on the website of the City of Mannheim.

 www.mannheim.de/integrationskurse

Further information - also in different languages - can also be found on the BAMF website

 www.bamf.de/integrationskurse

Who can take part in an integration course?

People who come to Germany from abroad to live here permanently and do not yet have sufficient knowledge of German can take part in integration courses. Depending on your nationality and residence permit, you may be entitled to a language course. In some cases, an application must be submitted to the BAMF.

The foreigners authority will inform you whether you are allowed or required to attend a course when issuing your residence permit.

If your language skills are inadequate, people with foreign nationality may be obliged to attend an integration course. The Foreigners' Registration Office and the basic social security provider (e.g. job centre) will decide whether you are obliged to attend.

What courses are available?

The general integration course consists of a language course and an orientation course. The language course usually comprises 700 lessons, the orientation course usually comprises 100 lessons.

In addition to the general integration course, there are special types of courses for target groups with special needs. For example, there are literacy courses and courses for second-language learners, which are offered with an increased number of lessons. Parents also often have special needs, for example when it comes to childcare, and so here too the courses are usually only offered in the mornings and with an increased number of hours. For fast learners, on the other hand, there are intensive courses with fewer hours.

You can find more information about [special course types](#) on the BAMF website

What does an integration course cost?

The costs for a course are always the same - no matter where in Germany or with which organisation the course is held. At least half of the costs are always covered by the BAMF. There are different rules for participation and costs. Ask your course organiser.

A fee of €2.20 must be paid for each lesson. This means that a general integration course with 700 lessons costs €1,540. The fees can be paid in instalments.

Recipients of transfer benefits (Hartz IV, ALG II) and people on low incomes can be exempted from the costs.

How do I register for a course?

If the BAMF has authorised you to take part in an integration course, you will receive a certificate of eligibility. With the authorisation certificate, you can choose a course provider and register for the integration course there. The course organiser will help you to choose a suitable course.

If you are obliged to attend an integration course, the BAMF will assign you directly to a suitable course.

Language courses: German for the workplace

Job-oriented German courses (§ 45 AufenthG) are aimed specifically at migrants seeking work. The courses teach German skills for specific professions and industries. Participants learn to compose professional emails and letters, to understand written texts such as instruction manuals and gain knowledge about job interviews or employment contracts. In special modules, subject-specific knowledge for certain occupational fields is taught. The courses lead up to level B2, C1 or C2 and include subject-specific German.

Persons who are registered as jobseekers or unemployed and who are staying permanently in Germany, as well as asylum seekers with good prospects of staying, are primarily **eligible to participate**. In order to participate in a vocational language course, you should have already successfully attended an integration course or have at least language level B1.

The entitlement or obligation to participate in the vocational language courses takes place via the Job Centre or the BAMF. The courses are usually free of charge, only employees have to make their own contribution to the costs.

Further information on participation, registration, content and costs of a vocational language course can be found on the BAMF website:

 www.bamf.de/berufssprachkurse

You will find the most important information in **different languages** on this [flyer](#).

Course providers and contact persons in Mannheim

In Mannheim, several institutions offer vocational language courses in accordance with § 45a AufenthG. You can find an up-to-date list of providers with contact persons and the courses offered here.

 www.mannheim.de/berufssprachkurse

Further offers

In addition to the German courses, there are other opportunities in Mannheim to practise everyday German.

💡 If you know of any other regular offers (including voluntary ones) in Mannheim, please let us know

Café Colibri - the language café at Mannheim City Library

People can speak German with each other here in a relaxed atmosphere. Age and social background are irrelevant - everyone can join in. We talk about many different topics. For example, about the family, festivals or hobbies. Questions and suggestions are always welcome. There are no political or ideological discussions.

The café is not a substitute for a language course. Participation is **free of charge**.

The café takes place once a week. A meeting lasts approx. 60 minutes. **No registration is necessary.**

📅 Thursday at 5 pm

📍 [City library in town hall N1](#)

If you have any questions, please contact us here:

✉ @stadtbibliothek.zentralbibliothek@mannheim.de

☎ [0621 2938935](tel:0621_2938935)

🌐 www.mannheim.de/de/bildung-staerken/stadtbiblioth...

Language café for migrants and refugees (Caritas Mannheim)

At the language café, you can get together to talk about various topics and thus make everyday conversation in the new language easier. It also promotes mutual understanding. Cultural exchange, practised solidarity and respectful interaction are particularly important to us.

During the language café, we offer, among other things, the opportunity to talk about everyday things, to go through the documents from the last German course again or to help prepare for a language test.

📍 [Café Noi in C2, 16-18](#)

🌐 www.arbeitfueralle-ma.de/cafe-noi

Counselling and help for children and parents

Psychological counselling centres offer help and advice on topics relating to parenting, family and personal problems, namely

- if you are unsure whether you are bringing up your child correctly,
- if there are conflicts in the family,
- if you want to strengthen co-operation in the family,
- if you are going through a divorce and are worried about the consequences for your child,
- if there are problems at school or kindergarten,
- if there are personal problems.

Children and young people who are without parents or guardians, as well as professionals, are welcome to contact the following centres:

Psychological Counselling Centre North

📍 Sandhofer Street 22
68305 Mannheim
☎ 0621/293-5530
✉ beratung.nord@mannheim.de

Psychological Counselling Centre Centre

📍 D7, 2a - 4
68159 Mannheim
☎ 0621/293-8866
✉ beratung.mitte@mannheim.de

Psychological Counselling Centre South

📍 Salzachstraße 10 - 12
68199 Mannheim
☎ 0621/293-6040
✉ beratung.sued@mannheim.de
www.pb-mannheim.de

Caritas Association Mannheim e.V.

Psychological counselling centre for parents, children and adolescents

📍 D 7, 5
68159 Mannheim
☎ 0621 1 25 06-0
✉ @erziehungsberatung@caritas-mannheim.de
www.caritas-mannheim.de/hilfe-und-beratung/kinder...

Diaconia Mannheim

Psychological counselling centre

📍 M 1, 9a
68161 Mannheim
☎ 0621 280 00 280
www.pb.diakonie-mannheim.de

Further information in several languages can be found under the link:

[Educational counselling - Psychological counselling centre for children, adolescents and parents | Mannheim.de](#)

Financial aid for parents/families

Parental allowance

Some parents don't want to or can't work as much after the birth of their child. That's why they work less. They can then receive money from the government. This money is called parental allowance. Parents who are separated can also receive parental allowance. They can apply for parental allowance if they have a residence or settlement permit in Germany.

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

Contact:

@info@l-bank.de



L-Bank

Schlossplatz 12
76131 Karlsruhe

Child benefit

All parents with a residence or settlement permit in Germany are entitled to child benefit. Child benefit must be applied for at the Federal Employment Agency. The Federal Employment Agency pays child benefit for every child from birth to their 18th birthday. You can also receive child benefit after your 18th birthday, but only under certain conditions:

- Until the 21st birthday, if your child is unemployed and has registered with the employment agency as a jobseeker.
- Until their 25th birthday if your child is in training. This also includes school and university. Or if your child is in a transitional period of up to four months. Or if your child cannot find a training place and therefore cannot start or continue their training.

You can find more information and apply online [here](#)

Child supplement

If you receive child benefit and only have a low income, you can receive child supplement. Find out about the most important aspects of this benefit.

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

Contact:



0800 4 5555 30



Family Benefits Office Baden-Württemberg West
76088 Karlsruhe

Education and participation package

Children, adolescents and young adults receive benefits for education and participation. These are in addition to the monthly payments from the Job Centre, the Family Benefits Office and the Department of Labour and Social Affairs - so that everyone can really take part!

Children, young people and young adults who receive the following assistance are entitled to the benefits:

- Basic income support for jobseekers (SGB II)
- child supplement
- housing benefit
- Assistance with living expenses
- Basic income support in the event of reduced earning capacity (SGB XII)
- or benefits in accordance with the Asylum Seekers Benefits Act

Needs for education are only taken into account for persons (beneficiaries) who:

- have not yet reached the age of 25
- attend a general or vocational school and do not receive a training allowance (pupils)
- The same applies to children who attend a day care centre.

Education and participation hotline

- One-day school trips
- School trips lasting several days
- School supplies
- School transport costs for pupils
- Learning support for pupils
- Communal lunch catering
- Participation in social and cultural life

Contact:

☎ 0621 293-2600 or

☎ 0621 17238-500 (SGB II)

@BuT@mannheim.de

📍 D1, 4-8
68159 Mannheim

Welcome to life / Early help

WELCOME TO LIFE

All families in Mannheim are visited by a paediatric nurse in the first few weeks after the birth of their child. The paediatric nurse works at the public health department. She gives tips on how the child can stay healthy and develop well.

She also provides information about services and help in the neighbourhood.

The consultation takes place at the family's home. It is a friendly conversation. The staff talk about topics such as

- Basic health: care, nutrition, sleep, crying, ...
- Medical care: U-examinations, immunisation, dental child passport, ...

- Future-orientated prophylaxis: language development, multilingualism, accident prevention, child development, siblings, ...
- Offers in the neighbourhood: contacts, childcare, strength offers, ...
- Family situation: financial situation, housing situation, parental allowance, ...

Detailed information about ["Welcome to Life"](#) is available in German, Arabic, Bulgarian, English, Italian, Polish, Romanian, Russian and Turkish.

EARLY HELP

We offer you:

- Confidential and personal consultations. These can take place on the phone or at your home.
- We work with you to identify your strengths and the help you need.
- A family paediatric nurse will give you tips and help you in everyday life with your child.
- We will accompany you to various programmes and meetings for parents and children.

Counselling costs no money and is voluntary.

All people can use the counselling - regardless of their origin, religion or culture.

We speak your language or bring an interpreter with us.

Contact:

☎ 0621-293 3708

@fruehe.hilfen@mannheim.de

Counselling hours:

Monday to Thursday

9 to 12 a.m. and 2 to 4 p.m.

Children & Adolescents / school education

How do I register my child in a school?

Are you new to Germany?

Your child may go to a school. After **6 months in Germany at the latest**, you must register your child at a school. There is **compulsory education**.

There are special classes to learn German. You can find more information [here](#).

To find out which primary school your child has to attend, you can use the [primary school finder](#) for the city of Mannheim.

There are specific days for registration.

You will need the following **documents**:

- Your identity card, birth certificate or proof of arrival

- Registration certificate
- All documents concerning your child (passport/ID card, birth certificate, references, medical certificates, etc.)

Please bring your child to school for registration.

Dates for enrolment and registration at primary schools in Baden-Württemberg:

- Baden-Württemberg reference date: **30/06** (Your child must be 6 years old by that day)
- School enrolment: **09.+10.02.2023**
- School enrollment: **Organised by the respective primary school**

Information on enrolment (primary school) can be found [here](#) and [here](#).

Enrolment and registration dates for other schools (secondary schools) in Baden-Württemberg:

- Registration dates are **08.+09.03.2023**. Check with the school several weeks or months before this date.
- Note: For **vocational schools**, there are **other times** when you can register. Check with the school early.

You do not know which school your child should go to?

Ask your social counselling/integration manager, [youth migration coun](#) selling or [migration coun](#)selling.

You can also obtain information at the "Rathaus" (town hall) or directly at the schools in your place of residence.

Does your child still not speak German?

If your child **does not yet speak German**, there are several possibilities:

VKL - Preparatory Class

Age: from 6 to 15 years

Duration: between 1 and 2 years (some children learn German faster, others need more time)

Focus: Learning the German language

Thereafter: Transfer to a regular class - either to primary or secondary school

Miscellaneous: VKL classes are available at all school types

 <https://www.mannheim.de/de/bildung-staerken/vorbe...>

VABO - Pre-qualification year for work/occupation

Age: between 15 and 17, 11 years (from 18 years on, the visit is only possible if there are free places)

Duration: 1 to 2 years (some children learn German faster, others need more time)

Certificate: A2 or B1

Focus: Learning the German language

Thereafter: Change to a VAB class

Miscellaneous: VABO classes are only available at vocational schools

If your child is **18 years and older**, he or she can also attend a **language course**.

 <https://www.mannheim.de/de/bildung-staerken/vorbe...>

Is your child between 6 and 10 years old?

Grundschule (primary school)

Age: from 6 years (deadline - your child will be 6 years old by 30.09.)

Requirement: Primary school ability

At the end of the daycare center there is the elementary school entrance examination. A doctor examines your child. He will check to see if your child is ready for school or needs special support.

Duration: 4 years (1st Year until 4th Year)

Thereafter: Transfer to a secondary school

In the 4th grade, parents receive a recommendation from the teachers. It states which secondary school your child should go to.

Miscellaneous: The primary school is near/within the district of your place of residence. In primary school, your child learns to read, write and calculate.

Primary schools in Mannheim>

<https://www.mannheim.de/de/bildung-staerken/die-e...>

Primary school support class

Some children are not ready for primary school at the age of 6. As a rule, however, they can no longer stay in the kindergarten.

However, they can then attend a primary school support class.

The primary school support class is also at the primary school.

In the primary school support class, children receive special support. They are encouraged in their development.

The aim of the primary school support class is that the child is ready for grade 1. Class is.

Talk to the kindergarten, primary school and paediatrician if your child is not ready for school at the age of 6.

Is your child 10 years and older?

After that, they move on to secondary school.

At the end of year 4, the teachers make **a recommendation** as to which secondary school your child should attend.

If you attend and graduate from a secondary school, you will receive a **certificate**. With the certificate you can prove what you have learnt. You will need it, for example, **when applying for a job or apprenticeship** or when **transferring to another school**.

You can find secondary schools in Mannheim [here](#).

Secondary school

Age: from 10 years

Duration: between 5 years (5th grade to 9th grade) and 6 years (5th grade to 10th grade)

Prerequisite: Attendance at a primary school or preparatory class (VKL)

Certificate: either secondary school leaving certificate or secondary school leaving certificate

Focus: prepares students for working life, encourages practical aptitude, inclinations and achievements

Follow-up: vocational training, vocational school and grammar school

Realschule

Age: From 10 years

Duration: 6 years (5th grade to 10th grade)

Prerequisite: Attendance at a primary school or preparatory class (VKL)

Certificate: Secondary school leaving certificate

Focus: Vocational education and extended general education, preparation for training and work

Connection: Vocational training, vocational school or grammar school

Grammar school

Age: from 10 years

Duration: between 8 and 9 years (5th grade to 12th or 13th grade)

Prerequisite: Attendance at a primary school or preparatory class (VKL)

Certificate: General higher education entrance qualification (Abitur) - highest school-leaving qualification in Germany

Focus: in-depth general education, specialised and in-depth subjects and courses, independent learning

Follow-up: vocational training, studies at a university or college

Community school

Age: from 10 years

Duration: between 5 and 9 years (5th grade to 9th grade or to 10th grade or 13th grade)

Prerequisite: Attendance at a primary school or preparatory class (VKL)

Certificate: Hauptschulabschluss, Mittlere Reife or Abitur

Focus: Instruction at various levels and individualised support

Follow-up: Vocational training for those with a Hauptschulabschluss and Mittlere Reife, university studies for those with Abitur

Does your child have additional needs?

Special educational counselling centre (SBBZ)

School for children with special educational needs:

Age: From 6 years

Who for: For children who need more support. For example, if a child has a disability or impairment.

Connection: The children can later work in a workshop or do a supported apprenticeship.

Qualification: Partial secondary school leaving certificate

Speciality: The teachers are specially trained for this. There are various areas of specialisation:

- Learning
- Mental development
- Hearing
- Physical and motor development
- Language

Important:

If your child needs special support, you can contact the

[migration counselling](#) or [youth migration counselling](#)
or a [special education and counselling centre \(SBBZ\)](#) in Mannheim.

Catch up on school-leaving qualifications

You can also complete higher school qualifications later. This is generally possible. For example, after the intermediate school leaving certificate, you can also take the Abitur at a grammar school.

This is also possible at various schools, for example

- at vocational schools
- at vocational colleges
- at evening grammar schools

Sometimes a school-leaving qualification from abroad is not recognised in Germany.

If this is the case, you can catch up on your school-leaving qualifications here via the second educational pathway.

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

This is how you can catch up on **your intermediate school leaving certificate and Abitur:**

Evening schools in Mannheim

📍 [U1, 1 - 19, 68161 Mannheim](#)

☎ [06211076501](tel:06211076501)

@ info@abendschulen-mannheim.de

🌐 <https://www.abendschulen-mannheim.de/>

or the **Hauptschulabschluss:**

Internationaler Bund Mannheim

📍 [Neckarauer Straße 106 - 116, 68163 Mannheim](#)

☎ [062181980](tel:062181980)

@ frank.hartroth@ib.de

🌐 <https://www.internationaler-bund.de/angebot/10801>

Parents' evening & Parents' council

Parents' evening

All parents are invited to a parents' evening. You can **communicate** with **other parents** and the **teacher** and get a lot of **information**. It is good if you take advantage of these meetings. The dates will be communicated in a letter to parents. It is important to read the **letters to parents**.

Parents' Council

There is a Parents' Council in every class. This is **elected** by all parents during a parents' evening. The tasks and rights of the parents' council are regulated by law. The Parents' Council deals with **problems** that other parents tell them. The Parents' Council **represents the other parents** before the school.

Advice, help and further support

There are different types of school in Baden-Württemberg. Which school your child goes to depends on how old they are, but also on their school performance.

You can also find detailed information at [Bildungsnavi](#).

You can also find multilingual videos at [Wegweiser-BW](#).

Intercultural parent mentors

Parents help parents

The "Intercultural Parent Mentors" programme has been running in Mannheim since April 2018. This means that some parents volunteer and receive training so that they can help other parents.

They know a lot about school, learning and education and often speak several languages. This means they can explain what is important - and help if parents have questions or don't understand something.

These parents are like a bridge between other parents and the school - they help everyone to understand each other better.

You can find more information in the [flyer](#).

School social work

Many schools have school social workers. They can **support children and young people** at school. School social workers provide counselling and help with **school and private problems, anger** or other **worries**. The offer is **voluntary** and the school social workers work **confidentially**. This means that they are not allowed to tell anyone about the problems. Otherwise there are also counselling teachers (guidance teachers) or liaison teachers. Ask at your school.

Private tuition

If you are having **difficulties** in some subjects at school and need additional **support**, you can sign up for tutoring. Tutoring is provided by a **tutor** and takes place **outside of lessons**. Tutoring usually takes place in small groups or individually. You can repeat content here or receive extra tasks to practise.

Tutoring **costs money**. If you are **entitled to BuT**, the costs for tutoring can be paid under **certain conditions** (confirmation from the school that your child urgently needs tutoring). You will need to complete an [education and participation application](#) and a [confirmation from the school](#).

If you need help finding tutoring, ask your integration manager, social counselling, [youth migration counselling](#) or [migration counselling](#).

Childcare from 0-6 years (until joining school)

Kita (day care centre) or kindergarten

At the day care centre, your child can learn the German language and find contact with other children. Take advantage of this opportunity; it is important for your child's future. Attending a Kita is also good preparation for school.

There are groups for children from 1 to 3 years. Here, the children are supported in their development by specially trained staff in small groups. It is particularly important for these employees to be attentive and caring. Most groups are for children from 3 years old until they start school. Here the children can play, paint, do handicrafts and learn with other children. In the last year of kindergarten, the children are also prepared for their entry into school.


Here you can find the city's KiTa-Finder, an interactive map that helps you find a KiTa place in your area:

 [KITA Finder Mannheim \(gis-mannheim.de\)](https://gis-mannheim.de)

To obtain a kindergarten place for your child, please make a KITA reservation. The Parents' Service Centre (MeKi) will be happy to help you.

Attending a day care centre or day care facility costs money. You can find out the costs directly from the town hall or the specific facility. Families with several children often receive discounts. The costs for a day care place can be covered. The Service Agency for Parents (MeKi) can also advise you on this.

You can find more information here:

 [Pre-registrations for childcare | Mannheim.de](https://www.mannheim.de/pre-registrations-for-childcare)

 [Day care facilities for children | Mannheim.de](https://www.mannheim.de/day-care-facilities-for-children)

Higher education, training, work

Labour

Access to the labour market - EU citizens

If you come from a country **outside the European Union**, you need a permit to work in Germany. Your residence document will state whether you have permission to work or whether you first have to apply for permission from the immigration authorities. For example, this is stated on documents such as a residence permit, tolerated stay permit or residence authorisation.

Are you from the **European Union**? Are you now living in Germany? And you would like to work? Then you can do so without any problems.

EU freedom of movement applies to nationals of these countries:

European Union: Belgium, Bulgaria, Denmark, Estonia, Finland, France, Greece, Ireland, Italy, Croatia, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Austria, Poland, Portugal, Romania, Sweden, Slovakia, Slovenia, Spain, the Czech Republic, Hungary and Cyprus.

European Economic Area: Iceland, Liechtenstein and Norway

These persons in particular have the right to live and work freely in Germany:

- Employees and trainees
- People looking for work (up to six months)
- People who are self-employed and have their place of residence here
- Self-employed persons who offer services but do not have a permanent residence here
- People who receive services
- People without a job if they have health insurance and enough money
- Family members who move to or live with an EU citizen
- EU citizens and their families who have a permanent right of residence



Note: It always depends on the specific individual case whether you receive a work permit.



Ask the [Foreigners' Registration Office](#) or your [social counselling service](#).



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

Access to the labour market - refugees

Flight/Asylum:

Have you fled to Germany? Then your residence status is important. It determines whether you are allowed to work. We explain below what applies to you. You will also find the relevant advice centres below.

Asylum seekers with proof of arrival or authorisation to stay:

Are you living in the initial reception centre? Then you are not allowed to work for 9 months. After 9 months you are normally allowed to work. However, this is always decided by the foreigners authority. You must therefore submit an application to the foreigners authority. There are certain rules that you must observe.

Asylum seekers with proof of arrival or permission to stay in the initial reception centre:

6 months work ban

After 6 months, you are entitled to be allowed to work. However, you must not come from a safe country of origin. Or your asylum application must have been rejected by the Federal Office for Migration and Refugees (BAMF) as manifestly unfounded.

The priority check does not apply. However, the Federal Employment Agency will check your working conditions.

Asylum seekers with proof of arrival or permission to stay outside the initial reception centre.

3 months work ban

You do not come from a safe country of origin? Did you apply for asylum after 31 August 2015? Then the immigration authority will decide.

You do not come from a safe country of origin? Did you apply for asylum after 31 August 2015? Or your application for asylum was rejected without grounds? Then you have the right to work after 9 months.

The priority check does not apply. However, the Federal Employment Agency will check your working conditions.

Tolerated persons:

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.

Tolerated persons in the initial reception centre:

You do not come from a safe country of origin? Did you apply for asylum after 31 August 2015? Your tolerated stay has already lasted 6 months? Then the foreigners authority will decide whether you are allowed to work.

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

The priority check does not apply. However, the Federal Employment Agency will check the working conditions.

Tolerated persons outside the LEA:

3 months work ban

You do not come from a safe country of origin? Have you applied for asylum after 31 August 2015? Your tolerated stay has already lasted 3 months? Then the foreigners authority will decide whether you are allowed to work.

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

The priority check does not apply. However, the Federal Employment Agency will check the working conditions.

Refugees with a residence permit:

If you have been recognised by the BAMF as a person entitled to asylum, refugee status or subsidiary protection or if you have been granted a ban on deportation, 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.

Professional expertise

Recognising professional skills

If you are looking for a job, it is important to know what you are good at. In other words, what knowledge, experience and skills you have. A test on the computer helps with this. The test is called MYSKILLS. The Federal Employment Agency and the Bertelsmann Foundation have developed the test together. You can use the test to show what you have already learnt professionally - even if you didn't learn it at school or in training.

IKUBIZ Mannheim

IKUBIZ offers counselling on the recognition process as part of the IQ network:

- You can get counselling on the phone, in person, by email or by video. You need an appointment for personal counselling. The counselling is free of charge.
- Important documents for the counselling are Certificates and diplomas (translated into German if possible), CV, work references.

Intercultural Education Centre Mannheim gGmbH

📍 N 4,1 68161 Mannheim

☎ 0621 40071213

@anerkennung@ikubiz.de

🌐 <https://www.iq-webapp.de/anmeldung-bw>

(Office hours: Monday - Thursday: 10 am - 12 pm and 2 pm - 4 pm)

Appointments by prior arrangement only.

BIZ Mannheim

At the [Vocational Information Centre \(BIZ\)](#), you can find out about various professions and ways to find work in the area. There are also computers there that you can use to search for jobs or write applications.

📍 [M 3a, 68161 Mannheim](#)

☎ [0621 165333](#)

@ Mannheim.BIZ@arbeitsagentur.de

🌐 www.arbeitsagentur.de/vor-ort/mannheim/biz-mannhe...

IRC: International Rescue Committee

"WIN": Your career start in Germany

The WIN project helps migrants who want to work in Germany. Counselling is available at many locations, including Mannheim.

Prerequisite: German language skills at level B1.

The offer is free of charge and includes, for example

- Regular courses on various topics, such as the application process in Germany
- One-to-one meetings with counsellors (coaching)
- Initial contact with employers in the Mannheim region

Contact: Mrs Grimm

☎ +49176 86669626

@ christina.grimm@rescue.org

City of Mannheim / Department of Economic Development

Advice centre for qualified employment for international skilled workers in the Rhine-Neckar region

We support international skilled workers with a foreign qualification and B2 language level from the MINT sector (mathematics, computer science, natural sciences, technology) in finding suitable work or qualifications in the Rhine-Neckar region. We help you get started in your career with personalised coaching and support, also online and free of charge. Register with us at any time!

The advisor works together with the Employment Agency, the Welcome Centre, the Job Centre and companies in the Rhine-Neckar region.

Contact: Mrs Zeljkovic

☎ +49621 2933355

@marina.zeljko@mannheim.de

Appointments by arrangement.

Unemployment

If you do not have a job in Germany, you can apply for **unemployment benefit**. Whether you receive the money, how much and for how long is decided by a special agency: either the "Agentur für Arbeit" or the "Jobcenter".

You will receive unemployment benefit I if you lose your job. You must have worked in Germany for at least 12 months in the last 30 months. Under certain circumstances there are other requirements.

The **Employment Agency** decides whether you receive unemployment benefit.

1. register as a jobseeker!

You have been made redundant, you have given notice or your temporary employment contract is coming to an end. The Employment Agency will support you in your search for new employment. They will also work with you to determine whether you are entitled to financial support.

It is important that you register as a jobseeker immediately. Register as a jobseeker at least 3 months before the end of your employment relationship. If you only find out later, register as a jobseeker no later than 3 days later.

You can do this in various ways:

On site at your local employment agency
by telephone on 0800 4555500 (toll-free)
online at <https://www.arbeitsagentur.de/>

2. register as unemployed in person.

You must register as unemployed in person at your local employment agency on your first day without work at the latest. This is an important prerequisite for receiving unemployment benefit. You can only receive unemployment benefit from the day you have registered as unemployed.

3. complete the application for unemployment benefit.

Apply for unemployment benefit online on the Internet. Alternatively, you can obtain an application form from your local employment agency to submit the application in writing.

You can obtain further information on unemployment benefit from the Federal Employment Agency here.

Employment Agency Mannheim

📍 M3a, 68161 Mannheim
☎ 08004555500 (free of charge)
✉ @Mannheim@arbeitsagentur.de
🌐 www.arbeitsagentur.de

Entitlement to unemployment benefit I (ALG I, SGBIII) from the Employment Agency:

Have you already worked in Germany for at least 1 year? Then register with the Mannheim Employment Agency.

Entitlement to citizen's allowance:

If you are in need of assistance, you are entitled to citizen's allowance. However, only if there are no overriding benefit providers (e.g. the Asylum Seekers Benefits Act has priority for all people who are still in the asylum process)

What is basic income support for jobseekers?

This money is for people who do not earn enough or cannot find work. It helps them and their family to have the basic necessities of life. That's why it's called "basic income support", because it secures your life.

People who do not have enough money receive financial benefits under SGB II. This includes money for food, clothing and other essentials, help with rent and heating costs as well as extra money for special cases under certain conditions.

Basic income support for jobseekers helps people who are looking for work and takes your personal circumstances into account. It is therefore important that you let us know immediately if something changes. For example, if you receive more or less money, receive other support, someone moves in or out of your home, you get married or move house. Your case officer at the Job Centre needs to know this so that you receive the right help.

You can find more information [here](#)

Job search/career counselling

Important advice centres for jobseekers can be found [here](#).

If refugees are officially recognised, the job centre will take care of the payment of benefits in accordance with SGB II. The job centre also helps them to find training or work. The Mannheim Job Centre is the point of contact for anyone who needs support or has questions about basic benefits. It provides money to live on and helps people to find a suitable job so that they can support themselves.

Professionals use the [job centre](#) to match employers and jobseekers with suitable jobs.

Asylum seekers, i.e. people who apply for protection, receive support during their stay in Germany. This support is provided until a decision is made as to whether or not they are allowed to stay in Germany. People who are allowed to stay in Germany temporarily also receive this support.

The assistance includes

- A place to live
- food
- clothing
- Things you need for personal hygiene

- Visits to the doctor and medication
- Everything else you need for your daily needs
- In order to receive this help, they must contact certain organisations:

In the initial period, if they are living in an initial reception centre, they must contact the responsible regional council.

If they are living temporarily in other accommodation:

In large cities, they must contact the city administration.

In smaller towns, contact the district administration in your area.

If you have any questions, please contact: 50.52.Kontakt@mannheim.de

Job search

If you fulfil the requirements for the labour market, you can look for work independently:



General explanations on looking for work can be found [here](#).

You can also find help with looking for work here:

Mannheim Job Centre

The Mannheim Job Centre is the point of contact for all questions relating to basic income support for jobseekers in accordance with SGB II (citizen's allowance). It supports employable people with a wide range of counselling, support and placement services for sustainable integration into the labour market.

📍 [Iffland Straße 2 - 6, 68161 Mannheim](#)

☎ [0621 17238333](tel:062117238333) or [0621 17238555](tel:062117238555) (hotline)

@ jobcenter-mannheim@jobcenter-ge.de

🌐 <https://jobcenter-mannheim.de/>

JobBörsen Mannheim - help with work in the city's neighbourhoods

There are ten job centres in different districts of Mannheim.

Here, people from the city can get support on the subject of work in their neighbourhood.

The JobBörsen are part of the Mannheim Job Centre and take care of job placement.

🌐 <https://jobcenter-mannheim.de/jobboersen/>

📍 [Location map and contact persons](#)

Job Centre Young Mannheim

Young people from Mannheim under the age of 25 can get help at the Jobcentre Junges Mannheim.

There are programmes there that are tailored to their skills and strengths.

The job centre supports all young people so that no one gets lost.

The aim is for young people to become independent and find a job.

📍 [Hebel Straße 1, 68161 Mannheim](#)

☎ [062117238555](#) (head office)

@ [@j_obcente](#) r-mannheim.team-junges-mannheim@jobcenter-ge.de

🕒 Monday to Friday 08:00-12:00, appointments by arrangement

Mannheim Job Centre - Initial application office

Are you over 25 years old and coming to the Mannheim Job Centre for the first time? Then you will receive advice at the Mannheim Initial Application Centre (MEAS). You will receive these offers there:

- A quick appointment with an employment counsellor
- Support and motivation so that you can take action yourself
- Advice on your personal situation according to the principle of "self-help before public welfare"
- Checking whether you need financial help
- Immediate assistance such as training, maintaining your ability to work through meaningful community service, entry-level benefits and wage subsidies
- Specialised staff for people moving to Mannheim and for questions about maintenance

📍 [Iffland Straße 2 - 6; 68161 Mannheim](#)

☎ [0621 17238333](#)

🕒 Monday to Friday 08:00-12:00

Federal Employment Agency

The Federal Employment Agency advises and supports you in your search for a suitable job or training position.

📍 [M 3a, 68161 Mannheim](#)

☎ [0800 4555500](#) (free of charge)

@M [annheim](#) @arbeitsagentur.de

🌐 [www.arbeitsagentur.de](#)

Women and career contact centre

Women who want to start a new career or reorient themselves can get support here.

Counselling is free and confidential.

It helps with these topics:

- Returning to work

- Training and further education
- Professional orientation
- Career planning
- Starting your own business

There is also a mentoring programme for women who come from other countries or are refugees. A mentor supports them in getting to know the labour market in Germany. We are still looking for women who would like to volunteer as mentors!

📍 [D7, 1 - 2, 68159 Mannheim](#)

☎ [0621 2932590](tel:06212932590)

@frauundberuf@mannheim.de

🌐 frauundberuf-mannheim.de

Independence

Would you like to open your own business or work independently?

Then there are a few important things you need to consider:

- **How is the business doing?** Are there enough customers?
- **Laws:** What rules do you need to observe?
- **Administration:** What registrations and paperwork are required?
- **Money:** How do you pay for everything at the beginning?

Important: Are you only allowed to stay in Germany for a short time? If so, you first need permission from the immigration authorities before you can start your own business.

The [Wir-gründen-in-Deutschland](#) portal offers helpful information on the topic of "starting a business" in Germany. The website is available in 14 languages (Arabic, Bosnian, Chinese, Dari, German, English, French, Polish, Russian, Spanish, Tigrinya, Turkish, Ukrainian, Vietnamese).

If you come from another country and would like to start your own business, there are special advice centres that can help you.

You can find support here:

There is a list of important contact points on the Business Start-up Portal website under "Advice and addresses".

The [Migrant Economy Centre of the IQ Network](#) helps people from abroad who want to start their own business.

Further information can be found in the [online guide](#) for refugees with tips in German and Arabic.

Please enquire at the relevant authority.

Training in Germany

General information on training

In Germany, it is a great advantage if you have a vocational qualification before you go to work. **With a vocational qualification**, you earn **more money on average** over the course of your life, are **less likely to** become **unemployed** and **are less likely to** have **fixed-term employment contracts** than if you are looking for work without a vocational qualification.

In principle, you can start training at any time. The regular **start of training** is **1 August or 1 September** of each year. In some professions, it is also possible to start on 1 February or 1 March. If you wish to start your training at a later date, please contact the relevant vocational school.

The duration of a vocational training programme depends on the training occupation. As a rule, it lasts **3 years**. At the end of the training period, you will take a **final examination**. If you pass the exam, you can then work in this profession. **There is no age limit** for an apprenticeship.

Training can **also** be completed **part-time**. Part-time training lasts just as long as normal full-time training, but the daily or weekly training time in the company is reduced.

Successfully completed vocational training offers you many **opportunities on the labour market**. You can also go on to **study** after completing an apprenticeship.

To gain an insight into a profession, it can be useful to do a work placement. This allows you to find out whether you like the job. You can also improve your German language skills.

If you want to apply for an apprenticeship, **German language skills** are very important (at least B1). This is because German is spoken in companies, vocational schools and technical colleges. The examinations are also held in German.




Whether you are allowed to do an apprenticeship depends on your **residence status**. Read more [here](#) and [here](#).

Further information:

You can obtain further information and advice on possible training programmes from the [careers advice](#) service, [planet-Beruf](#), [azubi.de](#) and [BERUFENET](#).

Jobs for Future - careers fair

The **Jobs for Future** fair is held in Mannheim once a year. There you can find out about apprenticeships and make direct contact with various employers.

 This takes place from **22-24 February 2024** in the Maimarkthalle Mannheim ([Xaver-Fuhr-Straße 101, 68163 Mannheim](#)) takes place.

 <https://www.jobsforfuture-mannheim.de/home>

Dual education

A dual training programme combines **theoretical knowledge** with **practical experience**. To learn the theory, you attend a vocational school once or twice a week or in blocks. During the rest of your vocational training, you put the knowledge you have learnt into practice in a company. The combination of theory and practice in German vocational training programmes is unique in the world. This gives you a good foundation and allows you to hit the ground running once you have successfully completed your apprenticeship.

During the dual training programme, you will work in a company and receive a fixed salary. In the first year of training, you will earn at least 818 euros gross, often even more. On average, the gross salary in the first year is around 1,000 euros, and this amount increases by around 80 to 100 euros per year in the following years.

If you want to do an apprenticeship, knowledge of German is very important. You should at least be able to speak German at level B1. German is spoken in the company, at the vocational school and at the technical college. The exams are also in German.

Vocational training is presented in various languages in a [short film by "Netzwerk Unternehmen integrieren Flüchtlinge"](#).

Depending on which profession you would like to learn in a dual training programme, you should contact the relevant office.

Contact points (HWK and IHK)

Chamber of Crafts (HWK)

The **Chamber of** Crafts is **responsible** for skilled trades.


The Chamber of Skilled Crafts has special contacts who can help you.

If you would like to do an apprenticeship in a skilled trade, the Chamber of Skilled Crafts will support you.

It will also help you to find a training place or to prepare for your training.

Mannheim Chamber of Crafts:

 [B1, 1 - 2, 68159 Mannheim](#)

 0 [6211800](#) 20

 info@hwk-mannheim.de

 <https://www.hwk-mannheim.de/>

Integration through training project

It is important that people do an apprenticeship and work. This enables them to integrate well in Germany.

The skilled trades sector continues to need many well-trained skilled workers. The Mannheim Rhine-Neckar-Odenwald Chamber of Skilled Crafts is organising the project "Integration

through training - prospects for refugees and immigrants". The project is looking for young refugees and immigrants. These young people must have the appropriate language level. They must also have an interest in the skilled trades. They receive counselling in an interview. A personalised plan is drawn up to support them. Even if the training has already started, the participants continue to receive help and support.


Counselling for anyone who would like to do an apprenticeship:

- We explain to you which professions are available and how you can find an apprenticeship.
- We will look at your application documents and help you with your application.
- We will support you if you are looking for an internship, preparation or an apprenticeship.
- We offer language courses and tutoring.
- We support you when you start your training - and for up to 6 months afterwards.

 [Training through integration project](#)

Contact:

Mr Benjamin Gilberts


 [0 6211800 2170](tel:062118002170)


 [@benjamin.gilberts@hwk-mannheim.de](mailto:benjamin.gilberts@hwk-mannheim.de)

Chamber of Industry and Commerce (IHK)

The Chamber of Industry and Commerce looks after professions in industrial production, trade and services. For example, for plant mechanics or wholesale and foreign trade clerks. The Mannheim Chamber of Industry and Commerce also has specialised contacts. They provide advice on training, entry-level qualifications and internships.

Rhine-Neckar Mannheim Chamber of Industry and Commerce:

 [L1, 2, 68161 Mannheim](#)

 [0621 17090](tel:062117090)

 [@ihk@rhein-neckar.ihk24.de](mailto:ihk@rhein-neckar.ihk24.de)

 <https://www.ihk.de/rhein-neckar/>

Recognition of foreign degrees & qualifications

In Germany, qualifications play an important role for school, university or work. Certificates are proof of what you have already learnt and achieved. Certificates are an important prerequisite for a place at school, university or for a job.

So if you have already obtained qualifications at school, in an apprenticeship or at university abroad, you can have them recognised. It will be checked what you are qualified to do with your qualifications in Germany.

Do you have a foreign school, vocational or university qualification? Then you may need to have your qualification recognised so that you can work in the relevant profession in Germany. This depends on your profession, your qualifications and your country of origin.

The **Mannheim Intercultural Education Centre (ikubiz)** offers

- Counselling on the recognition of foreign professional qualifications.
- We explain the recognition procedure and look for the competent recognition centre.
- We offer counselling by e-mail, telephone or in person. Personal counselling is only possible by appointment. Please call us in advance or send us an e-mail. Counselling is free of charge.
- We need the following for the counselling (if available) Certificates and diplomas (if possible in German translation), CV.

Contact:

📍 [N 4,1, 68161 Mannheim](#)

☎ [0621 43773113](tel:062143773113)

@ anerkennung@ikubiz.de

🕒 Mon - Thu: 10 am - 12 pm & 2 pm - 4 pm

Further information:

[General information on the recognition procedure](#)

<https://www.make-it-in-germany.com/de/arbeiten-in...>

<https://www.anerkennung-in-deutschland.de/html/de...>

Study

General information about the degree programme

Types of universities

There are **different types** of **universities** in Germany:

The links lead to lists of universities for the state of Baden - Württemberg and explain more about them.

- [Universities](#)
- [Teacher training college](#)
- [Universities of Applied Sciences](#)
- [Cooperative State University](#)
- [Art, film and music colleges](#)
- [Private universities](#)

Study programmes

There are also many **different degree programmes**. You can find an overview [here](#).

More information about studying in Germany can be found here:

- [Employment Agency](#)
- [Make it in Germany](#)
- [DAAD](#)
- [BW Studyguide](#)
- [University Compass](#)
- [Study information especially for refugees](#)

What do I need to study?

If you would like to study in Germany, you will need the following:

University entrance qualification

This is a **school-leaving certificate**, such as the **Abitur** or the **(specialised) higher education entrance qualification**.

If you obtained your school-leaving **certificate abroad**, you must check whether you are authorised to study in Germany with this school-leaving certificate. Further information on the recognition of your qualifications can be found [here](#) and [here](#).

German language skills

Most degree programmes (Bachelor's, Master's, Diplom, etc.) are in German. You will need certain **language certificates with B2 or C1 level**. Some degree programmes are also available in **English**.

You can find an overview of all possible degree programmes [here](#).

What does a degree programme cost?

You may have to pay **tuition fees** at state universities.

Do you come from an [EU/EEA country](#) or have you graduated from school with a **German university entrance qualification (Abitur)** ?

Then you **do not** have to pay **tuition fees, although** most universities charge a [semester fee](#) of between €130-400.

You are **not** from an [EU/EEA country](#) and **do not have a German Abitur?** Have you travelled to Germany on a study visa?

Then you will have to pay **€1500 tuition fees** each semester.

The fees for a second degree programme are **€650** per semester.

Under certain conditions, you can be **exempted from paying tuition fees**. To do so, you must submit an application. You can find more information [here](#).

Are you a refugee?

You can be exempted from **tuition fees**. To do so, you must submit an application. You can find more information [here](#).

Please note: If you want to study at a **private university**, you will usually have to pay **higher fees**.

How can I finance my studies?**Federal Training Assistance Act (BAföG)**

BAföG stands for the Federal Training Assistance Act and is a financial aid programme. You can apply for this if you are studying in Germany. BAföG is money from the state. You receive it monthly into your account. Half of the amount is free money. As soon as you have a job and earn money after your studies, you have to pay back the other half of the money. You can then pay the money back in small instalments.

BAföG can be applied for by people who live and study in Germany.

Even if [you do not](#) have [a German passport](#), you can apply for BAföG.

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

You can also call the free BAföG hotline:



[0800-2236341](tel:0800-2236341)



Monday to Friday from 8 a.m. to 8 p.m.

The application for BAföG can be submitted in writing to the responsible student services organisation, for example the [Mannheim Student Services](#). The [BAföG application can also be submitted online](#). Make sure that you submit your application in good time. This is because applications take several months to process. You can find the application forms [here](#).

Scholarship

There are numerous scholarships that you can apply for. And not just for the first semester, but for your entire degree programme. You can get an overview [here](#) and [here](#). Some of these offers are very different. In some cases, value is placed on social commitment or attention is paid to political orientation, degree programme, grades or personal circumstances.

Working student

Many degree programmes offer the opportunity to work as a student trainee at a company. There you can gain initial experience in your chosen field of study and earn money on the side. Companies usually offer contracts for 10-20 hours per week. If you perform well, there is a chance that you will be taken on after graduation. Find out more from companies in your area. The concept of the working student is widespread.

Student assistant

As a student assistant, you can generally work at a university for a maximum of 20 hours a week. You will carry out tasks that help a lecturer, a department or a university organisation,

for example. You must be enrolled as a student at a university. These jobs are advertised at the universities.

Part-time job and holiday job

Many students have a part-time job to finance their studies. There are different types of part-time jobs. If you receive state funding, find out how much you are allowed to earn. State funding is, for example, BAföG or a scholarship.

Many students work in a so-called mini-job. You earn a maximum of 520 euros per month. However, you do not pay any taxes or social security contributions.

Some also work in holiday jobs during the semester break. If you earn more than 520 euros per month in a holiday job, you should note the following: if you do not work for longer than 3 months or a total of 70 working days, the work is also exempt from social security contributions.

Education loan

The education loan is a low-interest loan from the state-owned Kreditanstalt für Wiederaufbau (KfW). It is aimed specifically at students who are in the final phase of their studies. Unlike standard bank loans, you do not need any collateral such as your own income. The income of your parents or spouse is also irrelevant.

Everyday Life

Broadcasting fees - GEZ

Broadcasting fees

Germany has independent radio, television and online services from ARD, ZDF and Deutschlandradio. They report in a way that is free from economic and political influences. For this, all people pay money together. This is called “broadcasting fees”.

A broadcasting fee must be paid for every home in Germany. However, only one person per flat has to pay the broadcasting fee. This costs €18.36 (as of March 2023) per month and must be paid to the contribution service of ARD, ZDF and Deutschlandradio.

Further information can be found in the following [information sheet \(here\)](#) also in English, French, Arabic, Spanish, Chinese and Russian) and on the [website](#).

Do I have to pay as well?

Some people can be exempted from paying. 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 broadcasting fee.

You can find the application for exemption [here](#)!

Mobility

Bicycle

What do you need to consider when cycling?

You can get anywhere in Mannheim **quickly** and **cheaply** by bike.
There are special **cycle paths** in Germany and also in the city of Mannheim.

Cyclists must also observe the **traffic rules**.

Some important traffic rules for cyclists:

- Always ride on the **right-hand side of the road**.
- **Do not ride next to each other**, but **behind each other**.
- If there is a **cycle path**, you must use it (always on the right-hand side in the direction of travel).
- Only children up to the **age of 11** may use the footpaths on bicycles.
- You may only wear headphones while cycling if you can still hear everything.
- You are **not** allowed to **make phone calls**(without hands-free equipment).

Buying a bike

When buying a bike, make sure that it is **roadworthy**. Otherwise you will have to pay a fine if you are stopped by the police.

The bike must be equipped with

- a bell
- two independent brakes
- a lamp at the front
- a white reflector at the front
- a red reflector
- one red reflector at the rear
- four yellow spoke reflectors or reflective white stripes on the tyres or spokes
- non-slip pedals, each with two pedal reflectors

Das verkehrssichere Fahrrad



If you would like to buy a **used bike**, you can find favourable offers here:

- in bike shops
- at bicycle auctions
- in a bicycle repair shop in your community
- at flea markets
- in the classifieds section of daily and weekly newspapers
- on the information boards in shops
- in social media
- in apps for second-hand goods
- on websites for second-hand goods

Repairing your bike

Bike shops can repair your bike. You have to pay for this. Sometimes there are events and campaigns organised by **volunteer bike repair shops** in Mannheim. This is usually cheaper and even free for small repairs. You can also get information on how to maintain your bike here.

Find out locally what offers and support options are available.

Public transport - bus, tram & train

You can easily reach all places in Mannheim and the surrounding area by **bus** and **tram** (RNV, Rhein-Neckar-Verkehr) or **train** (DB, Deutsche Bahn). It is very important that you always have a **valid** ticket. If you travel without a ticket, you will have to pay a fine of at least €60. (as of March 2023)

Ticket

Check exactly which ticket you need and which ticket is the cheapest for you. There are a **large number of different tickets**.

For example, there are

- Single tickets

- day tickets
- Weekly tickets or monthly tickets

There are also specific tickets, for example

- for children
- for pupils (including trainees)
- for students
- for families
- for groups

For 58 euros per month, **the Deutschlandticket** is a personal, non-transferable subscription that can be cancelled monthly and entitles the holder to unlimited travel on local transport in 2nd class throughout Germany, cancellable monthly.

The Deutschlandticket is also available from rnv. All information on this and what annual pass customers should bear in mind can be found at:

<https://www.rnv-online.de/tickets/deutschlandtick...>

Information on travel connections and tickets

- at the station travel centres (Please note that there is not a travel centre at every station. Please also check the opening hours of the ticket counters).
- at the ticket machines at the station or stop
- via the [Deutsche Bahn app](#) or [the Deutsche Bahn website](#)
- via the [RNV APP](#) or [the RNV website](#)
- on the bus: here you can buy the ticket directly from the bus driver

Bicycle transport (local transport)

Bicycles can be taken on local trains **free of charge at certain times**:

Mondays to Fridays before 6 a.m. and from 9 a.m. until 3 a.m. the following day.

For the time between 6 a.m. and 9 a.m. you need an extra bicycle ticket.

On Saturdays, Sundays and public holidays, transport is free all day.

Please note: In principle, you **are not entitled to take your bike with you**. There must be enough space available. You can also use a folding bike. This can be taken along free of charge.

You can find more information about taking bicycles with you [here](#).

Car - driving licence & registration

Car driving licence

If you drive a car in Germany, you must have a **valid driving licence** and always have it with you.

In Germany, you can drive a car **from the age of 18 with a valid driving licence**.

It is also possible to obtain a **driving licence at the age of 17**. This is called **"accompanied driving from 17"**. However, you are then only allowed to drive with certain accompanying persons. These people give you confidence when driving and are available to answer questions. The accompanying persons must fulfil certain requirements.

You can obtain further information on accompanied driving from the Citizens' Services of the City of Mannheim:

 [Accompanied driving from the age of 17 | Mannheim.de](https://www.mannheim.de/Service/Service-Details/1733)

Would you like to get a driving licence?

If you want to get your driving licence, choose a driving school. The driving school will explain to you what documents you need and what the procedure is. **Getting your driving licence costs money**. Find out about the costs beforehand.

To obtain a German driving licence, you must pass the **theory test** and the **practical test**. In addition to German, you can take the theory test in the following languages: English, French, Greek, High Arabic, Italian, Croatian, Polish, Portuguese, Romanian, Russian, Spanish and Turkish. Please speak to your driving instructor about this.

You must also take part in a **first aid course**. There you will learn how to provide help in an emergency situation, for example in the event of an accident, burns or poisoning.

You can find more information at the driving licence department of the city of Mannheim:

 [Driving licence system | Mannheim.de](https://www.mannheim.de/Service/Service-Details/1733)

Do you already have a foreign driving licence?

Do you have a foreign driving licence and live in Germany?

In this case, your **foreign driving licence** is valid **for 6 months after you move to Germany**.

After these 6 months, you must **convert** your driving licence **into a German driving licence**. You will also have to take a **theory and practical test**.

Documents required for the transfer:

- Biometric photo
- registration certificate
- Official eye test certificate
- for lorry classes or class C/D: instead of the eye test certificate, an ophthalmological certificate and a medical certificate are required
- Proof of participation in a first aid course (9 teaching units)
- Copy of driving licence and translation of driving licence
- Copy of identity document
- Name of the driving school



Persons from **EU/EEA countries** with a **valid driving licence do not need to transfer** their foreign driving licence.

You can obtain further information and applications for the transfer of your driving licence [here](#).

Please note: There are **many rules** to ensure that road traffic is safe for you and others. You must observe these when driving. These rules are set out in the **Road Traffic Regulations (StVO)**. If you break these rules, you will be **fined**. Penalties can be [A fine, a driving ban](#) or so-called [points in Flensburg](#).

Car registration

Do you want to buy a motor vehicle (e.g. car, lorry, motorbike, scooter) and drive it? Then you need to register this vehicle. To do this, you need to go to the registration office (Zulassungsstelle).

You can find more information on [the website of the City of Mannheim](#).

Please make [an appointment online](#) beforehand. Find out which documents you need before your appointment [here](#).

Taxi

You can also go by **taxi**. However, this option is **usually more expensive** than other means of transport, such as bus and train.

Find out in advance what your approximate costs will be. You can calculate your approximate taxi costs with the taxi [calculator](#).

You can use the search function of the [telephone directory "Das Örtliche"](#) to find a nearby taxi company.

Drinking water

In Germany, you can drink **water straight** from the **tap**. The quality of drinking water is strictly controlled.

It is generally **recommended** to only use **cold water** for **drinking** and **preparing food** and drinks.

If the water has been in the tap for more than 4 hours, you should let it run for a short time - until it becomes significantly cooler. Then it is fresh and good for drinking.

Information from the Mannheim water supplier MVV on drinking water quality in several languages can be found here:

https://www.mvv.de/fileadmin/user_upload_pk_gewk/...

Waste & waste separation

Waste and rubbish

In Germany, waste is disposed of separately. **The residual waste bin, the recycling bin and the paper bin** are compulsory for every household. The company also offers a free organic waste bin for kitchen and garden waste.

Residual waste in the black bin

- The residual waste bin is emptied once a week or once a fortnight, depending on the emptying area.
- A monthly fee is charged for the residual waste bin.

Waste that cannot be recycled is placed in the **black bin** :

- Nappies, sanitary towels and tampons
- Cosmetic tissues and paper towels
- Plastic bin liners
- Hoover bags
- Coated paper
- Wallpaper, carpet residue
- rubbish, ash, small animal litter, cigarette butts

Recycling bin:

- The recycling bin is compulsory and free of charge. They are available in two sizes: 240-litre or 1100-litre. Depending on your needs, you can order one or more recycling bins.
- The recycling bin is emptied every 4 weeks.
- All packaging and items such as plastic buckets, laundry baskets, toys, pots, pans and other hardware belong in the recycling bin.

Paper in the blue bin

- The paper bin is compulsory and free of charge. Depending on your needs, you can order one or more paper bins, only if you have a residual waste bin.
- The paper bin is for paper, cardboard, cardboard packaging and paper packaging.
- The paper bin is emptied once a fortnight in a full or partial service. A surcharge of €1.30 (120 litre bin) and €1.50 (240 litre bin) per month (as of January 2023) is charged for the full service in a partial service area. 4-wheeled bins (770 and 1100 litres) are only emptied as a full service.

The **blue bin** is for paper waste. It must be clean and uncoated:

- Magazines
- Cardboard boxes (please fold or shred)
- exercise books
- books
- Printer paper
- letters
- Paper packaging

- Cigarette packets (without aluminium and without foil)
- Chocolate boxes (without plastic)

Organic waste in the brown bin

Use the free organic waste bin!

The organic waste bin protects the climate and the environment. You also make a valuable contribution to the energy transition. We produce nutrient-rich compost from organic waste, suitable for balconies and gardens.

The organic waste bin is emptied as part of a partial service. A full service is also possible for a small surcharge and on request.

From March to October, the organic waste bin is emptied once a week and from November to February once a fortnight with a partial service. This means that you have to take the organic waste bin to the kerbside yourself by 6.30 am.

Compostable waste goes in the **brown bin**:

- Fruit and vegetable waste
- Potato and egg peelings
- Coffee filter bags, tea bags
- Bouquets of flowers
- potted plants
- Garden waste

💡 Information on waste management and waste disposal:

🌐 <https://www.mannheim.de/de/service-bieten/umwelt/...>

Information on the Mannheim waste calendar:

<https://www.mannheim.de/de/service-bieten/umwelt/...>

When are shops open?

In Germany, shops are usually open **from Monday to Saturday**. They are closed on Sundays and public holidays. When exactly a shop opens or closes can vary. You can check on the internet or on the door of the shop, where it is often written.

But: restaurants, cafés, swimming pools, museums and cinemas are also open on Sundays and public holidays. So you can still do something!

Cheap places to shop

Cheap food & social department stores'

Grocery shopping

Tafel Mannheim

If you have little or no money, you can get free food and toiletries from the Tafel Mannheim.

To do this, you need a Tafel card.

To get the card, you must show proof of your need (for example with a notification from the job centre or pension notification)

You can obtain the Tafel card **directly from the Tafel shops**.

Please bring with you:

- Proof of your income (e.g. job centre notice, payslip, pension notice or housing benefit notice)
- Your identity card
- Two passport photos

You will receive the card if you fulfil the **requirements**.

The Tafel helps people who do not have much money. Tafel shops sell **cheap food and hygiene articles** that are no longer sold in the shops. These are for example

- Food that is about to expire
- Baked goods from the previous day
- Packaging that is broken or dented
- Fruit and vegetables with minor blemishes

Further information about the food banks can be found on the homepage of the German Red Cross

 <https://www.drk-mannheim.de/angebote/tafel-und-se...>

Opening hours and addresses of the Tafel shops in Mannheim:

-  [Alphornstraße 8, 68169 Mannheim-Neckarstadt](#)
 Monday to Friday: 10 a.m. to 4 p.m.
 [0172 2485350](tel:01722485350)
-  [Plankstadter Straße 28 68219 Mannheim-Rheinau](#)
 Monday, Wednesday & Friday: 12:30 to 16:30
 [0162 2821050](tel:01622821050)
-  [Rastenburger Straße 43 68307 Mannheim-Schönau](#)
 Monday, Wednesday & Friday: 10 am to 3 pm
 [0173 7059411](tel:01737059411)

Social department stores' Rhein - Neckar - Kreis

The social department stores' Rhein - Neckar - Kreis offers new goods from brand manufacturers at very favourable prices. The range offers a variety of items such as

- Cleaning products
- hygiene articles
- baby articles

- household goods
- Toys

The prices are up to 95% cheaper than the normal shop price.

The social department stores' is similar to the food bank. This means that only needy customers are allowed to shop there. After presenting a certificate of need, you will receive a customer card.

The following certificates can be presented:

Social welfare, unemployment benefit II, housing benefit, basic security and asylum seeker - status.

SKH social department stores' R-N-K gGmbH

📍 [Wachenburg Str. 145 68219 Mannheim](#)

🌐 https://sozialkaufhaus-ggmbh.business.site/?utm_s...

Monday & Wednesday: 10.00-14.00

Please do not forget your customer card or your grant certificate.

Second-hand shops & flea markets

Second-hand shops

In second-hand shops you can buy **second-hand clothes, furniture, books, electrical goods** and so on at very **favourable prices**. Here you will find a selection of shops in Mannheim where you can buy cheap, tested goods:

Fairkauf Mannheim

Caritas' Fairkauf Mannheim has two sales outlets. You will find the large department stores' in Mannheim-Waldhof. There is also a boutique for shoes, clothes and accessories in Mannheim city centre.

Fairkauf department stores'

Range: furniture and kitchens, clothing, shoes, accessories, household goods, games & toys

📍 [Carl-Reuther-Str. 2 68305 Mannheim](#)

🕒 Monday - Friday 10 am - 6 pm

Fairkauf Boutique

Offering: Clothing, shoes, accessories

📍 [B2, 10; 68159 Mannheim](#)

🕒 Monday - Friday 10 am - 6 pm

Oxfam Secondhand Mannheim

Offer: Clothing, shoes, accessories, household goods, games & toys

📍 [N2, 9; 68161 Mannheim](#)

🕒 Monday - Friday: 10:00 - 19:00

Saturday: 10:00 - 15:00

Market House Mannheim

Markthaus Mannheim has three sales outlets. You will find the large main store in Mannheim-Neckarau. There are also second-hand boutiques in Mannheim city centre and in Neckarstadt West.

Mannheim Neckarau market centre

Offering: furniture, clothing, shoes, accessories, household goods, games & toys

📍 [Floßwörthstr. 3-9 68199 Mannheim](#)

🕒 Monday - Friday: 11.00 - 19.00 hrs

Saturday: 9.30 am - 5.00 pm

Market House Mannheim City

Offer: Clothing, shoes, accessories, household goods, games & toys

📍 [Ifflandstr. 1 68161 Mannheim \(right](#) next to the Mannheim Job Centre)

🕒 Monday - Friday: 9:30 - 13:00 & 13:30 - 18:00

Mannheim Neckarstadt market centre

Offer: Clothing, shoes, accessories, household goods, games & toys

📍 [Mittelstr. 32 68169 Mannheim](#)

🕒 Monday - Friday: 11:00 a.m. - 2:00 p.m. & 3:00 p.m. - 7:00 p.m.

Flea market

You can buy **second-hand goods** at flea markets. This can be clothes, jewellery, crockery and much more. There are often themed flea markets. For example, only children's things are sold at a children's flea market (children's clothes, toys, etc.).

You can also **sell** goods at the flea market. You will have to pay stall fees for this. Enquire at the office that organises the flea market. You can search for flea markets in your neighbourhood here:

🌐 <https://meine-flohmarkt-termine.de/>

One of the largest flea markets in Mannheim is the Mannheimer Krempelmarkt on the new Meßplatz.

🌐 <https://www.mannheimer-krempelmarkt.de/>

Other opportunities to buy or sell second-hand items

- the information boards in shops
- the classified ad section in daily and weekly newspapers
- social media
- Apps for second-hand goods

Free clothing - Clothes closets & Clothes closets in Mannheim

Throughout Germany, many clothing stores and clothing shops provide people with clothing and shoes in good condition. There are also offers to get **free clothing** in the city of Mannheim.

Offers of the Caritasverband Mannhei e.V. Association

Clothes Closet in the Day Centre for the Homeless

📍 [D 6, 7, 68159 Mannheim](#)

☎ [0621 1783742](#)

Distribution to homeless people:

Tues. and Thurs. 9 - 10.30 a.m. (registration at 8.30 a.m.)

Issued to needy people with housing:

twice a month as posted (proof of need required)

Clothing store in Kind & Kegel

📍 [Heilsberger Str. 11, 68307 Mannheim](#)

☎ [0621 77560](#)

Pick-up points: Mon. 10 - 12 h

The clothing distribution is free of charge and is exclusively for clients of Kind & Kegel and Caritas Social Counselling.

Clothes Closet of the Caritas Conference St. Antonius

Parish Hall St. Antonius

📍 [Rheinauer Ring 262, 68219 Mannheim](#)

Pick-up points: Wed. 3 - 5 p.m. for adults, Tues. 3 - 4 p.m. for children

Children's Clothes Closet of the Caritas Conference St. Elisabeth

📍 Elisabethstube

[Waldfrieden 78, 68305 Mannheim](#)

Pick-up points: Wed. 2 - 4 pm (not during holidays)

(Entitlement certificate required)

Clothing store for refugees

📍 [Hallesche Str. 1, 68309 Mannheim](#)

Opening hours:

Mon., Wed. and Fri. 4 - 7 p.m

Clothes for adults and children

Only for refugees under the Asylum Seekers' Benefits Act (proof required), i.e

all persons in the asylum procedure with a residence permit,

all persons with a rejected asylum procedure with a toleration,

Refugees from Ukraine (proof through Ukrainian passport)

Lost and Found: Lost or found something?

Lost items (for example keys or wallets) are often handed in at the **lost property office** and kept there for some time. If you have lost something, you can ask the lost property office if it has been handed in.

If you find an item yourself, please also hand it in at the **lost property office**.

Opening hours Monday: 8:00 a.m. - 2:00 p.m.

Tuesday, Wednesday and Friday: 08:00 - 12:00

Thursday: 08:00 - 18:00 **Address lost property office**  [K 7, 68159 Mannheim](#) @

fundbuero@mannheim.de  [0621 2933275](tel:0621_2933275) 

<https://www.mannheim.de/de/fundbuero/fundbuero>

Internet / WIFI

If you do not have a private Internet or WLAN connection, you can use the public WLAN.

MA-WLAN is the official WLAN of the city of Mannheim, which is available in many public places. Anyone with a smartphone, tablet or laptop can surf the internet for free without time or volume restrictions.

Link

 <https://ma-wlan.de/>

Locations

 <https://mannheim.opendatasoft.com/explore/dataset/standorte-wlan-mit-geocode/map/?flg=de&location=1>

Emergency numbers / SOS

If you personally or someone else is in an emergency situation (accident, illness, fire or similar), you can contact the police, fire brigade or rescue services by telephone.

You can reach the emergency call centre from all fixed and mobile networks using the emergency telephone number (without prefix):

Police:  **110**

Fire brigade, ambulance service, emergency doctor:  **112**

MVV emergency Gas smell, power failure, water, district heating
[2901000](tel:2901000)

[0800](tel:0800)

The emergency numbers of the mobile phones always work, even with a prepaid card without credit/money!

Important information for an emergency call:

- **Who** is calling (your name)?
- **Where** did the incident occur (address)?
- **What** happened?
- **How many** people are hurt or sick? Are they children or adults?
- **What kind of** diseases or injuries are present?

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

Have the following documents ready:

- **Health insurance card** (if you are already registered with a health insurance company)
- **ID**
Information for asylum seekers: You must show your ID in the hospital in order to prove that you are an asylum seeker and the costs are covered by the Social Welfare Office (Sozialamt)

Emergency medical practice: ☎ **116 117**

The emergency service of the Mannheim panel doctors

University Hospital Mannheim

House 2 (next to the emergency room)

📍 [Theodor-Kutzer-Ufer 1-3](#)

68167 Mannheim

Taxes

What are taxes (Steuern)?

A tax is an amount of money. This is levied by government agencies on all taxable persons for the purpose of generating income, e.g. income tax. Almost all people in Germany pay taxes. A company also has to pay taxes.

The state gets the taxes because the state finances different things with it. In principle, the tax is there to finance the expenditure of public bodies (cities, federal states, federal government). All citizens of this country use public facilities such as roads or schools. They also benefit from the work of state employees, such as police officers or teachers. The state also helps people when they are out of work, for example, by paying unemployment benefit from the Job Centre. People seeking protection (refugees) also receive support in the form of cash benefits, accommodation and counselling. All this costs money and is financed by tax

money. This also means that citizens in Germany are not solely responsible for themselves, but support each other. This is also called the solidarity principle. All this costs money and is financed by tax money.

Income tax return (Einkommensteuererklärung)

The income tax return shows the tax office (Finanzamt) your income situation. On the basis of this information, the tax office can determine the amount of income tax due each month. You can find out whether you have to file a tax return by contacting the relevant tax office.

Not all people pay the same amount of income tax. If someone earns a lot, they have to pay more tax. If someone earns little, they pay less.

The tax office calculates how much everyone has to pay. It can happen that taxpayers have paid too much tax in one year. With the help of the tax return, you can state your expenses to reduce your tax burden. In the ideal case, you get a part of the money back.

Of course, it can also happen that too little tax was levied. This then applies mostly to the self-employed. In order to be able to find out, several details must be reported to the tax office.

Further information on tax can be obtained from the [Federal Tax Office](#). Multilingual information on the German tax system can be found [here](#).

Deadlines

Tax returns cannot simply be submitted at some point. There is a deadline which should be met without fail.

An income tax return must always be submitted to the tax office by 31 May of the following year.

Help and support

Do you have any questions about taxes? Do you need help with your tax return?

Here you will find multilingual information: <https://handbookgermany.de>

Wage tax associations

Die Lohnsteuerhilfe für Arbeitnehmer e. V., Lohnsteuerhilfeverein“ is one of the largest wage tax aid associations in Germany. They become active for employees and Rentner... In now around 300 advice centres you can get individual answers from tax specialists in your region.

You can find further information [here](#)!

Contracts - important information

In Germany, there are contracts for many things. For example:

- Renting an apartment (rental contract)
- New job (employment contract)
- New mobile phone (mobile phone contract)
- Registering at the gym (membership contract)
- And many more

If the **contract** is signed by **two parties**, it is **legally binding**. Everything that has been concluded in the contract must be observed by the buyer and also by the seller.

For example, if you have a contract with the gym for 2 years, then you will also have to pay the fees for 2 years. Therefore, you should consider whether you can pay for everything for this period.

Often, contracts also contain "**small print**". This is usually written in small letters at the bottom of the contract. It is essential that you **always read** this and **agree to** it before signing.

Do not let yourself be pressured into signing a contract. You always have the right to **read and check everything**. Ask if you can take the contract home with you if necessary. Then you can read the contract in peace or have it translated.

You may also seek **legal counsel** or **advice** in the event of disagreement with the other party.

Termination

You must give **written notice** (usually 3 months before the end of the contract). If you do not comply with the termination deadline, the contract term will often extend automatically.

Mobile phone contract

There are two different **mobile phone contracts** in Germany.

Prepaid contract (Prepaidvertrag)

The prepaid contract does not have a fixed contract term, but you have to top up your phone's credit (money).

Fixed-term contract (Laufzeitvertrag)

The fixed-term contract has a minimum contract period. Ask how long the contract lasts and check whether you can pay it for that long. This contract is **automatically renewed** if you do not cancel. If you do not want the contract to renew automatically, you must **cancel in writing**. Please ensure to note the **deadline**.

10 important questions for the conclusion of a contract for a mobile phone

What is the basic fee? Does the fee increase after a certain period?
Is there a minimum monthly fee?
How long is the contract period (e.g. 12 or 24 months)?
If I don't terminate the contract, will it be renewed automatically?
When do I have to cancel if I do not want to extend the contract?
How much are the fees for setting up, changing or deactivating?
How much does a minute cost (different/own network)?
What are the costs for buying a mobile phone with and without a contract?
How much does Internet access cost?
How much does it cost to call abroad?

Danger warning / behavioural information

Warning in the event of a crisis by the Mannheim sirens.

Listen to the siren signals:

- A sound that gets louder and quieter = warning
- Go to a safe place and check mannheim.de for information.
- A constant tone = all-clear

You can install the NINA warning app on your smartphone free of charge.

Recommendations for action:

Emergency situations such as severe storms, flooding, long power outages could also occur in Mannheim.

- Before the emergency situation:

Stock up on supplies for emergencies:

- Food and drinks for a few days
- Medicine cabinet with important medication
- First aid kit
- torches
- Candles and matches and/or lighters
- Charged rechargeable batteries, batteries and power bank if necessary
- Radio without power connection
- Have important documents ready

During the emergency situation:

1. Remain calm.
2. stay in a safe place.
3. help people in need, but do not put yourself in danger.
4. listen to the instructions of the authorities and emergency services.

Up-to-date information is available:

- Citizens' hotline: Tel. 115
- Homepage: mannheim.de
- Radio

5. only call the emergency numbers 110 (police) and 112 (fire brigade) in an emergency.

You can get the latest information: Citizens' telephone - Tel.115, Homepage - mannheim.de, public broadcasting (radio)

Additional information on floods, storms and severe weather:

During a storm, objects can be thrown into the air and injure other people. Therefore, close all windows and shutters in the house.

If you still have time, move movable objects (e.g. bicycles) to a safe place.

Trees can fall down during a storm with a strong wind. Flooding may also occur or roofs may be damaged. It is best to stay in the centre of your home. Do not go into the cellar or underground car park in the event of flooding!

Do not stay outside during thunderstorms and storms.

Further information on emergency situations and disaster control can be found here:

- Mannheim.de -disaster protection page

<https://www.mannheim.de/de/stadt-gestalten/verwal...>

- BBK page

<https://www.bbk.bund.de/DE/Warnung-Vorsorge/warnu...>

- Warning app NINA <https://www.bbk.bund.de/DE/Warnung-Vorsorge/Warn-...>

Theatres

In the city of Karlsruhe, and also in some communities, there are different theatres. There is theatre for adults, but also for children.

[Here](#) you will find an overview.

Get information directly from your [community](#).

Libraries and bookstores

You can borrow books, magazines, CDs and DVDs in libraries. You can then keep the books and media for a few weeks (loan period). Most of it is in German. Sometimes there are also books in other languages. If you want to borrow something, you need a card. You can get this card in the library. Most of the time you have to pay something for it. If you do not return the books and media on time, you will have to pay additional fees (=money).

There are libraries in the [city of Karlsruhe](#), but also in [many communities](#) in the district of Karlsruhe.

Ask at the ["Rathaus" \(town hall\) in your place of residence](#) if there is a library.

Clubs

Associations are very important for society in Germany. They offer people the opportunity to realise common goals. The goals of the clubs can be very different, for example

- Doing sport
- Spending leisure time together
- helping others
- Protecting nature
- meeting friends with similar interests

There are many sports clubs in Mannheim for a wide variety of sports: football, American football, basketball, gymnastics, athletics, volleyball, swimming and much more. You can find all the clubs and programmes [here](#) and [here](#).

You normally have to pay an annual membership fee to join a club. You can get more detailed information directly from the club.

Important:

The city of Mannheim supports sports clubs and children and young people from low-income families. This means that there are subsidies for the membership fees of children and young people.

To receive this help, you must submit an [application](#).

Find out which clubs are available in [your city](#).

Music schools

If you or your child want to learn to play an **instrument** or **sing**, you can go to a music school. There is a teacher there to teach you. Here you can find the [offers of the music school](#) of the city of Mannheim and [here](#) you can view all music schools

A music school costs **money**. It is possible to pay **part of the costs** by submitting an [application](#).

Concerts, exhibitions and events

There are many different events, concerts, festivals and exhibitions in the city of Mannheim.

You can find out about them here:

- [visit-mannheim](#) - shows all festivals & events as well as clubs in Mannheim
- [Musikexpress](#) - shows all events, concerts, parties, festivals, leisure and culture

Leisure activities for children & Young people

Youth clubs in Mannheim

A youth club is a meeting place for young people and young adults. In the youth centers there are many different offers, most of which are free of charge. You can meet young people there.

Help for Ukrainians

Arrival: Entry and registration

Arrival: Entry and registration

The following regulation applies to the entire European Union and therefore also to Germany: Ukrainian citizens with a passport can stay or move freely within the EU for 90 days (for all Schengen states combined).



From the moment that refugees from Ukraine apply for state support in Germany, registration is required.

In order to receive state support and be registered, please first contact an initial reception centre for refugees from Ukraine in a federal state. The initial reception centre will direct you to a city where you will be accommodated.

If you find a flat with a tenancy agreement, you do not have to go to the initial reception centre. In this case, register and apply for a residence permit at the local immigration office.

If you have arrived in Baden-Württemberg and have **not** found a **flat**, please contact:

Landeserstaufnahmestelle (LEA)

 [Durlacher Allee 100, 76137 Karlsruhe](#), (Haltestelle Tullastraße. bzw. Weinweg).
 [0721 9267001](tel:0721 9267001)

You will receive temporary accommodation and care at the State Initial Reception Centre.

Allocation:

As soon as you are assigned to a specific city where you will be provided with accommodation, social workers will help you to register, apply for a residence permit and apply for social benefits.

Once you have registered in a city and applied for a residence permit, you are bound to this place of residence or federal state. This means that you have little freedom of choice regarding a change of federal state. This is only possible if you have important reasons for moving (e.g. you have found a job in another federal state, your family is being reunited or you are starting a degree programme or training course).

Registration in a flat:

Once you have rented accommodation in Germany, you are obliged to register. You must register with the **Citizens' Services** within two weeks of moving in.



Depending on the day of the week, personal visits to the Citizens' Services are possible with or without an appointment.

You can find the opening hours of the Citizens' Services under the link:

 <https://www.mannheim.de/de/service-bieten/buerger...>

Contact:

Central Citizens' Services

 [K 7, 68159 Mannheim](#)
 115

Residence permit according to §24

Residence according to § 24

After registering in Mannheim, you can apply for a residence permit according to §24 of the Residence Act (AufenthG) at the Aliens' Registration Office.

Please send the completed application form together with a copy of your passport by post

City of Mannheim

Citizen Services, Aliens Department,

68137 Mannheim

or by e-mail to auslaenderbehoerde@mannheim.de to the Foreigners' Registration Office. Please provide your home address and a telephone number or e-mail address so that the Aliens' Registration Office can contact you.

After the application has been examined, you will be given an appointment to appear in person at the Aliens' Registration Office and will receive confirmation of the application in the form of a so-called fictitious certificate. With this you can already prove your right of residence and receive permission to take up gainful employment.

You will also be given an appointment to register with a registration office and to finally receive your residence permit. You will need a biometric passport photo for this.

Contact:

Immigration and naturalisation


 [K 7, 68159 Mannheim](#)

You can find a list of contact persons at:

 <https://www.mannheim.de/de/service-bieten/buerger...>

Café Chernivtsi

The Café Czernowitz in the Town House N1

Visit the Café Czernowitz of the City of Mannheim at  [Stadthaus N 1, directly at Paradeplatz](#), the café is centrally located in Mannheim's city centre.

What awaits you at Café Czernowitz?

Information:

Café Czernowitz offers Ukrainian and Russian language counselling and referral counselling on all issues of daily life. Among other things, you can get information on topics such as language acquisition, labour market integration, recognition of foreign qualifications, provisions of the right of residence, housing, school, education, debts and receiving benefits on **Mondays, Wednesdays, Thursdays and Fridays from 9 am to 1 pm.**

Please note: there is no counselling on Tuesdays.

Arrange personal appointments or written enquiries by e-mail:

@50ukraine@mannheim.de

Meeting place and orientation café is **open on Mondays, Wednesdays, Thursdays, Fridays from 1 to 4 p.m. and Tuesdays from 10 a.m. to 4 p.m.**

At Café Czernowitz you can meet friends and exchange experiences with other Ukrainians over the past months. A small (free) range of drinks is available.

Events:

Together with other partners, we organise various events on important topics at Café Czernowitz. Again, you can find out the current dates via the city's website and Facebook page.

<https://www.mannheim.de/de/service-bieten/soziale...>

Come by, we look forward to your visit!