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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)

First steps

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.