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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)

An explanation of how the Integreat app works is also available in **sign language**.

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

 [Integreat explains - sign language \(video\)](#)



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

Getting Started

Residence in Germany - Foreigners' Office/ Aliens' Registration Office

The **Foreigners' Registration Office** is the contact point for residents with foreign citizenship. The Foreigners' Registration Office is responsible for most matters related to a stay in Germany and a work permit.

What you can do at the Foreigners' Registration Office:

- Residence permit (Aufenthaltstitel) and settlement permit (Niederlassungserlaubnis)
- Renew an arrival certificate
- Issuing and extending a residence permit (asylum)
- Apply for a work permit
- Residence permit (Aufenthaltserlaubnis) and special permits for travel
- Invites for non-German national guests (affidavit of support)
- Entry matters (for example: family reunification)
- Hochschule support office (students, applicants, attendees of German intensive courses)
- Naturalisation

Please make an appointment before your visit.


To make **an appointment**, please select your request. The responsibility of your contact person is determined by the first letters of the applicant's surname.

 [List of contact persons](#)

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

Contact:

Citizen 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/...

Registration with the Citizen Service

If you live in Germany (for example: rent a flat), you are **obliged to register**. You have to register at the Bürgerdienste / Bürgerservice of the city of Mannheim within two weeks after moving into the flat. Even if you are moving to a new flat in Mannheim, you have to re-register at the citizens' service of the city of Mannheim.

Personal appearances at Citizens' Services are possible with or without an appointment, depending on the day of the week.

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 change your place of residence at any of the Bürgerservices in Mannheim.

Spouses, civil partnerships and family members with the same immigration data can use one registration form together. Registration by one of the persons required to register is sufficient. The documents can also be handed in by a person if you give the person a power of attorney for this purpose.

The previous flat is automatically deregistered - you do not need to worry about this.

Further information, also in easy language, about 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 central access to the city's digital services

Everything at a click - Services and information for everyday life and leisure time
They can conveniently access the services of the city administration via the central app using mobile devices such as mobile phones.

The following content is currently provided:

Citizens' portal - online services such as applying for a resident parking permit

Participation portal

Appointment reservation: arrange fixed appointments with the authorities and save waiting times

Traffic information: including overview of current construction measures

rnv Online: public transport in Mannheim, timetable, tickets

Mannheimer Parkhausbetriebe: free parking spaces, directions

Defect reporter: Report problems in the cityscape, for example bollards that have been knocked down

Waste calendar: for example, individual collection dates

Events from various categories such as art / culture / music

News from the city

To download the APP please follow the link:

[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 an account?

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

A current account allows you to:

- **Transfer money to another account** (bank transfer)
- **Receive money** into your own account (cashless payments) - Payments from offices / authorities / social benefits are often made in cashless form, i.e. transferred to a personal checking account
- Set up **standing orders**, for example, if you always have to pay the same amount of money to one person once a month. For example, the money for renting your apartment. The bank will then automatically and regularly transfer the specified amount from your

account.

- Participate in **direct debit**. This means that the recipient can automatically withdraw money from your account. This is only possible if you allow it beforehand with your signature. For example, with a mobile phone contract.
Cash cheques,
- Make cashless **payments** with the EC/Maestro card
- **Withdraw cash** at bank counters or ATMs and **print out account statements**. Here you can see what income and expenses you have received or incurred. On the account statement, you can see how much money was transferred or debited, to which person, when and for what purpose. **Important:** Make sure 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 (Girokonto) costs each month and what services the bank offers.

How do I open an account?

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

Make an appointment to open the account.

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

- One of your identification papers: Proof of arrival, residence permit, temporary residence permit, toleration, identity card
- If there is no current address on the identification document: please bring a registration certificate or a comparable document
- Important: If you do not speak German or English, please bring an interpreter with you.

Important notes:

Once the account has been opened, you will receive an **EC card with a four-digit PIN code**. Sign the EC card on the back. Learn the PIN code by heart. You will need the PIN code for cashless payments and to withdraw money from ATMs.

Be sure to store the card and PIN code separately!

If you want to withdraw cash: It is best to use **ATMs at the bank** where you have your account. Withdrawals are then free of charge. If the PIN code is entered **incorrectly three times** at the ATM, the **EC card is withdrawn and blocked**. If this happens, you must contact your bank.

If you lose your EC card or it is stolen, have it blocked immediately. Tell them your sort code and your account number. Then ask your bank for a new EC card.



[116116](tel:116116)



Monday - Friday from 0 - 24 h





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").

Community life in Germany

Basic Law & Basic Rights

Germany is a democracy. This means People in Germany are allowed to determine their own lives. They are allowed to speak their mind. And they get to vote.

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.

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 authority to respect and protect them. (...)

Right to liberty of the person - Article 2

Everyone has the right to the free development of his or her personality, provided that he or she 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 actual implementation of equal rights for women and men and take steps to eliminate disadvantages that exist today.

(3) No person shall be favoured or disfavoured because of sex, parentage, race, language, homeland and origin, faith, or religious or political opinions. No-one shall be disadvantaged because of their disability.

Freedom of opinion, art and science - Article 5

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

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

Important: Everyone must abide by the law. Everyone should know and understand their rights. Here you can find an explanation of fundamental rights in easy German:

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

Here you can find the Basic Law in the languages

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

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

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

Rule of law

Germany is a **democratic constitutional state**. This means the **“Grundgesetz” (Basic Law)** guarantees human dignity, freedom and justice.

Political decisions are made by representatives of the people. The **people's representatives** are elected in free elections.

Because Germany is a constitutional state, laws apply equally to all people in Germany. The state has to abide by the law. Everyone living in Germany must also abide by German laws. **This principle is also known as the rule of law.**

Rule of law means, **for example:**

If people think that other people or the public administration are doing them wrong, they can turn to a **court**. These courts are **independent**. This means the government is not allowed to tell the courts what to decide.

Courts decide whether someone is punished. This punishment could take the form of a fine, community service or prison. **There is no death penalty in Germany.**

The police has the role of ensuring that everyone is able to live in freedom and safety.

Religion must not violate laws. Laws always take priority 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

Very different people live in Germany. They have different religions, genders or different political views. They all have the same rights. This also applies to people of **different sexual orientation or gender identity**. Lesbian, gay, bisexual, trans, intersex and queer people (LSBTIQ*) have the same rights as other people in Germany.

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

For official documentation, Germany has recently added a third option, "divers", to the traditional "female" and "male". In Germany, transgender individuals can have their name and gender legally changed.

Many LGBTIQ* persons have come to Germany because they do not live freely in their home country or were persecuted. If this is why you came to Germany, you can find support,

contacts and information at many **LGBTIQ organisations in Mannheim**.

You can find more information and contact points here:

 <https://integreat.app/mannheim/en/advice-help/off...>

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 opinion

All people are allowed to form their own opinion, to express and spread it freely.

People are also allowed to express those opinions in public. All media are also free, and everyone can obtain information from them. Those who freely express their opinions must take care to protect the personal dignity of others.

That means, for **example:**

You are allowed to criticise the government.

You are allowed to criticise religion.

Artistic works are allowed to be provocative. Nobody is allowed to tell writers, musicians or visual artists what their work should be about.

The government and religions can be the subjects of satire and critical art.

If someone feels they have been slandered, insulted or defamed, or that their personal reputation or worth has been maligned, they can contact the police or a court.

The following behaviour is not allowed in Germany:

Defamation of character or libel regarding other people.

Incite hatred or violence.

Insulting statements of opinion that denigrate other people.

The use of unconstitutional symbols and calls to overthrow 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 South Eastern Europe

MOVE ON is a cooperation project of the City of Mannheim with the Caritasverband Mannheim e.V., the Diakonisches Werk Mannheim and the Paritätischer Wohlfahrtsverband, represented by the Mannheim Neighbourhood Management.

MOVE ON: MOTivation stiften, VERtrauen schaffen, Orientierung geben, Netzwerke aufbauen in Mannheim

Caritas und Diakonie Jungbusch:

Frau Veit

Sprachen: Bulgarisch, Deutsch

Telefon: 0176 39269999

E-Mail: ehap-jungbusch@caritas-mannheim.de

Frau Pomarac

Sprachen: Rumänisch, Deutsch

Telefon: 01747272661

Mail: ioana.pomarac@diakonie.ekiba.de

Jungbuschstr. 19, 68159 Mannheim

Diakonie Mannheim

Frau Valchanova

Sprachen: Bulgarisch, Deutsch

Telefon: 0171 9736646

E-Mail: vesselina.valchanova@diakonie.ekiba.de

Zeppelinstr. 45, 68169 Mannheim

AWO Mannheim

Frau Gerold

Sprachen: Türkisch, Deutsch

Telefon 0151 63386336

E-Mail: k.gerold@awo-mannheim.de

Frau Draganska

Sprachen: Bulgarisch, Deutsch

Telefon: 0151 14364733

E-Mail: M.Draganska@awo-mannheim.de

Murgstr. 3, 68167 Mannheim

Rheinau

Frau Kerezova

Sprachen: Bulgarisch, Deutsch

Telefon: 0172 2781133

E-Mail: ani.kerezova@diakonie.ekiba.de

Durlacher Str. 102/1, 68219 Mannheim

Innenstadt

Herr Botez

Sprachen: Rumänisch, Deutsch

Telefon: 0172 8921689

E-Mail: ehap-rheinau@caritas-mannheim.de

Willy-Brandt-Platz 17

Das Projekt „MOVE ON“ wird im Rahmen des Programms „EHAP+“ durch das Bundesministerium für Arbeit und Soziales und die Europäische Union über den Europäischen Sozialfonds Plus (ESF Plus) gefördert.

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. Immigrant young people and also young people born in Germany whose parents are immigrants are advised.

Offers:

Counselling in everyday matters and problems, e.g.

- how to learn a foreign language?
- which type of school is right for me?
- how do i apply properly?
- what do I have to bear in mind when dealing with the authorities? If necessary, accompaniment to the authorities
- If necessary, support when attending government offices
- Group services (e.g. help with schoolwork, German lessons, computer courses, application training)
- Information about leisure time options

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

Counselling for international professionals

The **Welcome Centre Rhine-Neckar** offers advice for companies in the region and international professionals who want to work and live in Mannheim, Heidelberg or the Rhine-Neckar district and have a professional qualification or a university degree. Counselling is free of charge.

Offer:

- Entry and residence requirements
- Job search and application
- Companies on the regional labour market
- Recognition of professional qualifications
- German Courses
- Professional development opportunities
- Housing and childcare
- Leisure facilities

Contact:

Welcome Center Rhine-Neckar

Bogdan Militaru

Consultant at the Mannheim location

☎ [06212934020](tel:06212934020)

@ bogdan.militaru@mannheim.de

@ info@welcomecenter-rn.de

🌐 <https://www.welcomecenter-rn.de/>

For specific enquiries please use the contact form

🌐 www.welcomecenter-rn.de/kontakt/

Advice for refugees

Integration Management

Integration management is a special service for people who have fled their home country. The integration managers advise and accompany refugees with a residence permit, toleration and residence permit through asylum procedures. Counselling is free of charge.

Offer

- Identifying the needs of the refugees to be advised in personal interviews

- Social counselling and support through individual case assistance on all questions of everyday life and perspectives in Mannheim
- Information on local integration and special counselling services and referral and accompaniment to appropriate regular services
- Information and introduction of refugees to civic and civil society structures and associations

Important: Integration management does not offer legal advice like a lawyer!

Contacts:

- Caritasverband Mannheim:
<https://www.caritas-mannheim.de/hilfe-und-beratun...>
- German Red Cross Mannheim:
<https://www.drk-mannheim.de/angebote/migration-un...>
- Diakonisches Werk Mannheim:
<https://diakonie-mannheim.de/hilfeportal/arbeit-b...>
- AWO Arbeiterwohlfahrt e.V.:
<https://www.awo-mannheim.de/integrationsmanagemen...>
- Freundeskreis Asyl:
<https://fka-ka.de/integrationsmanagement-mannheim/>
- City of Mannheim, Service Centre Refugees
<https://www.mannheim.de/de/service-bieten/soziale...>

Legal advice (asylum law) for refugees

All counselling sessions are free of charge and confidential and take place in person or by telephone.

Asylum Café Mannheim

The Asylcafé Mannheim is a counselling centre for refugees. They advise on

- Asylum procedure
- Stay
- Threat of deportation

- School
- Training
- Authorities
- personal problems

Contact:

Asylcafé

📍 Middle road 24

68169 Mannheim-Neckarstadt

☎ 0621 1564157 (Monday to Thursday 3 to 6 p.m.)

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

Freundeskreis Asyl Karlsruhe e.V.

In addition to social and procedural counselling, Freundeskreis Asyl Karlsruhe offers free legal counselling by lawyers specialised in asylum and aliens law.

🌐 <https://fka-ka.de/>

Freunde für Fremde e. V.

Freunde für Fremde supports you with questions regarding immigration law and dealing with authorities.

🌐 <https://freunde-fuer-fremde.de/>

Pro Bono

Pro Bono offers personal counselling sessions for hearings before the Federal Office for Migration and Refugees (BAMF). You can also contact Pro Bono with other concerns about asylum law.

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

Flüchtlingsrat Baden-Württemberg

The Baden-Württemberg Refugee Council is an independent and supra-regional network of local initiatives that volunteer with refugees and for refugees. They support refugee work on the ground 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



Job Centre Mannheim

The Jobcenter Mannheim is the contact for all questions regarding basic security for jobseekers according to SGB II (Bürgergeld). It supports sustainable integration into the labour market through a variety of counselling, support and placement services.

 [Ifflandstraße 2-6, 68161 Mannheim](#)
 [0621 17238 333](tel:062117238333) or [0621 17238 555](tel:062117238555) (Hotline)
 @jobcenter-mannheim@jobcenter-ge.de
 <https://jobcenter-mannheim.de/>





JobBörsen Mannheim - Employment agency in the city districts

In the ten Mannheim JobBörsen (job exchanges), all citizens of Mannheim can find services close to the city district on the topic of work. Professionals mediate suitable jobs between employers and jobseekers. The JobBörsen are placement offices of the Mannheim Job Centre.

 <https://jobcenter-mannheim.de/jobboersen/>
 [Site plan and contact persons](#)

Job Centre Young Mannheim

Young Mannheimers under the age of 25 are looked after at the Jobcenter Junges Mannheim: Here they receive tailor-made qualification offers that focus on their individual competences and potentials. Again, the following also applies: We never lose a customer! The aim is to help young people become independent and find work.

 [Hebelstr. 1, 68161 Mannheim](#)
 [0621 17238 555](tel:062117238555) (head office)
 @jobcenter-mannheim.team-junges-mannheim@jobcenter...
 Monday to Friday 08:00-12:00, appointments by arrangement

Jobcenter Mannheim - Initial application office

Are you over 25 years old and coming to the Jobcenter Mannheim for the first time? Then you will be advised at the Mannheim Initial Application Centre (MEAS). The following offers are made:

- An immediate appointment with the employment agency
- Support and motivation for self-activity
- Counselling on your personal situation according to the principle "self-help takes precedence over public welfare"
- Examination of necessary financial aid
- Immediate assistance such as qualification, maintaining the ability to work through meaningful community service, start-up money, wage cost subsidies
- Specialised staff for immigration and maintenance law

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

☎ [0621 17238 333](tel:062117238333)

🕒 Monday - Friday 08:00-12:00

Federal Employment Agency

The Federal Employment Agency provides advice and support in finding a suitable job or training position.

Mannheim Employment Agency

📍 [M3a, 68161 Mannheim](#)

☎ [0800 4 5555 00](tel:08004555500) (free of charge)

@ Mannheim@arbeitsagentur.de

🌐 www.arbeitsagentur.de

Support for families with children

Initial baby equipment

Initial baby equipment is **financial assistance for pregnant women**. With the initial baby equipment you can buy baby clothes, pram, cot and the like.

Job centre pays for initial equipment

Those who have no income or only a low income can apply for citizen's allowance or social assistance. The Job Centre or the Social Welfare Office (Sozialamt) will pay for the additional needs of expectant mothers after the twelfth week of pregnancy, as well as for the equipment to cover the needs of your pregnancy and baby. Important: First make the application, then buy necessary pregnancy clothes or baby things and keep the receipts.

Some **foundations** pay for the initial equipment

If the state's social benefits are not sufficient, foundations can help. The Federal Foundation Mother and Child, for example, pays for supplementary assistance. Under certain conditions,

it also covers the costs of initial baby equipment. The pregnancy counselling centres of Caritas and the Diakonisches Werk know the criteria of the foundation and check whether an application is worthwhile.

Contact:

Counselling centre for pregnant women

Social Service of Catholic Women Mannheim e.V.

📍 [B 5, 20 68159 Mannheim](#)

☎ [0621 120800](tel:0621120800)

@ info@skf-mannheim.de

🌐 www.skf-mannheim.de

Pregnancy and pregnancy conflict counselling Diakonisches Werk Mannheim

📍 [M 1,1a 68161 Mannheim](#)

☎ [0621 28000 0](tel:0621280000)

@ info@diakonie-mannheim.de

🌐 diakonie-mannheim.de

Child benefits

Child benefits (Kindergeld)

You are entitled to child benefit if

- Your child is under 18 years of age (under certain conditions, you can also claim and receive child benefit for adult children),
- You regularly care for your child and he or she lives in your household (this also applies to stepchildren, grandchildren or foster children) and
- Your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page Child benefit for people in or from abroad.

Citizens from EU, EEA and Switzerland

Child benefit can also be paid for citizens of a member state of the European Union (EU), the European Economic Area (EEA) or Switzerland.

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

In the first 3 months after your entry, you must earn domestic income.

From the fourth month after your entry, the requirements of the Freedom of Movement Act must be met. This applies as soon as

- You are self-employed or employed
- You are job-seeking or involuntarily unemployed
- the right of free movement can be derived from a family member
- Have sufficient means of subsistence and health insurance cover or have acquired a permanent right of residence

Nationals of other countries

Citizens of other states must meet one of the following requirements:


- You have the nationality of one of the following states: Algeria, Bosnia-Herzegovina, Kosovo, Morocco, Montenegro, Serbia, Tunisia or Turkey
- You are employed in Germany and subject to social insurance contributions or receive unemployment or sickness benefits
- You have a valid settlement or residence permit that allows you to work in Germany
- You belong to the group of refugees and persons entitled to asylum who have been unappealably recognised


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 benefits provider (job center or district office) for more information.

Note for asylum applicants: You cannot receive **child benefits** during the **asylum procedure**. This is only possible when you have a positive decision from the BAMF.

Contact Familienkasse Baden-Württemberg West

 [Czernyring 22/11 69115 Heidelberg](#)

 [0800 4 5555 30](#) (questions on child benefit and child supplement)

@

Familienkasse-Baden-Wuerttemberg-West@arbeitsagentur.de

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

Kinderzuschlag (child benefit supplement)

Child supplement: Entitlement, amount, duration

Families with low incomes are entitled to child supplement under certain conditions - in addition to child benefit.

💡 Good to know: The child supplement was increased to up to 250 euros per month per child as of 1 January 2023. The immediate supplement introduced in 2022 is already included in this. If you already receive or have applied for child supplement, you do not have to worry about anything. The amounts will be automatically adjusted and paid at the new level from January 2023.

If the income is not sufficient for the whole family, parents or guardians can receive the child supplement (colloquially: child benefit supplement) in addition to child benefit. However, the application for a child supplement must be submitted to the Family Benefits Office (Familienkasse) separately.

As a rule, you will receive the child supplement for 6 months. If the approval period has expired, you must apply for a new child supplement.

You are entitled to child supplement if you meet certain requirements. Whether you receive child supplement depends on how much income and substantial assets you, your partner and your child have.

If you receive child supplement, you must inform the family benefits office of any changes in your personal circumstances and those of your family.

Requirements for the child supplement

Your child lives in your household, is under 25 years old and is not married or in a registered partnership.

You are receiving child benefit (or a comparable benefit) for your child.

The gross income of your family is at least 900 euros (couples) or 600 euros (single parents).

You would have enough money to support your family if, in addition to your income, you received the child supplement and possibly housing assistance.

You can get more information from the family benefits office or at

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

Contact:

Family Welfare Office Baden-Württemberg West

📍 [Czernyring 22/11 69115 Heidelberg](#)

☎ [0800 4555530](tel:08004555530) (questions about child benefit and child supplement)

@ Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...

Parental allowance (Elterngeld)

The **parental allowance** is intended as financial support for parents/guardians who take parental leave or give up work to care for their child. The amount of parental allowance is calculated from the income of the last year before the birth of the child and is paid for a maximum of 12 months if only one parent takes parental leave or for 14 months if both parents/guardians take parental leave. Single parents receive parental allowance for 14 months.

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

- reside mainly in Germany
- live in a common household with the child
- look after the child
- have no or no full gainful employment, i.e. work a maximum of 30 hours a week

The **parental allowance** is offset against **social benefits** .


In order to receive parental allowance, you must submit an application to the Landesbank in Karlsruhe. The forms for this are available at all citizens' services or can be downloaded directly from the internet at L-Bank. Please return the completed applications directly to L-Bank. Alternatively, you can fill out the application directly online at:

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


Contact:

Landesbank - Family support

L-Bank

 [Schlossplatz 10 76113 Karlsruhe](#)

Hotline of the Landesbank - Family Support

 [08006645471](tel:08006645471) from abroad: +497211502862

 familienfoerderung@l-bank.de

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](tel:06212932600) or [0621 18166500](tel:062118166500) (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 persons with different sexual orientations or gender identities: **Lesbians, gays, bisexuals as well as trans, intersex and queer people**, in short **LGBTIQ***, have the same rights as other people in Germany.

Many LGBTIQ* people have fled to Germany because they were persecuted in their home country. If you are a refugee and lesbian, gay, bisexual, trans or diverse, you can find support, social contacts and information at many LGBTIQ* organisations in Mannheim and the region.

The **contact point of the City of Mannheim** and further information can be found at: [LGBTI | Mannheim.de](https://www.lgbti.mannheim.de)

Counselling for refugees:

PLUS Mannheim Project Refugees Welcome - Help and Participation for LGBTIQ refugees: Plus e.V. - Refugees Welcome (plus-rheinneckar.de)

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

The **Lesbian and Gay Association in Germany** (LSVD) networks, advises and supports you with the project "Queer Refugees Germany"

www.queer-refugees.de

Counselling centres, networking, leisure activities & further information:

PLUS Mannheim - Psychological Lesbian and Gay Counselling Mannheim

[Max-Joseph-Str. 1, 68167 Mannheim](https://www.plus-rheinneckar.de/locations)

[0621 3362110](tel:06213362110)

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

www.plus-rheinneckar.de

 Telephone hours are Tuesdays 4-6 p.m. and Thursdays 9-11 a.m

Youth at PLUS - Offers for youth and young adults from PLUS e.V.

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

jugend.plus-mannheim.de

Queeres Zentrum Mannheim e.V. - Exchange of interests and events in Mannheim

[G7, 14, 68159 Mannheim](https://www.qzm-rn.de)

[@info@qzm-rn.de](mailto:info@qzm-rn.de)

www.qzm-rn.de

that's good. Mannheim's Queer Youth Club

📍 G7, 14, 68159 Mannheim

✉ @gutso@plus-rheinneckar.de

📷 Instagram: @gutsoyouthmeeting

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

Open Network LGBTTIQ Mannheim - non-partisan platform of representatives of organisations, groups and self-employed people of the LGBTTIQ community in Mannheim and the surrounding area

🌐 www.schlimm-online.de

Frieda - the network 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 - Exchange of experiences and mutual support

🌐 www.transtreff-mannheim.de

mvd Sportverein - United in sporting diversity - LGBTIQ sports club from volleyball, swimming, fitness, Asian Sports (yoga and self-defence), football to 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-Netzwerk Baden-Württemberg - a federation of groups, associations and initiatives in Baden-Württemberg to promote cooperation at the state level and intensify the exchange of experiences,

🌐 www.netzwerk-lsbttiq.net

DGTI German Society for Transidentity and Intersexuality - Counselling (General, Medical and Legal)

 <https://dgti.org/beratungsstellen/beratungsstelle...>

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 your flat search

Note: The addresses listed do not constitute a recommendation. The information does not claim to be complete.

Grand City Property Ltd.
 Renting Neckarpromenade 9,15,25

📍 Office: 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 mbH

📍 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

Ludwig-Frank eG Letting Cooperative

📍 Melchiorstraße 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

Building cooperative SPA+BAUVEREIN Mannheim eG

📍 R7.5, 68161 Mannheim

@

info@spar-bau-ma.de



www.spar-bau-ma.de

FLÜWO Bauen Wohnen eG

📍 Kranichweg 31, 69123 Heidelberg

☎ [06221 74810](tel:0622174810)

@

info@fluewo.de

Building cooperative Mietervereinigung Mannheim eG

📍 Hugo-Wolf-Strasse 8, 68165 Mannheim

☎ [0621 442602](tel:0621442602)

@

info@mietervereinigung-mannheim.de

Baugenossenschaft 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

House & Grund Mannheim Immobilien GmbH

Rentals are made exclusively via the homepage: www.hug-mannheim.de

For further information on housing offers, please refer to the local daily press and the following online portals:

- Mannheimer Morgen (advertisements appear on Fridays) - www.immomorgen.de
- Immobilienscout24 - www.immobilienscout24.de
- Quoka Classifieds - 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 - moving as asylum seeker

During the asylum procedure you are subject to a **residence requirement**. That is: **You will not be able to choose your place of residence freely, as you are assigned to a municipality for accommodation**. Exceptionally, **redistribution** is possible in order to establish a family partnership of spouses or children with their parents.

Within the city of Mannheim, you do not have to have your move as an asylum seeker approved by the Aliens' Registration Office. Please note, however, that as a benefit recipient you are obliged to have the offer checked before signing a tenancy agreement (for more details, see [Apartment found - what now?](#)).

Relocation outside the city of Mannheim as asylum seeker:in - Application for reallocation

If you would like to move outside the city of Mannheim, this is only possible through a **redistribution application**. However, this will only be accepted if you wish to move in **with immediate family members** (wife, husband, child under 18) or can prove a **permanent job/study there**.

You must submit the application for reallocation to your **foreigners authority**. This office forwards the application to the **competent foreigners authority in your new place of residence**.

Please note that in many foreigners authorities the processing time of a reallocation application is several months.

removal of the residence requirement

In order to prevent your flat from already being allocated due to the long processing time, you can submit an **application for cancellation of the residence requirement to your Aliens' Registration Office**. 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.

Health

General information on the health system

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

Perhaps you are wondering if and how you can insure yourself against health risks. Or whom you can turn to if you or a member of your family is ill. When do you go to the doctor or directly to the hospital?

We would like to answer these questions here.

Here you can find more information from the **Health Initiative Germany With Migrants for Migrants** in different languages (Arabic, English, French, Italian, Kurdish, Pashto, Persian/Farsi, Polish, Romanian, Russian, Serbian/Croatian/Bosnian, Spanish and Turkish)

🌐 <http://mimi-gesundheit.de/ratgeber/wegweiser-durc...>

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](tel:116117)


Pediatric service

 [0180/6078111](tel:0180/6078111)

Ophthalmological service

 [0180/6078100](tel:0180/6078100)

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

 [0180/322255511](tel: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

In Germany, **insurance is compulsory**. This means that you must be a member of a health insurance company in order to see a doctor.

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

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

The **basic medical care** provided by the health insurance company includes:

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

Costs

If you go to see a doctor, please present your health insurance card. With this, **most examinations are free of charge** for you.

You must **pay for certain preventive medical checkups 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 treatment are paid** by the **health insurance**. If a tooth needs to be repaired or replaced, though, you must pay a part of the cost.

The costs of **hospital treatment** are also paid by the health insurance company. However, you will 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.

Further information

[Here you](#) can find different health insurances and choose the one that suits you best.

Health care for people without insurance

Medinetz Rhine-Neckar

If you are **ill** and have **no papers** and/or **no health insurance**, there is the medical [Advice centre Medinetz](#) which refers you to doctors anonymously and free of charge. The treatment is confidential, no information is passed on to authorities.





If you need medical assistance, contact us:

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

Consultation hours

Please make an appointment by phone or email.

Malteser Medicine for People without Health Insurance (MMM) in Mannheim

At Malteser Medicine for People without Health Insurance (MMM), people who are in an emergency situation and do not have health insurance can find doctors who provide the initial examination, care and medical advice in case of illness, injury or pregnancy. MMM has **office hours every Thursday**, but you always have to **register in advance**. **Contact**  [Tithe St. 32, 68169 Mannheim](https://www.mannheim-malteser.de)  [062132491489](tel:062132491489) (Thursdays 9-11am)  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


 [06, 9, 68161 Mannheim](#)

 [062110033](#)

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

Addiction counselling at the Mannheim Drug Association

 [K 3, 11-14 68159 Mannheim](#)

 [0621 159000](#)

 <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 with refugee experiences

The app "[Sanadak](#)" provides support 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_reisssa](mailto:k_reisssa@umm.de) al@umm.de

☎ [0621 3831649](tel:06213831649) (between 8:00 and 15:00)

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

Deaconess Hospital Mannheim

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

☎ [062181024224](tel:062181024224)

🌐 <https://www.diako-mannheim.de/diako/medizin-pfleg...>

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](tel:08004040020) 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 counseling

You are the only person who decides whether you want to have children, and how many children to have. Nobody can force you to have children. Put another way: **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 want to have children (yet), 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** should **agree** with this.

Contraception does **not** make a woman **less fertile**. If she goes off birth control, she can have children.

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

Contraceptive methods

Important: Please consult a **gynecologist** or **counseling center** for advice on contraceptive methods.

Here are just a few examples:

- **Barrier Methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you from HIV. It also lowers the risk of getting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a possibility that you will become pregnant, even if you do not want to. Mistakes can also happen with contraception. Then you get pregnant despite the contraception. For example, the condom may slip off. You may also forget to take the pill or you may have had severe diarrhea and the pill could not work properly.

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

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

More information is available [here](#).

Sexual counselling

Sexual self-determination means choosing how to experience your own sexuality, choosing who to experience it with. Nobody can force you to do anything. In **sexual counselling** you can talk about your sexuality in a safe setting. In sexual counseling, you can ask questions about your body, sexual orientation, and sexual difficulties such as listlessness or erection problems. But sexual violence experiences can also be a topic.

The sex counselor does not talk to **anyone else** about what you discuss with them.

More information is available here www.zanzu.de

Advice centres

[pro familia Mannheim](#)

Special examinations for children

Early detection examination

There are **ten screening tests** (U1bis U9 and J1). Until the age of 6, the child is regularly examined and its development is monitored. The **U1** (examination after birth) and **U2** examinations usually take place in the clinic. For further examinations, you must make an appointment with your **paediatrician**.



Proof of complete screening examinations may be requested when registering for a day care centre.

School enrolment assessment

For children aged **4 to 6 years**, the Health Department (Gesundheitsamt) offers a **school-preparatory examination** (Einschulungsuntersuchung).

There is an examination with regard to school-relevant abilities and a consultation with the parents, the day care centre and the primary school.

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

Further advice centres and offers of assistance

Breast cancer

Information on early breast cancer detection can be found in the multilingual app:
<https://www.breastcare.app/>

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](#).

Language - Learn German

General information & Language course guidance

Language is the key to integration. Access to the labour market, doctors, public institutions and, last but not least, exchange with neighbours is much easier. Here you will find opportunities and contact points for **learning German in a language course**.

There are different ways to learn German. The largest offer is the **integration courses**, which are offered throughout Germany and also in Mannheim. In order to further improve the chances on the labour market, a **vocational language course** can be completed after the integration course.

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

- [Immigration counselling for adults](#)
- [Integration Management](#)

Integration Courses

Integration courses are the central offer for learning the German language. Integration courses are a Germany-wide offer for learning the German language. In the integration courses you learn German for everyday life and you learn many things about life in Germany, for example about the history, the culture and the political system. The course ends with a final test consisting of a language test (level B1) and the "Living in Germany" test.

Various institutions offer integration courses in Mannheim. The course providers will 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?

Anyone who comes to Germany from abroad to live here permanently and does not yet speak sufficient German can take part in the integration courses. Depending on nationality and residence title, there is either an automatic entitlement to a place on a course or an application must be submitted to the BAMF.

The Foreigners' Registration Office will tell you whether you are allowed or required to attend a course when issuing your residence permit. German nationals who do not yet have sufficient knowledge of German can also apply to participate.

In case of insufficient language skills, persons with foreign citizenship may be obliged to attend an integration course. The Foreigners' Registration Office and the providers of basic benefits (e.g. Job Centre) decide whether participation is compulsory.

What courses are available?

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

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 that are offered with an increased number of hours. 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 a smaller number of hours.

Further information on [special types of courses](#) can be found 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 institution the course is taken. At least half of the costs are always covered by the BAMF. There are different rules for participation and also for the costs. Ask your course provider about this.

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

Recipients of transfer payments (Hartz IV, ALG II) and persons with low income can be exempted from the costs.

How do I register for a course?

If the BAMF has granted permission to attend an integration course, you will receive an entitlement certificate. With the entitlement certificate you can choose a course provider and register for the integration course there. The course provider will help you choose a suitable course.

If you have been obliged to attend an integration course, you will be assigned directly by the BAMF to a course that is suitable for you.

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

Other Programmes

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

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

Café Colibri - the language café of Mannheim City Library

People can speak German with each other here in a relaxed atmosphere. Age and social background don't matter - everyone can join in. Many different topics are discussed. For example, about the family, celebrations or hobbies. Questions and suggestions are always welcome. Political and ideological discussions do not take place.

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 about 60 minutes. **No registration is necessary.**

📅 Thursday at 5 pm

📍 [City Library in City Hall N1](#)

If you have any questions, you can get in touch 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)

In the language café, people get together to talk about various topics and thus make it easier to talk in the new language on a daily basis. Along the way, we promote understanding for each other. Cultural exchange, lived solidarity and appreciative cooperation 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 you prepare for a language exam.

📍 [Café Noi in C2, 16 - 18](#)

🌐 www.arbeitfueralle-ma.de/cafe-noi

📅 every 2 weeks on Wednesday, 6 p.m. to approx. 7:30 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 counselling](#) or [migration counselling](#).

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?

Then it goes to a **secondary school**

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

If you attend and graduate from secondary school, you will receive a **“Zertifikat” (certificate) / “Zeugnis” (report card)**. With a certificate, you can prove what you have learned. You need it, for example, for **applications when looking for work or training**, or when **changing to another school**.

Hauptschule (basic secondary school)

Age: from 10 years

Duration: 5 years (5. Grade 9 to 9. Year)

Requirement: Attendance of a primary school or preparatory class (VKL)

Certificate: “Hauptschulabschluss” - general school leaving certificate

Focus: prepares for an apprenticeship or work, one learns theoretical and practical knowledge

Thereafter: Vocational training, “Realschule” (standard secondary school) or “Berufliche Schule” (vocational school)

Werkrealschule

Age: from 10 years

Duration: between 5 years (5. Grade 9 to 9. Grade) and 6 years (5. Class to 10. Year)

Requirement: Attendance of a primary school or preparatory class (VKL)

Certificate: either “Hauptschulabschluss” or “Mittlere Reife”

Focus: preparing for working life, promoting practical talent, aptitudes and performance

Thereafter: Vocational training, “Berufliche Schule” (vocational school) and “Gymnasium” (grammar school)

Realschule (standard secondary school)

Age: From 10 years

Duration: 6 years (5. Class to 10. Year)

Requirement: Attendance of a primary school or preparatory class (VKL)

Certificate: Standard secondary school leaving certificate

Focus: vocational education and extended general education, preparation for vocational

training and work

Thereafter: Vocational training, “Berufliche Schule” (vocational school) or “Gymnasium” (grammar school)

Gymnasium (grammar school)

Age: from 10 years

Duration: between 8 and 9 years (5. Grade 12 to 12 or 13 Year)

Requirement: Attendance of a primary school or preparatory class (VKL)

Certificate: “Allgemeine Hochschulreife (Abitur)” – general university entrance qualification and the highest school leaving certificate in Germany

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

Thereafter: Vocational training, study at a university or college

Gemeinschaftsschule

Age: from 10 years

Duration: between 5 and 9 years (5. Grade 9 to 9. Class or up to 10. Class or 13. Year)

Requirement: Attendance of a primary school or preparatory class (VKL)

Certificate: “Hauptschulabschluss”, “Mittlere Reife” or “Abitur”

Focus: Lessons at different levels and individual support

Thereafter: Vocational training in the event of attaining a “Hauptschulabschluss” and “Mittlere Reife”, studies in the event of attaining “Abitur”

Does your child have additional needs?

Special Educational Guidance Centre (SBBZ)

Age: From 6 years

Requirement: Children who have an increased need for support, an impairment or a disability

Thereafter: Workshop or similar, supporting vocational training

Certificate: partial secondary school certificate

Special feature: The teachers are specially trained. There are different focal points of support (learning, psychological development, hearing, physical and motor skills development, language)

If your child has additional needs, talk to your [migration counselling service](#) or the [youth migration counselling service](#)

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

Graduate from senior school

In principle, senior school-leaving qualifications can also be obtained at a **later date**. For example, after obtaining the “mittlerer Bildungsabschluss” (“Mittlere Reife”) described above, the student could also obtain an Abitur at a grammar school. This is also possible, for example,

at vocational schools, various vocational colleges or the evening school.

Even if you **do not have a school-leaving certificate**, you can obtain one at a later stage. Or you have a **foreign school leaving certificate** that is not recognised in Germany. Even then, you can obtain your school leaving certificate via a **second educational path**.

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

Subsequent acquisition of the **Mittlere Reife (Realschule)** and the **Abitur (Gymnasium)**

Evening Schools Mannheim

📍 [Ul, 1-19, 68161 Mannheim](#)

☎ [06211076501](tel:06211076501)

@ info@abendschulen-mannheim.de

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

Subsequent acquisition of the **lower secondary school leaving certificate**

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, assistance and further support

There are different types of schools in Baden-Württemberg. Which school your child goes to depends on how old he or she is, but also on his or her school performance.

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

Intercultural Parent Mentors

The "Intercultural Parent Mentors" programme has been running in Mannheim since April 2018. The volunteer parents are trained by the non-profit Parents' Foundation Baden-Württemberg and act as neutral contact persons, mediators and on issues related to the topics: Upbringing, education and school.

They thus form an important bridge between school and parents within the framework of the educational partnership.

You can find more information in the [flyer](#) and in the [orientation guide for parent*mentors and schools](#).

School social work (Schulsozialarbeit)

There are school social workers in many schools. These can **support children and young people** at school. School social workers advise and help with **school and private problems, annoyances** or other **worries**. The service is **voluntary** and the school social workers work **in confidence**. This means that they must not tell anyone about the problems.

Otherwise, there are also counselling teachers (in German: "Beratungslehrer") or trust teachers (in German: "Vertrauenslehrer"). Check with your school.

Tutoring (Nachhilfe)

If you have **difficulties** in some subjects at school and need additional **support**, you can register for tutoring. The tutoring is carried out by a **tutor** and takes place **outside the classroom**. The tutoring usually takes place in small groups or by way of individual supervision. You can repeat content here or get extra tasks to practice.

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). To do this, you need to fill out an [education and participation application](#) and a [confirmation from the school](#).

If you need help, ask your Integration Manager, Social Advice Service, [Youth Migration Advice Service](#) or [Migration Advice Service](#).

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://mannheim.de/pre-registrations-for-childcare)

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

Work

Job Applications

It is important for a successful job search to submit a meaningful application in which you describe your qualifications and experience.

Employers usually expect a written application with a cover letter, a CV (usually with photo and signature), references and proof of work in order to assess your qualifications.


You should submit certificates and other important documents in **German**.

More and more frequently [Online applications](#) possible. Always find out exactly what form the employer wants the application to take.

Checklist for the application

An application includes:

- Cover letter
- Curriculum vitae with photo and signature (in the form of a table or as text)
- Certificates, references, proof of employment (translated into German).

 The **Employment Agency** and the **Job Centre** offer job application training. There you will learn how to write an application and what it must contain.

you can find more information and videos on the topic of application documents [here](#)

What do I have to do if I am unemployed?

What does unemployment mean?

You are unemployed if you do not earn money to live on. This is also called unemployment. Since Germany is a welfare state, it helps people who cannot, or can only partially, secure their own livelihood. This aid ensures that all people have the things they need to live.

However: Basically, everyone should be able to earn their own living through work.

Unemployment benefit I

You receive “**Arbeitslosengeld I**” or “Unemployment benefit I” when you lose your job. To do so, you must have worked **in Germany for at least 12 months** in the past **30 months**. Under certain circumstances there are other conditions.

The [Employment Agency](#) decides whether you receive unemployment benefit.

1. Sign up for a job!

You have been given notice of **termination**, you have resigned or your fixed-term employment contract is about to end. The **Employment Agency (Agentur für Arbeit)** supports you in your search for a new job. Together with you, we will also determine whether you are entitled to financial support.

It is important that you contact us **immediately to look for work**. Register as a jobseeker **at least 3 months before the end of the employment relationship**. If you only find out later, **register as a jobseeker no later than 3 days later**.

You can do this in different ways:

- on site at your [Employment Agency](#)
- by telephone on [0800 4555500](tel:08004555500) (free of charge)
- Online at <https://www.arbeitsagentur.de/>

2. Personally declare yourself unemployed.

You must register as unemployed in person at your **employment** agency on the **first day without employment** at the latest. This is an important condition for you to be able to receive unemployment benefit. They can only receive unemployment benefit from the day they registered as unemployed.

3. Fill in the application for unemployment benefit.

Apply for unemployment benefit online on the Internet. Alternatively, you can obtain an application form from your [Employment Agency](#) to submit the application in writing.

[Click here](#) for more information on unemployment benefits from the Federal Employment Agency.

Mannheim Employment Agency

📍 [M3a, 68161 Mannheim](#)
☎ [08004555500](#) (toll-free)
✉ @Mannheim@arbeitsagentur.de
🌐 www.arbeitsagentur.de

Citizen's income

The basic income support for jobseekers according to Social Code II is also called **citizen's income**. The citizen's income is assistance from the state for people who are capable of working and in need of assistance and their dependents.

The Citizen's Income has **three goals**. These are:

- securing the minimum subsistence level
- the permanent integration into work
- and improving opportunities on the labour market through training and further education

They have to apply for the citizen's income at the **job centre**. You can also complete the application [here online](#) here.

They can receive the Citizen's Income if you:

- are at least 15 years old.
- do not receive an old-age pension because they are too young.
- are able to work. This means that they are fit for work.
- need help to support themselves. That is, they are in need of help.
- are staying in Germany. That means they have to live in Germany.

You will receive:

- a standard rate
- costs of the flat and heating
- Costs of health insurance and long-term care insurance
- New equipment for housing and clothing
- Integration into the labour market.

You can find more information here: [Basic security simply explained](#)

If you have any questions: Report to the Job Centre!

For information: Benefits under the Asylum Seekers Benefits Act are subordinate to all other financial support and your own income.

Benefits according to the Asylum Seekers Benefits Act

For the duration of their stay in Germany, asylum seekers receive benefits under the Asylum Seekers' Benefits Act (AsylbLG) until the asylum procedure is completed. Eligible **persons** according to § 1 AsylbLG are, among others, **also tolerated persons**. Benefits under the Asylum Seekers' Benefits Act include cash benefits and benefits in kind for:

- Accommodation
- Nutrition
- Clothing
- Hygiene supplies
- Medical care
- personal need

They can apply for benefits under the AsylbLG here.

During the time of the **initial reception**: In the **Regierungspräsidium (regional council)** responsible for the initial reception centre

During **temporary accommodation/additional accommodation**:

- if they live in a city district: the **city administration**
- otherwise: the **district officer** responsible for the place of residence

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

Self-employment

Do you want to start your own business or work freelance?

You have to consider many things:

- The market situation
- Legal questions

- Administrative guidelines
- Financing

Note: If you are only permitted to stay in Germany temporarily, you first need to get permission from the Immigration Office to start a business.

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

Addresses of regional and nationwide advice centres specifically for founders with a migration background can be found on the [business start-up portal](#) under "Advice and addresses".

The [migrant business office of the IQ-Netzwerk](#) also provides information and support to people from abroad in setting up their own business.

For more information, see the [online guide](#) for refugees with tips in German and Arabic.

Please enquire at the competent Immigration Office.

Contact points (HWK and IHK)

Chamber of Crafts (HWK; Handwerkskammer)

For **craft professions**, the [Chamber of Crafts](#) responsible. The Chamber of Crafts has special contacts for those who wish to start training in this field. It provides **support** in the **search** for training or an entry qualification, which can precede training.

Mannheim Chamber of Crafts



[B1, 1-2, 68159 Mannheim](#)



[0621180020](#)



info@hwk-mannheim.de



<https://www.hwk-mannheim.de/>


Integration through training project

Training and employment are important for integration to succeed. The skilled crafts sector continues to have a great need for professionally qualified skilled workers.

The project "Integration through Training - Prospects for Refugees and Immigrants" of the Mannheim Rhine-Neckar-Odenwald Chamber of Skilled Crafts identifies young refugees or immigrants who have the appropriate language level and interest in the skilled crafts. Within a counselling interview, an individual support plan is created. Even after the start of the training, the participants are supervised and accompanied.

For future apprentices advises on:

- Information about professions and access to training
- Check of application documents and support in the application process
- Support in finding a suitable placement in an internship, entry-level qualification and/or Training place
- Information about language courses and tutoring
- Supervision of trainees until they are integrated into training and for a maximum of 6 months after the end of training start

 [Project Training through Integration](#)

Contact

Mr Benjamin Gilberts

 [062118002170](tel:062118002170)


Fax [062118002400](tel:062118002400)


[@benjamin.gilberts@hwk-mannheim.de](mailto:benjamin.gilberts@hwk-mannheim.de)

Chamber of Industry and Commerce (IHK Industrie- und Handelskammer)

For occupations in **industrial manufacturing, trade and services**, the [Chamber of Industry and Commerce](#) is responsible. This is the case, for example, as a plant mechanic or a trader in wholesale and foreign trade. The Mannheim Chamber of Industry and Commerce also has special contact persons who provide advice on training, entry-level qualification and internships:

Rhine-Neckar Chamber of Commerce Mannheim

 [L1, 2, 68161 Mannheim](#)

 [0621 17090](tel:062117090)

@

ihk@rhein-neckar.ihk24.de

 <https://www.ihk.de/rhein-neckar/>



[Apprenticeship exchange of the HWK](#) and [IHK](#) can be found here.

Recognition of foreign qualifications & Qualifications

Qualifications play an important role in Germany for school, studies or work. With diplomas, you can prove what you have already learned and achieved. Degrees are an important prerequisite for a place at school, university or a job.


So if you have already acquired qualifications at school, in training or in a degree course abroad, you can have these recognised. There will be a review to check what you are qualified to do in Germany based on your qualifications. Your qualifications are “transposed” so to speak.

You have a foreign school or vocational qualification, or a university degree? Then you might need recognition of your degree so that you can work in the relevant profession in Germany. It depends on your profession, your degrees and your country of origin.

The **intercultural education centre Mannheim (ikubiz)** offers counselling on the recognition of foreign professional qualifications.


- We advise on the recognition process. We explain the recognition procedure and find the competent recognition body.
- We advise by e-mail, by telephone or in person. A personal consultation is only possible with an appointment. Please call or email in advance. Counselling is free of charge.
- We need for the counselling (if available): Certificates and diplomas (if possible in German translation), CV, work references and letters from recognition bodies.

Contact:

 [N 4.1, 68161 Mannheim](#)

 [0621 43773113](#)

 @anerkennung@ikubiz.de

 Mon - Thurs: 10 - 12 h & 14 - 16 h

Additional 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...>

General information about studying

Types of universities

There are **different types of higher education institutions** in Germany:

The links lead to lists of higher education institutions for the state of Baden-Württemberg and further explanations.

Universities ([Universities](#)): scientifically oriented

Universities of Teacher Education ([Pädagogische Hochschule](#)): for social subjects

Hochschulen für Angewandte Wissenschaften ([Universities of Applied Sciences](#)): practice-oriented

Dual universities ([Duale Hochschule](#)): very practice-oriented, you work and study

Art, Film and Music Colleges ([Kunst- Film- und Musikhochschulen](#)): for artistic subjects

Private universities ([Private Hochschulen](#))

Study programmes

There are also many **different courses of study**. An overview is available [here](#).

Further information

You can find detailed information about studying in Germany here:

[Arbeitsagentur](#)

[Make it in Germany](#)

[DAAD](#)

[BW Studyguide](#)

[Hochschulkompass](#)

[Study information specifically for refugees](#)

What do I need in order to study?

If you want to study in Germany, you will need the following:

University entrance qualification

This is a **school leaving certificate** that **qualifies for study**, for example the **Abitur** or the **(Fach-)Hochschulreife**.

If you did **not complete your school-leaving certificate in Germany**, you must check whether you can study in Germany from abroad with this school-leaving certificate. You can find more information on the recognition of their degrees [here](#) or also [here](#).

German language skills

Many courses of study (Bachelor, State Examination, Diploma) are in German. Therefore, you usually need certain **language certificates at B2/C1 level** (European reference framework). Some degree programmes (especially Master's and Doctorate) are also in **English**.

You can find an overview of all possible study programmes [here](#).

How much does it cost to study?

At state universities, you may have to pay **tuition fees**.

You come from an [EU/EEA country](#) or have completed school with the **German university entrance qualification (Abitur)** ?

Nevertheless, a [semester fee](#) of between 130 and 400 euros must be paid at most universities.

You **do not** come from an [EU/EEA country](#) and **do not have a German university entrance qualification (Abitur)**?

Then you have to pay **€ 1500 tuition fees** each semester.

Under certain conditions, you can be **exempted from paying tuition fees**. To do this, you must submit an application. [Here](#) you can find more information.

You have flown your home **country**?

You can be **exempted from tuition fees**. To do this, you must submit an application. [Here](#) you can find more information.

Attention: If you want to study at a **private university**, you usually have to pay **higher fees**.

How can I finance my studies?

Federal Training Assistance Act (BAföG)

BAföG stands for “Bundesausbildungsförderungsgesetz” and is a form of financial aid. You can apply for this if you are studying in Germany. BAföG is money from the state. You get it into your account every month. 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 back the money 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 get more information [here](#).

You can also call the BAföG hotline free of charge:



[0800-2236341](tel:0800-2236341)



Monday - Friday from 8 a.m. - 8 p.m

You can find an Arabic online tutorial on the topic of BAföG at www.youtube.com/BAföG/arabisch (Caution: this article is from 2015)

The application for BAföG can be submitted in writing to the relevant student union, for example the [Studierendenwerk Mannheim](#). The [BAföG application can also be submitted online](#). Make sure that your application is submitted early. This is because it takes several months to process the applications. You can find the application forms [here](#).

Scholarship

There are many grants you can apply for. And not just in the first semester, but throughout your studies. [Click here](#) and [here](#) to get an overview. These schemes are sometimes very different from each other. In some cases, value is placed on social commitment or attention is paid to political orientation, course of study, grades or personal circumstances.

Working student

Many courses of study offer the opportunity to work as a student trainee in a company. There you can gain your first experiences in the field you have studied and earn money on the side. The companies mostly offer contracts on a 10-20 hours/week basis. If you perform well, there is a chance of being taken on after graduation. Get information from companies in your area. The concept of the working student is widespread.

Student assistant

As a student assistant, you can usually work at a Hochschule up to a maximum of 20 hours per week. In doing so, you will complete tasks that will help, for example, a lecturer, a chair or an organisation of the university. The prerequisite is enrolment at a university as a student. These positions are advertised at the Hochschulen.

Side job and holiday job

Many students have a side job to finance their studies. There are different types of side jobs. If you receive a state subsidy, find out how much you can earn in addition. State support includes, for example, BAföG or a bursary.

Many students work in a so-called mini-job. You earn a maximum of 520 euros per month. But you don't pay taxes and social security contributions.

Some also work in holiday jobs during the semester breaks. 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 job is also social security-free.

Education loan

The education loan is a low-interest loan from the state-owned Kreditanstalt für Wiederaufbau (KfW). It is specifically aimed at students who are in the last phase of their studies. Unlike normal bank loans, you do not need collateral such as your own income. The income of parents or a spouse is also irrelevant.

[Here](#) you will find further information on the subject of educational loans.

Help und Consultation

Educational counselling for immigrants interested in studying

Are you an **immigrant**? Would you like to **study**? Or continue your **studies** here in Germany?

The **Garntiefonds Hochschule - Educational Guidance** advises on the following topics:

- Acquisition of higher education entrance qualification
- Admission to studies
- Student financing
- Recognition of prior education

The advice is **free of charge**.

Refugees, late repatriates (Spätaussiedler) and their family members can also apply for admission to **financial support** via the federal programme Garantiefonds Hochschule. This allows you to take part in **courses that prepare you for university studies**.

You can find more information here: www.bildungsberatung-gfh.de

Consultation by **appointment**:



jana.reinhardt@caritas-speyer.de



[0621 5980225](tel:06215980225)

Student counselling at the universities and colleges

Each university or college has its own student counselling service and further counselling at the student services. There you can get advice on various topics.

For example: **Choice of subject, financing** or the **compatibility of family and studies**

Service and advice at the University of Mannheim

 <https://www.uni-mannheim.de/studium/beratung-und-...>



L1, 1, 68161 Mannheim

Service and advice at Mannheim University of Applied Sciences


 <https://www.hs-mannheim.de/studierende/service-ce...>

Student Union Mannheim

 <https://www.stw-ma.de/>

Service and advice at Heidelberg University

 <https://www.uni-heidelberg.de/de/studium/service-...>

 Seminarstraße 2, 69117 Heidelberg

Heidelberg Student Union

 <https://www.stw.uni-heidelberg.de/>

School

There are different **types of schools** in Baden-Württemberg. Exactly which school your child goes to depends on **how old** he or she is, but also on his or her **school performance**.

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

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

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 have to consider when riding a bike?

You can get everywhere in Mannheim **quickly** and **cheaply** by bike.
In Germany and also in the city of Mannheim there are special **cycle paths**.

Cyclists must also follow the **traffic rules**.

Some important traffic rules for cyclists:

- Always ride on the **right 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 side in the direction of travel).
- Only children up to the **age of 11** are allowed to use the footpaths by bicycle.
- While riding, you may only wear headphones if you can still hear everything.
- You are **not** allowed to make calls (without a hands-free kit).

Buying a bicycle

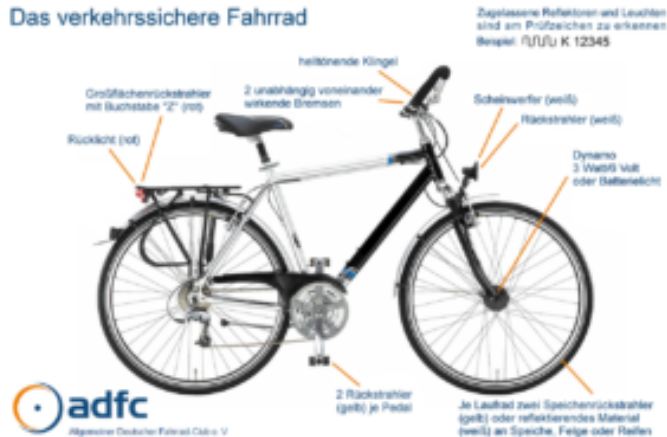
Make sure that your bicycle is **roadworthy** when you buy it. Otherwise, you will have to pay a fine if the police check your bicycle.

The bicycle must be equipped with

- a bell
- two independent brakes
- a white light, front
- a white reflector, front

- a red light, back
- a red reflector, back
- 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 want to buy a **used bicycle**, you will find cost-effective offers here:

- at bicycle shops
- at a bicycle auction
- in a bicycle repair shop in your community
- at flea markets
- in the classified ads section of daily and weekly newspapers
- on information boards in shops
- on social media
- in apps for used goods
- on websites for used goods

Bicycle repair

Bicycle shops can repair your bike. You'll have to pay for that. Sometimes there are events and campaigns by **volunteer bicycle workshops** in Mannheim. This is usually cheaper and even free of charge for small repairs. You can also get information here about maintaining your bike.

Find out on site which offers and support possibilities are available.

Public transport - bus, tram & Train

You can reach all places in Mannheim and the surrounding area easily by **bus** and by **tram** (RNV, Rhein-Neckar-Verkehr) or **train** (DB, Deutsche Bahn) . It is very important that you always have a **valid ticket**. If you drive without a ticket you have to pay a fine of at least 60 €. (as of March 2023)

Ticket

Check out exactly which ticket you need and which ticket is the cheapest for you. This is because there is a **large number of different tickets**.

There are, for example:

- Single tickets
- Day tickets
- Weekly or monthly tickets

There are also specific tickets, for example:

- for kids
- for pupils (including trainees)
- for students
- for families
- for groups

The **Deutschlandticket** will be introduced on 1 May 2023. The Deutschlandticket will primarily be available as a digital ticket and will be valid throughout Germany on public transport. The Deutschlandticket is available at an introductory price of 49 euros per month by subscription, cancellable monthly.

The Deutschlandticket is also available from the RNV. You can find all the information on this and what Annual Pass customers should bear in mind at

Information on travel connections and tickets

- at the “Reisezentren” (Travel Centres) located at the stations (please note that not every station has a Travel Centre. Please also note the opening hours for the service counters)
- at the ticket machines at the station or bus 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 carried **free of charge** on local trains **at certain times**:

Monday to Friday before 6am and from 9am until 3am the following day.

For the time between 6 and 9 a.m. you need an extra bike ticket.

On Saturdays, Sundays and public holidays, transport is free of charge all day.

Note: In principle, there is **no right to take your bicycle with** you. There must be enough space. You can also use a folding bicycle. This can be taken along free of charge.

 [Here](#) you can find more information on bicycle transport.

Car - Driving licence & Registration

Car driving licence

If you drive a car in Germany, you must have a **valid driving licence** and always carry it with you.

In Germany, you may drive a car **from the age of 18 and with a valid driving licence**.

There is also the possibility to get the **driving licence at the age of 17**. In other words: **"Accompanied driving from 17"**. However, you are then only allowed to ride with certain escorts. These people provide you with safety while driving and are open to questions. The accompanying persons must meet certain requirements.

You can get more 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/Serviceleistungen/Verkehrsmittel/Verkehrsmittel-Serviceleistungen/Verkehrsmittel-Serviceleistungen-17)

You want to get your driving licence?

If you would like to get your driving licence, choose a driving school. The driving school will explain which documents you need and how to proceed. **Getting a driving licence costs money**. Please enquire in advance about the amount of these costs.

To get a German driving licence, you have to pass the **theory test** and the **practical test**. In addition to German, the theoretical exam can be taken 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 attend a **first aid course**. There you will learn how to provide help in an emergency situation, for example in case of accidents, burns or poisoning.

You can find more information at the driving licence office of the city of Mannheim:

 [Driving Licences | Mannheim.de](https://www.mannheim.de/Service/Serviceleistungen/Verkehrsmittel/Verkehrsmittel-Serviceleistungen/Verkehrsmittel-Serviceleistungen-17)

You already have a foreign driving licence?

You have a foreign driving licence and live in Germany?

In this case your **foreign driving licence is still valid for 6 months after you move to Germany**.

After these 6 months, you must **transfer** your driving licence **to a German driving licence**. You will also have to take a **theoretical and practical exam**.

Documents required for transfer:

- Biometric photo
- Registration certificate
- Official eye test certificate
- For HGV 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 classroom lessons)
- Copy of driving licence and translation of driving licence
- Copy of your identification document
- Name of the driving school



Persons from **EU/EEA countries** with a **valid driving licence** do **not need to have their foreign driving licence changed**.

You will find further information and applications on how to change your driving licence [here](#).

Note: There are **many rules** to ensure that road traffic is safe for you and others. You must observe these when driving a car. These rules are laid down in the **Straßenverkehrs-Ordnung (StVO)**. If you break these rules, you will be **subject to penalties**. Penalties can be: A [fine, a driving ban](#) or so-called [points in Flensburg](#).

Car registration

You would like to buy a motor vehicle (for example car, truck, motorbike, scooter) and drive it? Then you must register this motor vehicle. To do this, you must go to the registration office (Zulassungsstelle).

You can find more information on [the website of the City of Mannheim](#).

Please arrange an appointment [an appointment online](#). Find out [here](#) before your appointment as to which documents you need.

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, **water** can be drunk **directly** from the **tap**. The quality of the drinking water is strictly controlled.

In general, using only **cold water** for **drinking** and **preparing food** and drinks is **recommended**.

If the water has been in the pipe for a long time (> 4 hours), it is recommended to let it run until it is noticeably cooler when it comes out of the pipe.

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

Rubbish and waste

In Germany, waste is disposed of separately. The **residual waste bin, the recycling bin and the paper bin** are obligatory for every household, because these three types of waste must be collected separately. In addition, the farm offers the free organic waste bin for kitchen waste and garden waste. The emptying dates for all types of waste are listed in the waste calendar of the Stadtraumservice Mannheim.

Under the following link you can access the information on the current Mannheim waste calendar:

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

Remaining waste goes in the black bin

- The residual waste bin is emptied weekly or fortnightly, depending on the emptying area.
- A monthly fee is charged for the residual waste bin.

The **black bin** is for waste that cannot be recycled:

- Diapers (nappies for babies), sanitary pads and tampons
- Paper tissues, cosmetic wipes, paper towels
- Plastic waste sacks
- Vacuum cleaner bags
- Paper that has coatings
- Wallpaper, carpet leftovers
- Floor sweepings, ash, pet litter, cigarette ends

Recyclables bin:

- The recycling bin is compulsory and free of charge. They come in two sizes: 240-litre (two-wheeled) or 1,100-litre (four-wheeled). Depending on your needs, you can order one or more recycling bins.
- The recycling bin is emptied every 4 weeks. The company Knettenbrech + Gurdulic offers an additional 14-day emptying service for a fee.
An assignment must be made in writing by the homeowner or property owner or their property management.
- The recycling bin includes all packaging as well as so-called material-equivalent non-packaging, such as plastic buckets, laundry baskets, plastic toys, pots, pans and other hardware.

Paper goes 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, provided you have a residual waste bin.
The paper bin is for paper, cardboard and cardboard packaging, including paper packaging. The paper bin is emptied every 14 days in full or partial service, depending on the emptying area. A surcharge of €1.30 (120 litre bins) or €1.50 (240 litre bins) per month (as of January 2023) and bin is levied for full service in a partial service area. 4-wheeled bins (770 and 1,100 litres) are only emptied in full service.

The **blue bin** is for paper waste; it must be clean and uncoated:

- Newspapers and magazines
- Cardboard boxes (please fold or shred)
- Catalogues and brochures
- Exercise books
- books
- Forms and printer paper
- Letters and envelopes
- Paper bags
- Paper packaging
- Cigarette cartons (without aluminium or foil)
- Boxes of chocolates (without plastic)

You put organic waste in the brown bin

Use the free organic waste bin!

With the organic waste bin, you protect the climate and the environment and make a valuable contribution to the energy transition. Because we produce nutrient-rich compost from organic waste, suitable for balconies and gardens. This means that artificial fertilisers and other environmentally harmful fertilisers can be dispensed with.

The organic waste bin is generally emptied in the entire city area as a partial service. Full service is also possible for a small surcharge.

From March to October inclusive, it is summer time for the organic waste bin and we empty it once a week. During the other four months from November to February, we will visit you every 14 days. The organic waste bin is always emptied in partial service. This means that you must move the organic waste bin to the edge of the pavement yourself by 6.30 a.m. and then return it. On request, the organic waste bin can also be emptied as a full service, in which case we will do it for you. However, the stand must meet the requirements.

Compostable waste goes into the **brown bin**:

- Kitchen waste (including remains of meat and fish)
- Fruit, vegetable and gardening waste
- Salad (without salad sauce)
- Potato peelings, egg shells
- Coffee filter bags, teabags
- Withered flower bouquets

- Potted plants (without the pot)
- Garden waste
- Crumpled up newspaper to soak up moisture

💡 Here you will find additional information on waste management and everything else you need to know about waste disposal.

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

When are shops open?

In Germany, shops are generally open from **Monday to Saturday**. They are closed on Sundays and public holidays. The opening hours of the shops may vary. You can find out about this on the Internet or at the entrance to the respective shops.

Note: Restaurants, cafés and leisure facilities (for example swimming pools, museums, cinemas) are also open on Sundays and public holidays.

Cheap places to shop

cheap food & Social department stores'

Buying food

At the **Tafel Mannheim** you can pick up food and hygiene articles free of charge if you earn no money or little money. You will need "proof of need" (for example: a benefit notice from the job centre, pension notice). You will need a **Tafel ID card** for this.

The Tafel ID card is issued in the Tafel shops. For this purpose, please bring a corresponding proof of income (Job Centre notice, pay slip, pension notice, housing benefit notice, etc.) as well as your identity card and two passport photos. You will be issued a pass if you meet certain requirements.

The Tafel helps people who don't have much money. They offer **cheap food and hygiene products** that are no longer sold in the shops. These include:

- Foods with an imminent expiry date
- Baked goods from the previous day
- Damaged or dented packaging
- Fruit and vegetables with small blemishes.

Further information on the Tafel shops 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:

- [!\[\]\(746d018fdf6ab02bf5fb7681133e8b29_img.jpg\) Alphornstraße 8, 68169 Mannheim-Neckarstadt](#)
 Monday to Friday: 10 a.m. to 4 p.m.
 [0172 2485350](tel:0172 2485350)
- [!\[\]\(0d2a89e6d0cbcd8e0459b972b9332401_img.jpg\) Plankstadter Straße 28 68219 Mannheim-Rheinau](#)
 Monday, Wednesday & Friday: 12:30 till 16:30
 [0162 2821050](tel:0162 2821050)
- [!\[\]\(4f9bd4c242eb94a69f6647adc92289eb_img.jpg\) Rastenburgerstraße 43 68307 Mannheim-Schönau](#)
 Monday, Wednesday & Friday: 10 a.m. to 3 p.m.
 [0173 7059411](tel:0173 7059411)

Social department stores' Rhein-Neckar-Kreis

The Rhein-Neckar-Kreis social department stores' offers new goods from brand manufacturers at very reasonable prices. The assortment offers a variety of articles such as cleaning products, hygiene articles, baby supplies, household goods or toys. The prices are up to 95% cheaper than the normal shop price.

The Sozialkaufhaus is a food bank-like operation. 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 notices can be presented:

Social assistance, unemployment benefit II, housing benefit, basic security and asylum seeker status.

SKH Social department stores' R-N-K gGmbH

 [Wachenburgstr. 145 68219 Mannheim](#)

 https://sozialkaufhaus-ggmbh.business.site/?utm_s...

Monday & Wednesday: 10.00-14.00

Please don't forget your customer card or your letter of approval.

Second-hand shops & Flea markets

Second-hand shops

In second-hand shops you can buy **used clothing, furniture, books, electrical goods** and so on at very reasonable prices. Here you will find a selection of shops in Mannheim where you can buy cheap, tested goods:

Fair purchase Mannheim

Caritas' Fairkauf Mannheim has two sales outlets. You will find the large department stores' in Mannheim-Waldhof. There is still a boutique for shoes, clothes and accessories in Mannheim city centre.

Fairkauf department stores'

Services: Furniture and kitchens, clothing, shoes, accessories, household goods, games &

Toys

📍 Carl-Reuther-Straße 2, 68305 Mannheim

🕒 Monday - Friday 10-18 h

Fair Purchase Boutique

Services: Clothing, Shoes, Accessories

📍 B 2, 10; 68159 Mannheim

🕒 Monday - Friday 10-18 h

Oxfam Secondhand Mannheim

Services: Clothing, shoes, accessories, household goods, games & Toys

📍 N2, 9; 68161 Mannheim

🕒 Monday - Friday: 10:00 a.m. - 7:00 p.m.

Saturday: 10:00 a.m. - 3:00 p.m.

Market House Mannheim

The Markthaus Mannheim has three sales outlets. You will find the large main building in Mannheim-Neckarau. There are also second-hand boutiques in Mannheim city centre and in Neckarstadt West.

Market House Mannheim Neckarau

Services: Furniture, clothing, shoes, accessories, household goods, games & Toys

📍 Floßwörthstraße 3-9; 68199 Mannheim

🕒 Monday - Friday: 11.00 - 19.00

Saturday: 9.30 - 17.00

Mannheim City Market House

Services: Clothing, shoes, accessories, household goods, games & Toys

📍 Ifflandstr. 1, 68161 Mannheim (directly next to the Jobcenter Mannheim)

🕒 Monday - Friday: 9:30 - 13:00 & 13:30 - 18:00

Market House Mannheim Neckarstadt

Services: Clothing, shoes, accessories, household goods, games & Toys

📍 Mittelstraße 32, 68169 Mannheim

🕒 Monday- Friday: 11 :00 h - 14:00 h & 15:00 h - 19:00 h

Flea market

At flea markets, you can buy **used goods**. This can be clothes, jewellery, tableware and much more. Often there are themed flea markets. For example, at a children's flea market only

children's things are sold (children's clothes, toys, ...).

You can also **sell** goods at the flea market. You will have to pay stand fees for this. Check with the office that organises the flea markets. Here you can search for flea markets in your area:

 <https://meine-flohmarkt-termine.de/>

One of the biggest flea markets in Mannheim is the Mannheimer Krempelmarkt on the new Meßplatz.

 <https://www.mannheimer-krempelmarkt.de/>

Further possibilities to buy or sell used goods


- The information boards in shops
- The classified ads section in the 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](tel: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](tel: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:06212933275) 📞

<https://www.mannheim.de/de/fundbuero/fundbuero>

Internet / Wi-Fi

If you do not have a private Internet/Wi-Fi connection, you can use public hotspots.

MA-WLAN is the official WLAN service of the city of Mannheim, available in numerous public places. Whether with a smartphone, tablet or laptop - everyone can surf the internet here free of charge without time or volume restrictions.

🌐 <https://ma-wlan.de/>

Locations MA-WLAN

📍 <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

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?

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

“**Vereine**” (**associations**) are of great social importance in Germany. They offer people the opportunity to achieve common goals and improve language skills. These goals can be of various kinds: sporting activity, leisure activities, commitment to the needy and disadvantaged, the protection of nature or contact with like-minded people.

There are many sports clubs for different kinds of sports in the district of Karlsruhe : Football, American football, basketball, gymnastics, athletics, volleyball, swimming and much more.

Normally, you must pay an **annual membership fee** to be a member. More detailed information on this, however, can be obtained **directly from the relevant association**.

Important: As part of the [Education and Participation package](#), subsidies for children and young people in low-income families can be granted for club membership fees.

Find out in [your community](#) as to which associations are available.

Music schools

If you or your child wants to learn to play an **instrument** or **sing**, you can go to a music school. There is a teacher there who will teach you.

A music school costs **money**. **Part of the costs** can be covered by the [“Bildungs- und Teilhabepaket” \(education and participation package\)](#) .

There are music schools in many communities in the district. Find out more at the “Rathaus” (town hall) in [your municipality](#).

Concerts, exhibitions and events

In the city and district of Karlsruhe, there are many different events, concerts, festivals or exhibitions.

Here is a **selection of magazines or websites** where you can find information.

- [INKA](#) - is available as a small booklet in many bars or restaurants for free or on the Internet
- [Klappe auf](#) - is available as a magazine in many bars or restaurants for free or on the Internet
- [Karlsruhe erleben](#)
- [Mein KA](#)
- [IBZ Karlsruhe](#)

And many more

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.

Civic engagement - voluntary work

Civic engagement in Mannheim is multifaceted. Civic engagement - also called volunteering - allows you to contribute with your knowledge and skills. The opportunities include the social, cultural, sporting or craft sectors.

One can, for example:

- Helping older people and people with disabilities
- Helping with the care of children
- Work in the sports club
- Help at the shelter

You can find a variety of different opportunities to get involved via the City of Mannheim's **volunteer exchange**. We are very happy if you would like to get involved in helping others.

 [Volunteer Exchange | Mannheim.de](#)

For many voluntary activities you have to **speak good German**. For some jobs, speaking German is not so important. It varies from activity to activity.

Important: Volunteering is always **voluntary** and **without pay**.

For example, there is also the possibility to support **refugees** and **new immigrants**. They then help people to find a **flat or a job, for example**. Specific information on how to get involved in helping refugees is available from the **Refugee Aid Coordination** of the City of Mannheim.

 [Refugee Aid Coordination | Mannheim.de](#)

Help for Ukrainians

Arrive: Entry and registration

Arrive: Entry and registration:

The following regulation applies to the entire EU and thus also to Germany: Ukrainian citizens can stay and move freely within the EU for 90 days (for all Schengen countries combined) with a biometric passport. As things stand, this exemption applies to first-time entries until 31 May 2023 for a period of 90 days. This means that residence without a residence title is possible until 29 August 2023.

From the moment that refugees from Ukraine ask for state support in Germany in the form of accommodation, care or social benefits, registration is required. To be registered and receive state support, please contact a reception centre for refugees in your place of residence.

The application for a residence title ([usually according to §24 Residence Act](#)) must be submitted within 90 days after the first entry. If you have **found a flat with a tenancy agreement**, the application for residence is submitted to the local foreigners authority.

If you have arrived in Baden-Württemberg/Mannheim and have **not found a flat**, please contact:

State Initial Reception Centre (LEA)

 [Durlacher Allee 100, 76137 Karlsruhe](#), (Tullastraße. or Weinweg stop).
 [0721 9267001](tel:0721 9267001)

You will receive accommodation and supplies at the state reception centre.

At the initial reception centre, registration with the foreigners authority and health insurance is organised and temporary accommodation is arranged. The disadvantage is that you are very tied to the institution's processes and also have little freedom to decide where you will actually live.

Registration of a flat:

After renting accommodation in Germany, there is an obligation to register. You have to register at **Bürgerdienste / Bürgerservice** within two weeks of moving in.

Refugees from Ukraine must be registered by the police before they can register. Please find out where and when you should do this.



Personal appearances at Citizens' Services are possible with or without an appointment, depending on the day of the week.

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

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

Contact:

Central Citizen Services

 [K 7, 68159 Mannheim](#)
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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!