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Welcome to

Welcome to Mülheim an der Ruhr








About the functions of the app

The Integreat app supports you in your everyday life in Mülheim an der Ruhr. Here you will find important addresses, contact persons and other information that can help you find your way around Mülheim.

The Integreat app has several chapters. Each chapter deals with a different topic. For example, you will find information on doctors, schools, German courses or other institutions. There is also a chapter with ideas on what you can do in your free time. The information and leisure activities change and we update this page regularly. Check the Integreat app often and find out about current activities and events!

💡 You can also use the Integreat app offline if you don't have internet access. When you are online again, the app will update itself.

Functions of the app

- You can search for specific content using keywords.
Click on the  **"Search"** icon and enter your keyword in the search field. All pages containing the keyword will be displayed.
- You can change the language. The Integreat Mülheim app is available in **X languages**.
Click on the symbol  **"Change language"** and then on the desired language.
- You can view content in other cities, for example if you move to another city.
Click on the symbol  **"Change location"** and then on the desired city.
- You can give feedback.
Click on the  **"Feedback"** icon and write to us about your experience with the Integreat app.
- You can create a pdf file and then print it out.
Click on the icon  **"Create PDF"** and a pdf file will be created from the current page.
- You can **copy** a link  and **share** the pages . **This way you can also show your friends, acquaintances and family where they can find information.**
- Activate the Push messages. This way you will actively receive information about important events and interesting happenings.

Newly arrived in Mülheim an der Ruhr

Would you like to move to Mülheim an der Ruhr or are you new to our city? Then you've come to the right place. Here you will find information to help you get off to a good start.


You will realise: Mülheim an der Ruhr is an international, cosmopolitan city. An attractive residential, business and science centre. A place for families, singles, couples, children, young people, senior citizens and companies. Mülheim's neighbourhoods are very diverse - there is something for everyone.


Around 175,000 people from around 140 nations recognise this and contribute their diverse talents to the city's society.

Diversity in our society is one of the global challenges of our time. We in Mülheim see it as a potential for the future viability of Mülheim's economic and knowledge landscape and as a characteristic of a progressive and attractive urban society.

With 50 per cent forest and green spaces, in direct proximity to the state capital Düsseldorf and in the middle of the Ruhr metropolis, Mülheim an der Ruhr is the "green lung of the Ruhr region". Even our city centre is surrounded by nature. It is the only one in the Ruhr region with the Ruhr flowing through its centre. The new Ruhr promenade at the Stadtkai has been opened and has brought our city even closer to the river.

Mülheim also offers a wide range of local recreational and leisure activities. From the zoo to the beautiful floodplain landscape, extensive play and sports facilities to the music and adult education centres.


On the website  geo.muelheim-ruhr.de you will find geo information about the city of Mülheim. The geoportal shows you data, services and products from the Mülheim area. You will find the locations of kindergartens and schools. You will find "themed locations" such as sport, education or leisure. You will find WLAN hotspots. You will find a lot more information about the city of Mülheim.

Of course, Mülheim also has plenty to offer culture lovers: numerous museums, theatres and cabaret venues such as the open-air theatre, the Ringlokschuppen cultural centre and the Stadthalle offer a wide variety of programmes. You can find events in the city of Mülheim in the [event calendar](#) at .

Get to know Mülheim an der Ruhr - Welcome!


Children's city map

 [Children's city map](#)


 Here is a city map for children. It is divided into 9 sections. You can download the maps. The neighbourhood maps for children are available in German and Ukrainian. You will find here, for example:


- Playgrounds,
- libraries,
- traffic lights,
- zebra crossings,
- schools and
- kindergartens.

Germany from A to Z: Handbook Germany

 [Handbook Germany](#) is a multilingual platform. It is aimed at refugees and immigrants. Here you can find information about life in Germany. For example, you will find information on residence rights, housing, health, work, training, daycare centres and studying.

You can get to know your new home better with videos and texts.


There is a community platform for further questions:  [Together in Germany](#)
You can ask your questions there anonymously. The team will answer them.

 The information is translated into 9 different languages.

Contact App Team Mülheim an der Ruhr

Do you have any questions about the content in the Integreat app? Would you like to tell us something?

- Is there information in Integreat Mülheim that you are missing?
- Is a translation incorrect?
- Is information out of date and no longer current?
- Does a link not work?
- Is there anything else you would like to tell us?

You can use the feedback function. To do this, click on the icon  **"Feedback" icon**

You can also send us an e-mail.

Contact the

Municipal Integration Centre (KI)
Municipal integration management (KIM)

 Ida Speckbruck

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@integreat@muelheim-ruhr.de

Keywords: contact person, questions, suggestions, suggestions for improvement, errors, criticism, praise

Migrant self-organisations (MSOs)

There are over 50 migrant organisations in Mülheim. They organise events and take part in projects and festivals. They promote intercultural coexistence. They are involved in the Intercultural Week and the International Festival.

Objective:

- They represent the concerns of migrants in society
- They cultivate linguistic and cultural traditions
- Projects
- You promote voluntary work

Partner/ Contact:

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Living together in Germany

Basic Law and human rights

All people living in Germany must abide by the central principles of the political and legal order.

The most important legal basis for life in Germany is the **Basic Law**. It is the constitution of the Federal Republic of Germany.

The Basic Law states that every person is free and self-determined.

No distinctions may be made on the basis of gender, origin (ancestry, language, homeland), skin colour, religion, faith or ideology, disability, age or sexual orientation.

Germany is a federal state consisting of **16 federal states**.

Germany is a democratic state. This means that people live in freedom. Everyone is free to express their opinion. The laws apply to all people. All people and the state must abide by the law. In free elections, people decide who they want to be governed by. If they are not satisfied with the government, they can vote for a different government at the next election.

Catalogue of fundamental rights

Protection of human dignity

Article 1

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

(...)

Right to liberty of the person

Article 2

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

(...)

This also includes the right to sexual self-determination. This means that every person may decide for themselves which sexual acts they want to take part in and no one may be forced to do something they do not want to do.

Equality before the law

Article 3

(1) All persons are equal before the law.

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

elimination of existing disadvantages.

 www.zanzu.de

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

Freedom of faith, conscience and creed

Article 4

(1) Freedom of faith, conscience and religious and philosophical belief shall be inviolable.

(...)

Freedom of opinion, art and science

Article 5

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







(...)

Protection of marriage and the family and of children of unmarried parents

Article 6

(1) Marriage and the family shall be under the special protection of the state.

(...)


Here you can find the Basic Law at  [German](#). Here you can find information in 8 different languages:  [Arabic](#),  [English](#),  [Farsi](#),  [French](#),  [Kurdish-Kurmanji](#),  [Russian](#),  [Spanish](#),  [Turkish](#).

Universal Declaration of Human Rights

Human rights are important rights that always apply to all people around the world. Human rights are rights that every person has by virtue of being human. They protect the dignity of every human being and are enjoyed equally by all human beings without distinction of any kind, such as "(...) colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status." (Article 2 of the United Nations Universal Declaration of Human Rights of 10 December 1948)

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is entitled to their own opinion.
- The right to peace and security.
- The rules for living together in Germany are derived from these basic rights.

The North Rhine-Westphalia State Office for Political Education has published the  brochure ["Demokratie für mich"](#) (March 2016), in which these rules are clearly presented. These rules and examples of what is and is not allowed in Germany are presented here under each keyword.

Religious freedom

Religion and faith are private matters in Germany. The state does not dictate whether or in which God one should believe. State and religion are separate.

This means, for example:

- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- Members of different religions and faiths may marry each other.
- A marriage only counts as a legally valid marriage if it has been concluded before the registry office. If a marriage was only concluded within the framework of a religion, it is not legally binding in Germany.

This is not permitted in Germany, for example:

- To place religious rules or traditions above applicable laws, for example being married to several women at the same time or slaughtering an animal without special permission.
- Boys may only be circumcised if this does not jeopardise their welfare.

Many people in Germany today are committed to dialogue between religions. The aim is the peaceful coexistence of religious people, believers and people who do not belong to any religion. The state is committed to ideological neutrality. As long as the practice of a religion does not jeopardise democracy or the separation of state and religion, it is protected.

Freedom of expression

Everyone is allowed to have their own opinion and to express and share it freely. These opinions may also be expressed publicly. All newspapers, television stations and other media are free and everyone can inform themselves there. When someone expresses their opinion, they must be careful to respect the honour and dignity of other people.

That means, for example:

- The government may be criticised.
- Religion can be criticised.
- Artistic works may provoke. No one may dictate to writers, musicians or visual artists how they should work.
- The government and religions may also be the subject of satire and critical art.
- Anyone who feels offended or whose personal honour or dignity has been violated can contact the police or a court.

This is **not permitted** in Germany, for example:

- The use of anti-constitutional symbols and calls to overthrow democracy.
- Offensive expressions of opinion that demean other people.
- Defamation or slander against other people.

- Inciting hatred and violence.

Rule of law

Germany is a democratic constitutional state. The Basic Law guarantees human dignity, freedom and justice. There are laws to ensure that human rights are respected.

Political decisions are made by representatives of the people. The representatives of the people are elected by the Germans in free elections.

The laws apply equally to all people in Germany. The state must abide by the laws. All people living in Germany must also abide by German laws.

That means, for example:

- If people think that other people or the public administration are doing them wrong, they can appeal to a court. These courts are independent. This means that the government is not allowed to tell the courts how they should decide.
- State courts decide whether someone should be punished. Punishments include fines, community service or imprisonment. There is no death penalty in Germany.
- The police have the task of ensuring that everyone can live in freedom and safety.
- The practice of religion must not violate the law. The law always takes precedence over religion.

This is not permitted in Germany, for example:

- To incite hatred or violence.
- To fight against the democratic system and its values.

These offences can lead to a prison sentence.

After serving their sentence, non-German citizens can, under certain circumstances, lose their right to stay and be deported.

Personal freedom

All adults have the right to make their own decisions about themselves and their own lives. Whether man or woman, young or old, with or without a disability, regardless of skin colour or religious affiliation.

All people are allowed to do what they want as long as they abide by the law and do not restrict the freedom of others.

This means, for example:

- All people are allowed to decide what they want to wear. Women can decide whether they want to wear trousers, dresses, long or short skirts, tight or loose clothing or a headscarf. Men can decide whether they want to wear a suit and tie, a T-shirt and jeans, a turban, a hat or a beard.

- All people are allowed to eat what they want and what they like. The decision whether to eat meat (including pork or beef) is made by people alone. There are no general or religiously based dietary regulations from the state.
- The consumption of alcohol is permitted for adults. Children and young people are not allowed to consume alcohol.
- Every woman and every man may decide for themselves whether and whom they wish to marry.
- Every woman and every man may divorce.
- Unmarried couples are allowed to live together and have children.
- Members of different religions and faiths may marry and have children.
- Contraception is permitted for both sexes. A person's decision to use contraception must be respected.
- Same-sex partnerships are accepted. Same-sex couples can marry. The rights of a civil partnership are similar to those of a marriage between a man and a woman.
- Everyone decides for themselves how and where they want to live. This right may be restricted for persons in the asylum process until an asylum application is recognised.
- Sexual acts between adults may only take place with mutual consent. Any sexual activity with children is prohibited.
- Private property is permitted in Germany for every man and every woman. It is permitted to own a house or a plot of land. Many companies are privately owned.
- Women and men have equal rights when it comes to inheritance

💡 **Important:** One's own freedom ends where it infringes the freedom or human dignity of others or violates the law.

Equal rights for men and women

Women and men have the same rights. This is reflected in the law and in everyday life.

This means, for example:

- Girls and boys go to school together and receive the same lessons. They take part in sports lessons together.
- Women are allowed to study or learn a trade. In principle, all professions are open to women.
- Women take on responsibility in society, for example as policewomen, doctors, teachers or in public offices and authorities. Their instructions must be followed.
- Women decide for themselves what work they want to do. They can dispose of the money they earn themselves.
- Women do not have to ask their husbands, parents or other family members for permission to work, open an account or conclude contracts.
- Women are allowed to dress as they wish
- Women decide for themselves whether, when and whom they want to marry.
- Mothers are particularly protected. They must and may not work for six weeks before and eight weeks after giving birth. They may not be dismissed because of their maternity.
- The tasks and roles in the family are not prescribed.

- Women take part in public life. They attend cultural, political or sporting events, restaurants and bars.
- Women can vote and be elected to political office.
- Women and men are equal in inheritance rights, daughters as well as sons.
- Sexual touching, comments or requests are only permitted if everyone involved agrees. A "stop" or "no" must always be respected.

This is not permitted in Germany, for example:

- Any form of violence towards women, even in marriage.
- No one may be sexually harassed.
- Rape, even within marriage, is penalised.
- No one may be forced to marry. Coercion into marriage through violence or threats is punishable.

Children's rights

Children's rights

As a child, you need special protection. That is why you also have special rights. These rights are set out in the Convention on the Rights of the Child. The General Assembly of the United Nations adopted the Convention in 1989.

The UN Convention on the Rights of the Child can be divided into four groups: the right to life and personal development, equal treatment, the best interests of the child and participation. In detail, this means

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

💡 Are there issues that affect you as children? Then adults must listen to your opinion and take it into account when making decisions.

🔗 You can find a clear explanation of the 10 important children's rights here: [German/Arabic](#) and [German/Persian](#).

Are you experiencing violence? Do you feel unfairly treated? Then the [KSD - Kommunalen Sozialer Dienst](#) or the [Educational counselling centres](#) can advise you.

Non-violence/ physical integrity

Everyone has the right to a life without violence. This means that all people have the right to life and physical integrity. This includes both the physical and mental health of a person. This also applies in the private sphere.

This means, for example:

- Conflicts should be resolved without violence.
- Anyone who needs help in the event of danger or conflict can call the police.
- All police instructions must be followed.
- Vigilante justice is not permitted. If your rights have been violated, a state court will decide.
- The state must act non-violently. It may only use force in exceptional cases when all other means have been exhausted. There is no death penalty and no corporal punishment; torture is prohibited.

This is not permitted in Germany, for example:

- Physically abusing, injuring or killing another person. This also applies within the family, at school and on the street.
- Taking part in a brawl that results in people being killed or seriously injured.
- Blood revenge and murder in the name of honour.
- Violence against women and children always and everywhere.
- Human trafficking, slavery and forced prostitution.
- Sewing up, circumcision or mutilation of the female genitalia. See [FGM - female genital mutilation](#)

Counselling and assistance

Counselling for people with a history of immigration

Migration counselling (MBE) for adult immigrants

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

- Where can I learn German?
- How do I apply for a German course?
- How do I find a flat?
- Where can I apply for financial aid?
- Who can help me find a job?
- Can my degree be recognised in Germany?
- Which doctor can I go to?
- Who will help me during my pregnancy?

- How can my family also come to Germany?
- If necessary, accompaniment to offices and authorities by volunteers
- Information on migration and integration measures

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

💡 Are you between 12 and 27 years old? Then there is a separate counselling service for you: [Youth Migration Services](#)

💡 Have you applied for asylum? You do not yet have a residence permit? Then you can seek advice from the [asylum counselling](#) service.

In Mülheim an der Ruhr, the following organisations offer migration counselling for adult immigrants:

The Workers' Welfare Association 🌐 [AWO](#)

The German Red Cross 🌐 [DRK](#)

Migration counselling for adult immigrants (MBE) is also available online for those seeking advice. [mbeon - Migration Counselling Online](#) - is a digital counselling service for adult immigrants. In the chat and in our information tool, you can obtain comprehensive advice on questions about life in Germany, such as residence, career and language.

You can also find an overview of providers of migration counselling at 🌐 [BAMF Navi](#)

KIM - Case Management

What is KIM Case Management?

The Municipal Integration Management (KIM) helps people with a history of immigration in Mülheim an der Ruhr. Many organisations and people work together to achieve this. The aim is to ensure that integration is successful. Integration means that people should feel comfortable in society and be able to live independently.

In KIM Case Management, people with a history of immigration receive support. The focus is not on problems, but on their abilities and strengths. They are supported in organising their lives and everyday life independently. Ideas and solutions are developed together. For example, questions and uncertainties in the areas of school attendance, education, language, work, housing and authorities. There are already many offers of help. KIM does not replace these, but utilises and supplements them. It works closely with other advice centres.

The KIM case managers not only help people directly, but also identify problems in the system. The aim is to improve services for immigrants.

💡 The service is voluntary and free of charge.

💡 Please send your enquiry using the completed [profile](#) to @ kim.cm@muelheim-ruhr.de.

🗣️ The team is multilingual. The case managers speak Bulgarian, German, English, Farsi/Dari, French, Russian, Tamazight, Turkish and Urdu/Hindi.

Locations

AWO

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Caritas

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✉ kim@caritas-muelheim.de

Deutsche Rotes Kreuz

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Youth Migration Service (JMD)

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

- Questions about general orientation
- School, training, career
- Personal questions
- Financial and legal issues

Youth Migration Service Mülheim an der Ruhr

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📍 Diakonisches Werk | Sozialbüro Styrum
Augustastr. 192
45479 Mülheim an der Ruhr

👤 Herr Ginzburg

☎️ [+49 \(0\) 1756807390](tel:+49(0)1756807390)

@ginzburg@diakonie-muelheim.de


📅 Tuesdays, Wednesdays, Thursdays 8:00 a.m. to 12:00 p.m. and by appointment

🌐 [Overview of youth migration services](#)

Departure and perspective counselling (AuPB)

The Federal Office for Migration and Refugees (BAMF) has not yet decided on your asylum application? Do you still want to return to your home country? But you don't know how to get your passport back? Do you need financial help for your return journey? The Departure and Perspective Counselling (AuPB) advises you on the possibilities of voluntary departure to your home country. The counselling is open-ended. You decide for yourself after the counselling. You can leave voluntarily. Or you can stay on.

PLANB Ruhr e. V. | Standort Mülheim

 J. Rifaea-Schröder

 Friedrich-Ebert-Str. 8, 2. OG


45468 Mülheim an der Ruhr

 [+49 \(0\) 20884844972](tel:+49020884844972)

[+49 \(0\) 15202095136](tel:+49015202095136)


 [@ausreise-perspektivberatung-MH@planb-ruhr.de](mailto:ausreise-perspektivberatung-MH@planb-ruhr.de)

 [Website](#)


 Open consultation hours: Mondays 10 am to 12 noon and Thursdays 1 pm to 3 pm

Further appointments will be made at short notice.

Virtual Counselling BAMF & IOM

 Contact counsellors in your language.

 [Contact persons](#)

 [Contact information](#)

Keywords: Departure and perspective counselling, Departure counselling, Return counselling, Central return counselling (ZRB)

Asylum counselling | Refugee counselling

Have you applied for asylum? Then you can seek advice at the asylum counselling centre. You can also go to the counselling service if you are a new immigrant with permanent residence status.

Asylum seekers and refugees can seek advice on everyday matters. The counsellors help with the following topics:

- Asylum procedure - information and answers to questions
- Information about German law
- Help and advice with questions about authorities
- Finding local services
- Orientation on site
- Advise and help with everyday problems
- Advice on integration programmes (such as language courses)
- Advice on questions about family reunification
- Refer people to other specialised services
- Advise on voluntary return or onward migration
- They are contact persons for volunteers. They answer specialised questions about the asylum procedure

👥 Do you have a secure right of residence? Then the [migration counselling service for adult immigrants](#) can also help you. It advises adults aged 27 and over. Families can also seek help there.

👥 Are you under the age of 27? Then the [Youth Migration Service](#) is the right place to go.

Counselling centres in Mülheim an der Ruhr:

🌐 [Caritas](#)

🌐 [Plan B](#)

🌐 [Protestant Church Ruhr](#)

🌐 [PIA Foundation](#)

Online counselling

mbeon - Multilingual counselling in the chat

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

With mbeon, you can easily find information online. You can also get counselling via chat.

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

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

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

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

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

🌐 [mbeon in the Google Play Store](#)

🌐 [mbeon in the AppStore](#)

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

Municipal counselling service for refugees (KBG)

The KBG is a counselling centre for people who have fled from another country or are tolerated here. The specialists help these people with various problems. For example:

- Do you have questions about the law or your stay here?
- Do you have financial worries?
- Are there problems with your flat?

The specialists provide information, advice and help. They can also go with you to other organisations that can help you.

All people who have moved to Mülheim an der Ruhr receive support - regardless of their legal status. The services are designed to help everyone participate in life in the city.

Social welfare office of the city of Mülheim an der Ruhr

👤 Mrs Gabriele Mangoyo

📍 Ruhrstraße 1

45468 Mülheim an der Ruhr

☎ [0208/4555908](tel:02084555908)

@ Gabriele.Mangoyo@muelheim-ruhr.de

🌐 [Website](#)

Health counselling

Guide - Living with a disability

The family guide

🌐 www.familienratgeber.de

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

Wheelchair-accessible places in Mülheim

On the website 🌐 [wheelmap](http://wheelmap.org) you will find wheelchair accessible places.

HIV, AIDS and STI counselling

Would you like to know whether you have been infected with HIV/AIDS, syphilis, chlamydia or gonococci? You can get advice and, if necessary, be tested at the Office for Health and Hygiene.


The tests are:

- Anonymous
- Confidential
- Free of charge

 Consultation times can be found [here](#).

 Heinrich-Melzer-Straße 3, 45468 Mülheim

Room U.02

 0208 455 5365

 [@Sabine.Beissel@mulheim-ruhr.de](mailto:Sabine.Beissel@mulheim-ruhr.de)

Further information about HIV and sexually transmitted infections (STIs):

 [German AIDS service organisation](#)

 [Love life](#)

Prostitution - Counselling & Laws

The Prostitutes Protection Act (ProstSchG) came into force on 1 July 2017.

The aim of the ProstSchG is

- the protection of people who work in prostitution,
- to strengthen the right to self-determination
- the protection of health,
- the fight against crime and human trafficking
- combating violence, pimping and the exploitation of prostitutes

The law introduces the requirements for operating a prostitution business for the first time. It applies to all sexual services, such as tantra massages or escorts.

What needs to be considered with regard to the obligation to register and the obligation to obtain a licence:

The law states that prostitutes must register and undergo health counselling. A licence is required to operate a prostitution business. When prostitutes register, there is an interview with lots of information and counselling. Contact with the authorities helps them to understand their rights and obligations.

The registration procedure:

Health counselling is provided by the health department and is free of charge. A certificate is then issued. Afterwards, registration takes place at the "Citizen Services, Public Order" department with the certificate of health counselling. The health counselling must have taken place before the first registration of the activity.

After the health counselling, prostitutes aged

- over 21 years of age at least every 12 months
- under 21 years of age at least every 6 months

attend a new health counselling session.

The topics of the health counselling are

- disease prevention
- contraception
- pregnancy
- the risks of alcohol and drug use


Health counselling takes place in a confidential conversation. If necessary and only with the mutual consent of both parties, a language mediator will be used.


The certificate:

After the counselling session, you will receive a health counselling certificate. This certificate and two passport photos must be presented when registering at the public order office.


On request, this certificate can be issued in the alias name or work name.


 Please make an **appointment** by telephone or e-mail.

 Please bring a valid identity card with you!

 Amt für Gesundheit und Hygiene
Heinrich-Melzer-Straße 3, 45468 Mülheim
Zimmer U.02 (Untergeschoss)

 @Sabine.Beissel@muelheim-ruhr.de

 [+49 \(0\) 2084555365](tel:+49(0)2084555365)

You can find a multilingual info page for sex workers at  [here](#).

Keywords: sex work, prostitution, Prostitutes Protection Act (ProstSchG), health counselling, prostitutes

Help for families

KSD - Municipal Social Service

Do you need help or support?

The Municipal Social Service (KSD) helps families and children. It supports parents in taking good care of their children. The KSD provides services designed to make life easier for families. The aim is to ensure that children and families can live together happily and safely.

What does the KSD do?

- It provides information and counsels families.
- It helps young people who have problems.
- It wants all children and families to grow up in a friendly environment.

Who can go to the KSD?

- Anyone can contact the KSD.
- Are you a child or young person with a problem? The KSD is there for you.
- Anyone who is worried about a child or young person.
- Parents.
- If you are in a difficult situation, you can contact the KSD.

KSD helps with many issues:

- Problems in the family or with friends.
- Foster families and adoption.
- When young people come into conflict with the law.
- Help for young adults who need support.
- Counselling for pregnancies.
- Family visit service

Contact Us

 [Our website](#)


Here you will find contact persons for each **district**:

City centre/ Eppinghofen


 Fabian Ott

 [+49 \(0\) 2084555155](tel:+49(0)2084555155)

 [@fabian.ott@muelheim-ruhr.de](mailto:fabian.ott@muelheim-ruhr.de)


 Ruhrstraße 1, 45468 Mülheim

Heißen/ Heimerde/ Fulerum/ Raadt

 Janina Hölscher

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 Alexandra Denz

 [+49 \(0\) 2084555440](tel:+49(0)2084555440)

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 Ruhrstraße 1, 45468 Mülheim

Speldorf/ Broich/ Saarn/ Selbeck/ Mintard

Meike Rubbert

+49 (0) 2084555157

@Meike.Rubbert@muelheim-ruhr.de

Bülowsstraße 104-110, 45479 Mülheim

Educational counselling centre

"There's something wrong in our family. Who can help us?"

"I'm worried about my child's development!"

"My child can't hear!"

"My parents are always arguing ..."

Do you often have these or similar questions? Perhaps a counselling centre can help you.

Topics

- Social problems, aggressive behaviour and abnormalities in the child's development
- Separation of the parents
- Parents are unsure or disagree on parenting issues
- The family is in crisis
- ...

For whom?

- Families
- parents
- Single parents
- Children and young people
- Young adults (up to 27 years)
- Educational professionals

Do you have questions about parenting and family life? Counselling centres support and advise you. There are general, educational and psychological services. The services are aimed at parents and carers. They are also aimed at children, teenagers and young adults.

Counselling provides support for problems and crises. For example, when experiencing violence, social withdrawal or sexual abuse. It also offers guidance and counselling on issues relating to separation and divorce.

💡 Counselling is free of charge. The counselling is independent of religion and nationality. Counselling is anonymous. Counselling is voluntary. Counselling is available promptly.

In Mülheim there are educational counselling centres run by various organisations. Church organisations, the AWO (Workers' Welfare Association) or the municipal office offer counselling and support. You can find out more and get in touch here:

🌐 [AWO youth and family counselling centre](#)

 [Caritas counselling centre](#)

 [Protestant counselling centre](#)


 [Deaconry](#)


 [City of Mülheim Counselling Centre](#)


Contact point for single parents


Suddenly becoming a single parent means a reorientation in everyday life. This means many questions, sometimes also fears and problems. It is not always easy. Work and financial commitments, caring for and bringing up children and many everyday worries can be overwhelming.

We offer you a simple and free initial consultation! We can advise you on all issues relating to single parenthood. We will inform you about help and support options. We will put you in touch with the right organisations. You can talk to us about what's on your mind. Together we will look for possible solutions.

 The counselling is aimed at single and separated parents in Mülheim, mothers and fathers who are (or will be) single parents, pregnant women who will be single parents and relatives.

 We provide information, advice and networking.


 Open consultation hours (without appointment): Tuesday and Thursday from 10 am to 12 noon. And individually by telephone appointment!

 Contact point for single parents

Löhberg 72, 1st floor

45468 Mülheim an der Ruhr

 [+49 \(0\) 2084551547](tel:+492084551547)  [+49 \(0\) 2084551548](tel:+492084551548)

 [lleiner ziehend@muehlheim-ruhr.de](mailto:lleiner@ziehend@muehlheim-ruhr.de)

 [Guide for single parents](#)

Counselling for women

Domestic violence

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. It can be sexual. Or physical, such as punches or kicks. But it can also be psychological. If someone you know is violent towards you, this is called "domestic violence".

Domestic violence usually takes place in the home, but can also happen in other places. Many people think of domestic violence in terms of physical violence, i.e. sexual abuse or beatings. But domestic violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also domestic violence. Stalking, i.e. when you are followed and watched, can also be a form of domestic violence.


Every form of violence is a criminal offence in Germany. This means that the police must get involved if they hear about it from you, witnesses or witnesses.

If you are a victim of domestic violence, you are not alone. Studies show that one in four women in Germany experience domestic violence. Many victims of domestic violence find it difficult to go to the police or a counselling centre with their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres in Germany for victims of domestic violence. Do not be afraid to seek help.

You can contact the [violence against women helpline](#).

Violence against women helpline

 [08000116016](tel:08000116016)

 www.hilfetelefon.de

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

- Albanian
- Arabic
- Bulgarian
- Chinese
- Chinese
- French, Italian
- Italian
- Farsi/Dari
- Kurmanji
- Polish
- Portuguese
- Romanian
- Russian
- Spanish
- Turkish
- Ukrainian
- Vietnamese

Important offices

Job centre

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

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

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

👥 Steps after a positive decision

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

1. personal interview

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

2. benefits department

Important: There is no counselling without an appointment.

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

3. job centre

- **Important:** There is no counselling without an appointment.
- Have you already attended an integration course? Bring your certificate with you. If not, bring your commitment to the course with you.
- Do you have documents relating to school attendance or training? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.
- Tell us about any special skills you have (crafts, language skills, etc.).
- Think about which area of work you are interested in before the appointment.

Mülheim Job Centre
📍 Easy Tower Reception
Eppinghofer Str. 50
45468 Mülheim an der Ruhr
@ jobcenter@muehlheim-ruhr.de
☎️ [+49 \(0\) 2084552900](tel:+4902084552900) or [+49 \(0\) 2084552929](tel:+4902084552929)
📅 Please make an appointment.

Employment Agency

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

👤 Is your asylum procedure still ongoing? Or are you tolerated? Then the Employment Agency is your point of contact. They will help you with questions about the transition between school and work (careers advice). They will place you in work. And they will advise you on further vocational training.

👤 Are you recognised? Then the [job centre](#) is your point of contact. They will advise and place you in the labour market.

Agentur für Arbeit Mülheim
📍 Kaiserstraße 99
45468 Mülheim an der Ruhr
☎️ [+49 \(0\) 208443040](tel:+490208443040)
📠 [+49 \(0\) 20844304500](tel:+49020844304500)
@ muelheim-ruhr@arbeitsagentur.de
🌐 [Website](#)

Social welfare office

The social welfare office is responsible for **providing social assistance**. This includes the following benefits:

- Basic security in old age and in the event of permanent reduction in earning capacity
- Care assistance
- Assistance with living expenses in the event of reduced earning capacity
- Integration assistance for disabled schoolchildren
- Assistance to overcome particular social difficulties
- Assistance with health
- Assistance in other life situations

The Social Welfare Office **will advise and support** you in all matters relating to these topics.

The social welfare office will ask you about your financial circumstances. You will therefore have to show whether you have any valuables such as jewellery or money. You will sign some documents and declarations. Please bring all your papers with you. All persons who are registered on your residence permit must accompany you to the appointment.

If you meet the requirements for social assistance, you will also receive the cheque for your living expenses here. You can exchange the cheque for cash (euros) at the bank. Please note that this money must last until your next appointment with the social welfare office (approx. 1 month). You will not receive any money until your next appointment with the Social Welfare Office.

The Social Welfare Office is your contact for the following issues:

- Allowance for initial baby equipment and for your child's school supplies
- Money for train tickets to interview appointments
- Sickness certificates, authorisation for operations and other medical measures (at the first appointment, subsequently the health insurance fund is responsible)

Sozialamt Mülheim an der Ruhr

📍 Ruhrstraße 1

45468 Mülheim an der Ruhr

☎ +49 (0) 2084555900 ☎ 0208/4555901

🌐 [Website](#)

📷 All employees of the centre can only be contacted by prior appointment.

Registry office

The registry office has several tasks. Have you had a child? Then you must report the birth to the registry office. The registry office will then notarise the birth for you. Would you like to get married? Then the registry office will register your marriage.

The tasks at a glance

- Notarising births and deaths
- Concluding marriages and partnerships
- Receiving resignations from the church
- Changing names
- Issuing certificates (birth certificate, death certificate, marriage certificate)

Registry office Mülheim

📍 Am Rathaus 1

45468 Mülheim an der Ruhr

🌐 [Website](#)

☎ +49 (0) 2084553434

📷 Please make an appointment.

Immigration office

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

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

- Extend proof of arrival
- Issue and extend a residence permit
- Apply for a work permit
- Apply for a residence permit and special permits for travelling

Steps after a positive decision from the BAMF

Apply for an electronic residence permit (eAT)

(1) Submitting the application

- You can submit the application online. To do this, use the "Online application". You can also fill out the "Application for a residence permit" form. You send this by post to the Foreigners' Registration Office. You can download the form online. Or you can obtain it at the information desk of the Foreigners' Registration Office. Please bring an interpreter with you when you apply. They can translate your request (the reason for the visit).


(2) Appointment

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

(3) Collection

- You will receive the collection notification by post

Foreigners' Registration Office (Ausländeramt) Mülheim an der Ruhr

 Leineweberstraße 18 - 20

45468 Mülheim an der Ruhr

 [Arrange an appointment online](#)

Youth welfare office

Children's rights are important. Every child deserves to be respected and loved. Do you have a child? Then bring it up in accordance with children's rights. This is important for the well-being of your child. You can find out more in the chapter on [children's rights](#).

The Youth Welfare Office supports parents in bringing up children and young people. Anyone can contact the Youth Welfare Office free of charge. Are you a child or young person? Do you have problems? Then you can contact the Youth Welfare Office.

Responsibilities of the Youth Welfare Office:

- Supporting young people in their individual and social development
- Advise and support parents in their upbringing
- Protecting children and young people
- Creating positive conditions for young people and families

- Avoiding and breaking down barriers

Have you had a child? Then the youth welfare office contacts you after a few weeks. You would like a home visit. You can get to know the Youth Welfare Office. You will then receive a whole folder with information and offers. These are important for your child and your family.

Unaccompanied minor refugees are also subject to youth welfare law. This means that the case goes to the youth welfare office.

Support with the upbringing and care of children. The KSD supports people in the upbringing and care of children and young people. Contact persons and further information in the [KSD](#) chapter.

If you have any questions about parenting and living together in the family, you can also contact the [parenting advice centre](#).

Citizens' office

In principle, all people who come to Germany and wish to stay for longer than three months must register their residential address with the authorities after two weeks at the latest. Are you moving within Germany? Then you must inform the authorities of your new address.

💡 This registration has nothing to do with registering as an asylum seeker or registering with the [immigration authorities](#). You must do this in addition. You can find out how to register as a refugee [here](#).

Who has to register and when?

All people who move to Germany or relocate within Germany must register or re-register at the Residents' Registration Office (often also called Bürgeramt or Bürgerbüro). Registration within two weeks is mandatory. Are you registering too late or not at all? Then you may have to pay a fine.

When you register, you will receive an "official confirmation of registration". Keep this document in a safe place. You can use it to prove - even without your ID - that you are registered in a municipality or city in Germany. This means that you are resident there.

What do I need to bring with me to register?

You must register in person at the Bürgeramt. You will find the address of your Bürgeramt at the bottom of this page.

You must bring your ID (identity card, residence permit, residence document, etc.) with you when registering. Do you have a passport? Or passport replacement documents? Then bring these with you too. You must also fill in a registration form. You can obtain the form directly from the Residents' Registration Office.

You will also need a so-called "landlord's confirmation of moving in" for the registration. This is a document in which your landlord or landlady confirms that you are renting his or her flat. Sometimes your birth certificate or marriage certificate is also required for registration. If you have these documents, bring them with you to the registration office as a precaution.

Address of the Citizens' Registration Office

Citizens' Registration Office
📍 Löhstr. 22-26
45468 Mülheim an der Ruhr

📺 [Online appointments](#) (by appointment only!)

Health department

The public health department is part of the healthcare system in Germany. For example, it is responsible for protecting the population from infectious diseases. Or it deals with hygiene in companies. These can be hospitals and care centres. Or restaurants and cafés. Would you like to work in a restaurant? Then you need an instruction on infection protection. The public health department also has other tasks. It provides advice on AIDS. And looks after the medical service. In schools, they provide information on how to prevent diseases. And in general, it informs the population about health risks.

Mülheim Health Department
Office for Health and Hygiene
📍 Heinrich-Melzer-Straße 3
45468 Mülheim an der Ruhr
🌐 [Website](#)

Central:
☎️ 0208 / 455-5300

Instructions according to the Infection Protection Act:
☎️ [+49 \(0\) 2084555317](#) or [+49 \(0\) 2084555324](#)

Social-psychiatric service:
☎️ [+49 \(0\) 2084555330](#) or [+49 \(0\) 2084555337](#)

Paediatric and adolescent medical service:
☎️ [+49 \(0\) 2084555312](#) or [+49 \(0\) 2084555362](#)

Counselling on HIV, AIDS, sexually transmitted infections:
☎️ [+49 \(0\) 2084555365](#)

Language


Offers for multilingual families

Programmes for multilingual children and strong parents. The Municipal Integration Centre (KI) implements the Griffbereit (mini), Rucksack KiTa, Rucksack Schule and Brückenprojekte programmes. The programmes are implemented in cooperation with daycare centres (kindergartens) and schools. Immigrant children are supported and encouraged.

Griffbereit (1-3 years)

Families discover play and language together. "Griffbereit" is aimed at parents and their children between the ages of 1 and 3. It is offered in family centres with kindergartens. The project promotes early childhood development through child-orientated activities. It creates an important foundation for language learning. Multilingualism is recognised as a potential of the children. Young children from families with a migration background come into contact with the German language at a very early age. Children learn the importance of language. They quickly learn to communicate with each other.


Insight  [Video](#)



Overview of the groups  [here](#).

 Müzeyyen Semerci  [+49 \(0\) 2084554772](tel:+49(0)2084554772)

Bridge projects

Children are accompanied in the "bridge projects". Children who have not been given a place in a daycare centre (kindergarten). The children are aged 4-6 years. The target group are children with a history of migration or children with German as a second language. It strengthens language and motor skills. It prepares them for school. It is designed to give children a good start at school.


Overview of the groups  [here](#).

 Agnes Schauer (Coordinator)  [+49 \(0\) 2084554776](tel:+49(0)2084554776)

@a gnes.sc hauer@muelheim-ruhr.de

Rucksack KiTa


The "Rucksack KiTa" concept offers language education. It is aimed at parents and their children between the ages of 4 and 6. It is aimed at parents with an international family history. The project supports the language education and general development of children. The children are supported by the parents in the family language and by the carers in German.



Overview of the groups  [here](#).

 Müzeyyen Semerci  [+49 \(0\) 2084554772](tel:+49(0)2084554772)

Rucksack School

The "Rucksack Schule" programme is aimed at families with children at primary school. Parents' participation and language skills are strengthened within the framework of parent groups. Content from school is taught in several languages. Participants can thus expand their knowledge of German. They can better support their children. The families are supported by a counsellor. She is specially trained for this. She discusses the content of everyday school life and provides help with problems. Multilingualism is promoted in the families.

Overview of the groups  [here](#).

 Ebru Güven  [+49 \(0\) 2084554572](tel:+49(0)2084554572)

Interpreters, language mediators, translators

You don't speak German very well yet? Do you have to go to an appointment? An interpreter is very helpful. You will then understand better what people want to say to you.

General information

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

💡 Information on the translation of documents can be found [here](#).

Language mediator

You don't speak German very well yet. You have to go to an appointment. For example, an appointment with the school, kindergarten or job centre. There are volunteer translators in Mülheim. These are called language mediators (Laien-Sprachmittler). The volunteer language mediators interpret as a neutral person. They are interculturally competent.

Language mediators (can) help with low-threshold appointments without legal consequences. For example, for appointments with

- the school
- the daycare centre
- the job centre
- the health centre
- counselling sessions
- and others ...

Language mediators cannot help with these appointments:

- Doctor,
- proceedings,
- and other appointments with legal consequences.

💡 Do you need a language mediator? Tell the person with whom you have the appointment. Let them know at least 2 weeks before the appointment. This person can submit an application.

Further information: [here](#)

Application form: [here](#)

The application is submitted to:

👤 Susanne Adinolfi
Kommunales Integrationszentrum
📍 Heinrich-Melzer Straße 1
45468 Mülheim an der Ruhr
☎ [+49 \(0\) 2084554773](tel:+492084554773)
Fax 0208 455 58 4573
✉ [@susanne.adinolfi@muehlheim-ruhr.de](mailto:susanne.adinolfi@muehlheim-ruhr.de)

Become a language mediator

Do you speak German very well? Then you can support your compatriots who do not speak German. For example, you can accompany them to appointments with the school, kindergarten or job centre. Further information: [here](#)

Your contact person:

 Susanne Adinolfi
Kommunales Integrationszentrum
 Heinrich-Melzer Straße 1
45468 Mülheim an der Ruhr
 [+49 \(0\) 2084554773](tel:+4902084554773)
Fax 0208 455 58 4573
[@susanne.adinolfi@mulheim-ruhr.de](mailto:susanne.adinolfi@mulheim-ruhr.de)

Translation of documents

Official documents such as certificates, marriage certificates or birth certificates may only be translated by state-certified translators in Germany. These translations can be very expensive. Check in advance whether you need a certified translation. Compare the prices.

Sometimes costs for translations can be covered. Ask before you commission the translation:

- the organisation for which you need the translations
- the authority from which you receive social benefits

Language courses - Learn German

Integration courses

Course content

In this course you will learn German. You will learn more than just the basics. At the end of the course you will be able to speak German at level B1. You will also learn about the culture, politics and social customs in Germany. The integration course concludes with the examinations "Deutschtest für Zuwanderer" (DTZ) and "Leben in Deutschland" (LiD).

Target group

The [job centre](#), the [social welfare office](#) or the [immigration office](#) can oblige you to take part in an integration course. You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the Federal Office for Migration and Refugees (BAMF). Do you need help with the application? Then contact a counselling service, for example a [migration counselling](#) service or the [youth migration service](#). They will help you choose a course. There are different integration courses.

Scope and costs

The general integration course lasts 700 teaching units (UE). The integration courses are free of charge for refugees. Do you receive social benefits? Then the course is also free of charge. Are you not exempt from the costs? For people who are not exempt from costs, all course

providers currently charge 2.29 euros per lesson.

Provider

VHS (Volkshochschule) Mülheim

📍 Aktienstraße 45, 45473 MH

👤 Frau Kleinewegen

☎ +49 (0) 2084554313

@ Martina.Kleinewegen@mulheim-ruhr.de

🌐 <https://vhs.mulheim-ruhr.de>

Diakonisches Werk/ Jugendmigrationsdienst

📍 Hagdorn 1 a, 45468 MH

👤 Frau Fast/ Frau Brodt

☎ +49 (0) 2083003275 ☎ +49 (0) 2083003238

@ fast@diakonie-muelheim.de

@ mbrodt@diakonie-muelheim.de

🌐 www.diakonie-muelheim.de

💡 Childcare available during the courses.

SfS Schulungsgesellschaft

📍 Leineweberstraße 21-25, 45468 MH

👤 Frau Simonova

☎ +49 (0) 208807160 ☎ +49 (0) 2083864236

@ o.simonova@sfs.nrw

🌐 www.sfs.nrw

Atlas-Bildungs-Center e.V.

📍 Friedrichstr. 50a, 45468 MH

☎ +49 (0) 2038551330

@ muelheim@atlasbildungscenter.de

🌐 <https://atlasbildungscenter.de/bildungsangebote/i...>

Forum Bildungszentrum Neues

Innovatives Lernzentrum e.V.

📍 Wallstraße 2, 45468 MH

👤 Herr Dindar

☎ +49 (0) 2089952777

@ kontakt@forum-bz.de

🌐 www.forum-bz.de

💡 Childcare is available during the courses.

bbwe Gemeinnützige GmbH

📍 Löhstr. 18, 45468 MH

👤 Frau Antoniak

☎ +49 (0) 208301593445

@ agata.antoniak@bbwe.de

🌐 www.bbwe.de

its-GmbH
(Mulingus - Multilinguales Lernstudio)
📍 Kämpchenstraße 31, 45468 MH
👤 Frau Raies
☎️ [+49 \(0\) 20329867030](tel:+49020329867030)
✉️ [@info@mulingus.de](mailto:info@mulingus.de)

💡 These providers also offer [vocational language courses](#) and the [basic language course for labour market integration \(ESF\)](#).

💡 You can find available places and all providers of integration courses in Mülheim in the BAMF's 🌐 [Navigator](#).

Professional language courses

Contents

In this course you will improve your knowledge of German. The courses are designed to improve your vocabulary. You will learn job-related words. Are you already working? Are you still doing an apprenticeship? Do you want to start working soon? Then attend this course. Ideally, you should have already attended an integration course.

At the end of the course you will be able to speak German at level B2. These courses conclude with an examination and a certificate. There are general vocational language courses and there are various specialised courses with different focuses.

Target group

To take part in a job-related German course (vocational language course), you need an authorisation or obligation. You can obtain this either from the job centre or employment agency or by applying to the Federal Office for Migration and Refugees (BAMF).

💡 A language level of at least B1 is required to participate.

Provider

VHS (Volkshochschule) Mülheim
📍 Aktienstraße 45, 45473 MH
👤 Frau Kleinewegen
☎️ [+49 \(0\) 84554313](tel:+49084554313)
✉️ [@Martina.Kleinewegen@muelheim-ruhr.de](mailto:Martina.Kleinewegen@muelheim-ruhr.de)
🌐 <https://vhs.muelheim-ruhr.de>

Diakonisches Werk/ Jugendmigrationsdienst
📍 Hagdorn 1 a, 45468 MH
👤 Frau Fast/ Frau Kermann
☎️ [+49 \(0\) 2083003275](tel:+4902083003275) ☎️ [+49 \(0\) 2083003269](tel:+4902083003269)
✉️ [@fast@diakonie-muelheim.de](mailto:fast@diakonie-muelheim.de)
✉️ [@kermann@diakonie-muelheim.de](mailto:kermann@diakonie-muelheim.de)
🌐 [Website](#)
💡 Childcare available during the courses.

SfS Schulungsgesellschaft

📍 Leineweberstraße 21-25, 45468 MH

👤 Frau Simonova

☎ +49 (0) 208807160 ☎ +49 (0) 2083864236

@o.simonova@sfs.nrw

🌐 www.sfs.nrw

Atlas-Bildungs-Center e.V.

📍 Friedrichstr. 50a, 45468 MH

☎ +49 (0) 2038551330

@muelheim@atlasbildungscenter.de

Forum Bildungszentrum Neues

Innovatives Lernzentrum e.V.

📍 Wallstraße 2, 45468 MH

👤 Herr Dindar

☎ +49 (0) 2089952777

@kontakt@forum-bz.de

🌐 www.forum-bz.de

💡 Childcare available during the courses.

bbwe Gemeinnützige GmbH

📍 Löhstr. 18, 45468 MH

👤 Frau Antoniak

☎ +49 (0) 208301593445

@agata.antoniak@bbwe.de

🌐 www.bbwe.de

its-GmbH

(Mulingus - Multilinguales Lernstudio)

📍 Kämpchenstraße 31, 45468 MH

👤 Frau Raies

☎ +49 (0) 20329867030

@info@mulingus.de

💡 In addition to the vocational language courses, the providers also offer other types of courses for learning German.

Further language courses and tutoring

In Mülheim an der Ruhr there are many opportunities to learn German and speak it better. Whether you are just starting out or already know German well - there are suitable courses for everyone here. You can attend language courses in the city, get private tuition or speak German in groups with other people. There are schools to help you learn and special courses for people who are new to Germany. There are also language cafés and programmes where you can practise with someone. This way you can learn German in a relaxed way and use it directly in everyday life.

Here you can find **various courses** as well as **private tuition**:

Further language programmes

Afro-Mülheimers e.V.

German course with computer, individual tutoring programme

📍 vier.zentrale

Leineweberstraße 15- 17, 45468 MH

👤 Justin Fonkeu

✉️ [@info@afro-muelheimers.de](mailto:info@afro-muelheimers.de)

🌐 <https://www.afro-muelheimers.de/>

Caritas-Sozialdienste e. V.

Courses for beginners

📍 Vereinstraße 10-12, 45468 MH

👤 Frau Bilge Akbulut

☎️ [+49 \(0\) 17612001317](tel:+49017612001317)

✉️ [@Bilge.Akbulut@caritas-muelheim.de](mailto:Bilge.Akbulut@caritas-muelheim.de)

🌐 www.caritas-muelheim.de

Christusgemeinde Mülheim

Literacy courses, courses for beginners, advanced A1-B1

📍 Uhlandstraße 25, 45468 MH

👤 Herr Dr. Pust

☎️ [+49 \(0\) 20844491904](tel:+49020844491904)

✉️ deutschkurs@cgmuelheim.de

[CIIC Zentrum](#) for integration and intercultural communication

"Learning by speaking", tutoring German, maths, English

📍 Böllerts Höfe 1, 45468 MH (Eingang Saarner Strasse)

👤 Frau Ashouri

☎️ [+49 \(0\) 20894139426](tel:+49020894139426)

✉️ [@ciicmh@outlook.de](mailto:ciicmh@outlook.de)

🌐 www.ciicmh.de

its-GmbH/Mulingus

Tutoring in various subjects

📍 Kämpchenstraße 31, 45468 MH

👤 Frau Raies

☎️ [+49 \(0\) 20843908480](tel:+49020843908480) [Freitag 9:00-13:00 Uhr]

✉️ [@info@mulingus.de](mailto:info@mulingus.de)

Talentwerkstätten des CBE

Group German lessons at various levels

📍 Wallstraße 7, 45468 MH

👤 Frau Driesen

☎️ [0208/9706823](tel:02089706823)

✉️ [@alina.kauert@cbe-mh.de](mailto:alina.kauert@cbe-mh.de)

Vereinte Evangelische Kirchengemeinde

Individual tutoring (speaking, reading comprehension, writing A1 / A2 level)

📍 Pastor-Banstein-Platz 2, 45468 MH

👤 Frau Schmitt

☎ [+49 \(0\) 15786403672](tel:+49015786403672)

✉ [@iris.schmitt@kirche-muelheim.de](mailto:iris.schmitt@kirche-muelheim.de)

VHS (Volkshochschule) Mülheim

Courses: German as a second language

📍 Aktienstraße 45, 45473 MH

👤 Frau Kleinewegen

☎ [0208/4554313](tel:02084554313)

✉ [@Martina.Kleinewegen@muelheim-ruhr.de](mailto:Martina.Kleinewegen@muelheim-ruhr.de)

🌐 [Website](#)

Ruhr West University of Applied Sciences (HRW)

Study integration programme (SIP)

📍 Duisburger Str. 100

45479 MH

👤 Frau Magdalena Lukosz

☎ [0208-88254955](tel:020888254955)

✉ [@SIP@hs-ruhrwest.de](mailto:SIP@hs-ruhrwest.de)

🌐 [Website](#)

ESF - Basic language course for labour market integration

Content and target group

The basic language course for integration into work (ESF) is aimed at refugees. Are you a refugee (asylum seeker)? You do not have access to an integration course? You can take part in a basic language course (ESF). Here you will learn basic German. You will learn everyday expressions and simple sentences.

Scope and costs

The course is free of charge. The course comprises 300 hours of lessons.

Provider

Forum Bildungszentrum Neues

Innovatives Lernzentrum e.V.

📍 Wallstraße 2, 45468 MH

👤 Herr Dindar

☎ [+49 \(0\) 2089952777](tel:+4902089952777)

✉ [@kontakt@forum-bz.de](mailto:kontakt@forum-bz.de)

🌐 www.forum-bz.de

💡 Childcare available during the course.

VHS (Volkshochschule) Mülheim

📍 Aktienstraße 45, 45473 MH

👤 Carmen Plumanns 👤 Frau Dau

☎️ [+49 \(0\) 2084555928](tel:+4902084555928)



[+49 \(0\) 2084554314](tel:+4902084554314)

✉️ @Kerstin.Dau@muelheim-ruhr.de

🌐 <https://vhs.muelheim-ruhr.de>

EOK - Initial orientation courses

Contents

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

Target group

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

Scope and costs

A course comprises 300 lessons of 45 minutes each. Initial orientation courses are free of charge.

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

Provider

Malteser Hilfsdienst e.V.

👤 Heike Karnath

✉️ H_eike.Karnath@malteser.org @ Erstorientierungskurse.NRW@malteser.org

🌐 [More information](#)

💡 You can find an overview of courses in your area in the BAMF Navigator 🌐 [here](#).

Learn German yourself

You can learn German on your smartphone or computer. There are many free programmes to help you learn German. This way you can make good use of the waiting time for a language course. These offers can also be useful during a language course.

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

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

🌐 [Mein Deutschbuch](#): Comprehensive offer for learning the German language. The website is aimed at learners and teachers, A1-B2.

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

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

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

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

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

Language meetings - Practise speaking German

International women's café

A meeting place for women, especially those with a refugee background. Would you like to make new contacts with other women in a safe and familiar environment? Are you interested in discussing everyday topics over coffee and snacks, playing games together, going on outings and celebrating?

📅 Every second Friday from 3 to 5 pm

📍 [Four.centre](#)

Leineweberstraße 15-17, 45468 Mülheim

💡 No registration required!

For more information and exact dates, you can call "Plan B".

☎ [+49 \(0\) 20884844971](#)

☎ [+49 \(0\) 20884844972](#)

MUT-Café

Regular language cafés in your area. "MUT" (MUT - mitmachen und trauen) is a low-threshold language programme. Adults are encouraged to learn German. They can improve their language skills. No prior knowledge is necessary. Interested people meet weekly in the MUT

cafés. They exchange ideas and learn German. In addition to learning together, there is support with everyday issues and joint activities. The topics covered in the MUT cafés are diverse: health, creativity, education, upbringing, planning for the future, career prospects and much more.

MUT Cafés weekly programme: 🌐 [here](#)

Further information: 🌐 [here](#)

💡 The programme is free of charge. You don't need to register. Just drop in!

👤 The dedicated instructors have an international family history themselves and take the individual needs of the women into account.

👥 The cafés are currently only for women. For young men, there are offers from [flow](#) or the [language café at Styrumer Treff](#).

If you have any questions about the MUT programme, please contact the coordinator:

👤 Giulietta Zeh
Municipal Integration Centre
📍 Heinrich-Melzer-Straße 1
45468 Mülheim an der Ruhr
☎ [+49 \(0\) 2084554775](tel:+4902084554775)
@G [juliett a.Zeh@muelheim-ruhr.de](mailto:juliett.a.Zeh@muelheim-ruhr.de)

FLOW - for young men

The FLOW project is aimed at young men aged between 18 and 27. FLOW means: leisure, learning, orientation and knowledge.

Offers:

- open meetings
- Language courses and workshops
- Workshops on professional skills
- Support with the job search
- Workshops on social skills
- Sports and cultural activities

Further information and dates:

👤 M. Kaya
☎ [+49 \(0\) 20884844974](tel:+49020884844974) or [+49 \(0\) 1736531563](tel:+490201736531563)
@f low@plamb-ruhr.de
🌐 [Flyer multilingual](#)

Language café at Styrumer Treff

🕒 When? Every Wednesday from 15:00 - 18:00 and every Thursday from 17:00 - 20:15

👥 For whom? Anyone who wants to chat, laugh and learn German!

The language café is a free, non-binding programme run by DenkArbeit.Ruhr gGmbH. In a cosy atmosphere over coffee and tea, topics are discussed that visitors would like to find out more about. Registration is not necessary. Just drop in!

Learn German

People with and without German as their mother tongue meet at the language café and learn from each other. Just chat away or do concrete (German) exercises: A lot of (German) is spoken here.

Get to know people

There's a lot going on here: people who have lived in Mülheim for a long time and people who are new to the area come together in the language café. Ideal for making new friends.

Enjoying being together

The visitors turn the meeting at the language café into a sociable get-together. Water, tea and coffee are provided - visitors are welcome to bring food and sweets. This makes the exchange even more cosy.

That's what we talk about:

- Living in Germany
- Working in Germany
- Kindergarten, school, training and studying
- Rights and obligations of employees and employers
- Political education
- Environmental protection
- Health and sport
- Learning language(s)
- Traditions and festivals
- Food and drink, e.g. cooking together
- Activities in the Styrum and Mülheim neighbourhoods
- ... and much more!

Do you have any questions or would you like to find out more about the language café? Your contact person Mrs Jenny Janßen will be happy to help you!

☎ [+49 \(0\) 15901783993](tel:+49015901783993)

@ j.janssen@denkarbeit.ruhr

🌐 [Website](#)

📍 Styrumer Treff

Rosenkamp 3

45476 Mülheim an der Ruhr

Language levels

There are different language levels. In the language and integration courses, the levels according to the Common European Framework of Reference for Languages are used:

Language level **A**: elementary language use

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

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

A more precise distinction is usually made:

A1: Beginners

A2: Basic knowledge

B1: Advanced language use

B2: Independent language use

C1: Specialised use of the language

C2: Almost native speaker level

There are also further differentiations within these levels (A1/1, A1/2, A2/1, A2/2, etc.)

The six levels mean the following in detail:

A1: Beginner

You can understand and use simple words and sentences.

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

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

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

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

A2: Basic knowledge

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

You can communicate in simple, everyday situations. You can describe your background, education and environment.

B1: Advanced use of language

You can understand a lot, for example when it comes to work, school or leisure. You can make yourself understood when travelling. You can talk about familiar topics and personal interests.

You can talk about experiences and events. They can describe dreams, hopes and goals. You can give brief reasons or explanations for plans and opinions.

B2: Independent use of language

You can understand the most important content of complex texts on concrete and abstract topics. You can also understand specialised discussions in your field of specialisation.

You can communicate spontaneously and fluently. A normal conversation with native speakers is possible without much effort on either side. You can express yourself clearly and in detail on many different topics. You can explain a point of view on a topical issue. You can state the advantages and disadvantages of various options.

C1: Specialised language skills

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

C2: (Almost) native speaker level

You can understand practically everything you read or hear with ease.

You can summarise information from different written and oral sources. You can give reasons and explanations in a coherent presentation. You can express yourself spontaneously, very fluently and precisely. You can also make finer nuances of meaning clear in more complex situations.

Do I need a certificate?

In the situations explained below, you either need a certificate confirming your German language level or it is very much recommended.

Application for an apprenticeship or job

A certificate confirming your German language level improves your chances of getting an apprenticeship placement or job. You can stand out better compared with other applicants if you have a certificate.

Vocational further education or qualification

You often need a specific German language level to take part in vocational qualification courses. Often you need to prove this with a certificate.

Access to studying at higher-education colleges and universities

You can prove sufficient German language proficiency to undertake a course at a higher-education college or a university with one of these certificates:

- German Language Diploma of the [Standing Conference of the Ministers of Education and Cultural Affairs](#) (second ability level)
- [DSH2](#)
- [TestDaf](#), ability level 4 in all 4 subsections.
- Assessment test (= attendance of the Studienkolleg / preparatory college. No further tests necessary)
- Certificates that are recognised by bilateral agreement or other agreements recognised by the Kultusministerkonferenz (Standing Conference of the Ministers of Education and Cultural Affairs, KMK) or the Hochschulrektorenkonferenz (German Rectors' Conference, HRK)
- [Goethe Institute](#) examinations at level C1 or C2
['telc Deutsch C1 Hochschule'](#)
- Completed German language and literature studies (not education studies)
- Leaving certificate at Gymnasium, Studienkolleg, Fachhochschule or Hochschule level

For an unlimited residence permit (Niederlassungserlaubnis / settlement permit)

For a Niederlassungserlaubnis (settlement permit) you have to prove sufficient knowledge of German. This is possible with the certificate after successful participation in the 'German test for migrants' (DTZ) integration course. A German school-leaving qualification can also serve as a certificate of German competency.

For naturalisation (getting German citizenship)

In addition to a certificate proving sufficient German language knowledge, you also have to prove knowledge about the legal and societal rules as well as the way of life in Germany. This could be the 'Life in Germany' test, for example. This test is the final qualification of the orientation course (a part of the integration course).

Children, youth and family

Basic information on children, youth and family

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and continues until the child reaches the age of 18.

The state and the city of Mülheim an der Ruhr therefore offer a wide range of services for pregnant women, families and young people.

It is also the task of the state and the authorities to protect children - in an emergency, even from their parents. In Germany, for example, it is forbidden to beat children. Raising children must not involve the use of violence.

However, the state always wants to support parents so that they can be there for their children and the children can grow up happily in their family.

Parents often need help in bringing up their children. If the family is in a difficult life situation, for example if they have migrated to a new country, this is a great burden and very difficult for the families. So don't be afraid or ashamed to ask for help from the authorities or youth welfare centres. There are many services that can make everyday life and living together as a family easier.

The education of children is also a very important issue for the state. From the age of one, every child has the right to developmental support in a [day care centre](#) or in a [day care centre](#). Every child must go to school. The [initial counselling and school placement](#) service will help you find a school for your child.

Become a parent

Pregnancy and birth

Pregnancy and birth

Pregnant women in Germany enjoy special protection. They are allowed to seek counselling. You will be cared for by a doctor. And the state will support you with new purchases for the child. If you are pregnant, you must first go to a gynaecologist (gynaecologist). Have the check-ups carried out there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy. It also contains information about your health. And that of your child. Always take your maternity record with you in case of emergencies.

Midwife

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

 [Midwife shop in Mülheim](#)


 [Find a midwife](#)


Delivery and aftercare

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there for a midwife or a maternity nurse for aftercare. You will receive a birth certificate from the clinic.


Notification to the registry office

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

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

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

Paediatricians

There are ten early detection examinations (U1-U9 and J1). This means that your child will be examined regularly until the age of 6. The paediatrician monitors your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. 

[Paediatricians in Mülheim](#)

Early help


Help & advice for pregnant women and parents with children up to the age of 3.


Life with a child brings a lot of joy. But it also brings many changes. Parents can sometimes reach their limits. Early help is available to support them.


Do you feel that everything is too much for you? Are you unsure about how to bring up your child? Are you worried that you won't be able to look after your child properly? Then don't be afraid to seek support. Nobody is able to cope with everything on their own.


Early help is a free service for families with children up to the age of three, from pregnancy onwards. It includes practical help, counselling, mediation and support. Early help is aimed in particular at families who feel overwhelmed in everyday life with a child and would like

support. Parents can receive these services without having to apply.

You can find an overview of the services offered in Mülheim as part of the Early Help Network [at](#) .

Family midwives provide support in midwives' shops and during home visits.  [Further information](#).


"What is early help?"  [Video](#) in German, Arabic, English, French, Russian and Turkish

 The services are free of charge.

Contact person:

 Jennifer Jaque-Rodney

Coordinator of the Early Help Network

 Wallstraße 5, 45468 Mülheim an der Ruhr

 [+49 \(0\) 2084551500](tel:+49(0)2084551500)

[@jennifer.jaque-rodney@muehlheim-ruhr.de](mailto:jennifer.jaque-rodney@muehlheim-ruhr.de)

Childcare

Child day care

In Germany, there are two public options for childcare. Either in child day care or in a day care centre (also: day care centre or kindergarten).


Child day care

Play and learn with other children in a small group. Safe and regular care from a well-qualified childminder. That is child day care. Children feel at home here.

The care provided by a childminder is called child day care. One difference to a day care centre is the size of the group. The groups are larger in a kindergarten. In day care centres, up to 5 children are looked after. Almost all children over the age of 3 go to daycare centres. Children want to play. They want to learn and grow. While playing, children learn everything they need for later life. By interacting with other children and through the carer, the children learn German easily.

Flyers with further information in different languages can be found at  [here](#).


You can find a video with further information in different languages at  [here](#).

What do child day care centres look like here in Mülheim? Two centres introduce themselves in the video:  [Wirbelwinde](#)  [play of colours](#)

Kita (day care centre)

Almost all children over the age of 3 go to Kita (day care centre, kindergarten). Click here for the Kita [\(day care centre\)](#) section.

Costs

You must pay a certain amount each month for the care of your children in a day care centre or day nursery.  If you have no income or only a low income, you are probably exempt from this contribution. You can obtain further information from the service centre.

Registration

There is a counselling service in Mülheim for all aspects of child day care and for finding child day care places.

📍 Amt für Kinder, Jugend und Schule

Servicestelle für Betreuungsangebote

Am Rathaus 1, 45468 Mülheim an der Ruhr

Historisches Rathaus: Zimmer B 02 / B 03

☎ +49 (0) 2084554525

✉ @Servicestelle.Betreuungsangebote@muelheim-ruhr.de

🌐 <https://www.muelheim-ruhr.de/kindertagespflege>

Kita (day care centre)

In Germany, there are two public options for childcare. Either in a day care centre or in a day nursery (also: day care centre or kindergarten).

Kita (Day care centre)

Children aged 0-6 years are cared for in a day care centre. There are around 89 daycare centres spread across the city of Mülheim, run by different organisations, with different care focuses, age groups and care times. Find out more about the respective daycare centre.

It is important to enrol your child in a daycare centre. At the daycare centre, the child learns to resolve conflicts and to find their way in different situations with other children. The child's language skills improve. The children talk and play together a lot. Here, the children can gain their first experience of the German language and learn and discover new things every day.

The daycare centres offer a wide range of activities that promote the children's individual development. They play, laugh, do gymnastics, sing and much more together in the daycare centres. By socialising with other children, the children learn to be considerate, assert themselves against their peers and train their language skills. At the same time, the children are optimally prepared for school.

💡 A new kindergarten year begins every year in August, when many children have moved on to school. The free places in the kindergarten are then allocated to new children.

Child day care

For very young children, it can sometimes be better to go to a childminder. There, a childminder looks after the children in small groups of a maximum of 5 children. Click here for the section on [child day care](#).

Costs

You must pay a certain amount each month for the care of your children in day care or a day care centre. 💡 If you have no income or only a low income, you are probably exempt from this contribution. You will receive further information during the admission interview with your daycare centre.


Contact for questions

@kinderbetreuung@muelheim-ruhr.de

+49 (0) 2084554555

Enrolment

 [Here](#) you will find an overview of all daycare centres.


 You can enrol your child [online](#). Enrolment is possible throughout the year. For a place next year, it is best to register your child online by November. You can find instructions for the online portal here:

[D Klick-Hilfe Kita-Anmeldung web.pdf](#)

[ENG Klick-Hilfe Kita-Anmeldung web.pdf](#)



[ARA Klick-Hilfe Kita-Anmeldung web.pdf](#)

[UKR Klick-Hilfe Kita-Anmeldung web.pdf](#)


 Further languages will follow.

Multilingual families


Learning language

Children learn through play. The German language and the mother tongue are important for children. In the chapter  [Offers for multilingual families](#) you will find various offers. These programmes encourage the children. Families take part in a friendly atmosphere. You can get a small insight in this  [video](#).


Reading to children

Here you can find  [reading stories](#) for children and parents. Even more reading material is available in the city library in the MedienHaus. And in the libraries in the city districts. The library staff will be happy to help you choose.

Delfin 4 language test

Your child does not go to a daycare centre (kindergarten) or a childminder? In Germany, these children take the "Delfin 4" language test at the age of 4. Information on this test (in Arabic, English, Farsi, Romanian, Russian, Turkish and Ukrainian) can be found here  [Flyer](#).

MH/0/25

 On the website MH025.de you will find offers for families, children and young people. For example in the category "Language".

School for children from 6 to 18 years

General information about the school


Compulsory school attendance

All children in Germany have the opportunity and the right to attend school. School attendance is compulsory in Germany. This means that all children in Germany must attend school from the age of 6. The parents and carers of the children have a duty to ensure that the children attend school regularly.

Compulsory schooling lasts twelve years, of which nine years are full-time (general compulsory schooling) and three years are part-time (compulsory vocational schooling). If young people are not in vocational training and also attend other schools, compulsory schooling lasts ten years. Compulsory schooling ends at the age of 18 if there is no training contract.

Parents often receive written information from the school that their children bring home. It is important that you read this information.

Registering for a school

When your child becomes of school age, you will receive a written request from the city of Mülheim to register your child for primary school. You can find more information on the enrolment process [at](#)  [here](#).

However, if you are immigrating to Germany from abroad and your child is already a little older and has probably already attended school abroad, then the situation is slightly different. In this case, you must register with the Municipal Integration Centre (KI) for a lateral entry consultation. This lateral entry counselling includes initial school counselling and the placement of a school place.

You can find more information and contact details under [Initial counselling and school placement](#).

Recognition of foreign school qualifications

The recognition of academic achievements gained abroad is limited to the recognition of school-leaving qualifications. You can find more information on this in the chapter Recognition of foreign educational qualifications.

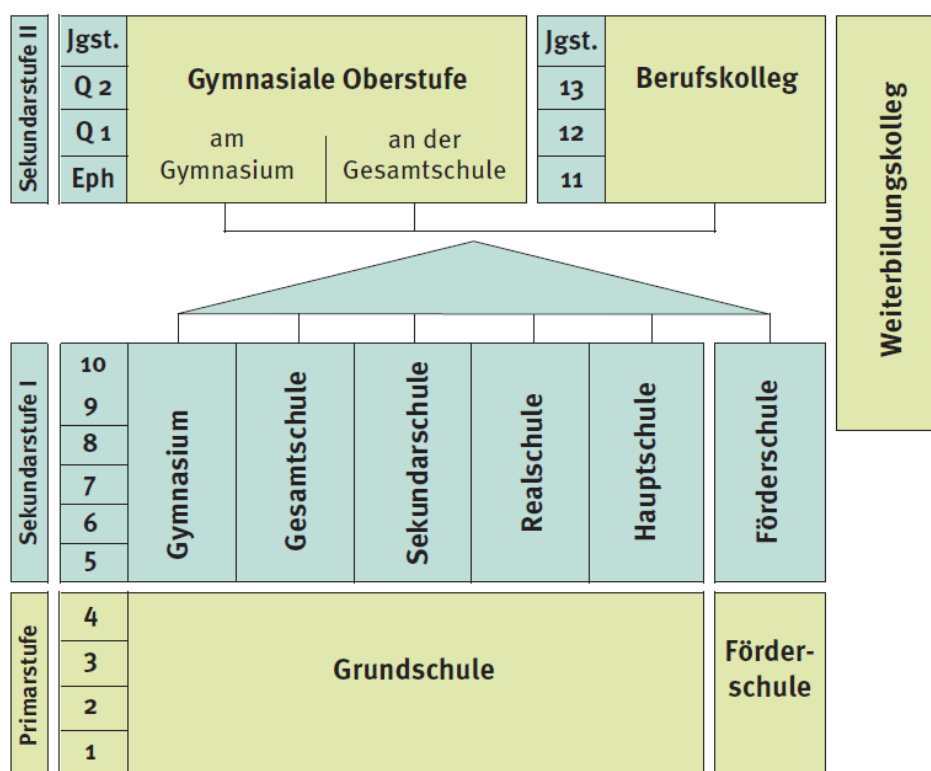
Notification of illness

If your child is ill, please inform the secretary's office of the respective school immediately in the morning. As a rule, it is fine if you report your child's illness yourself. You give a handwritten sick note for the next school day. If the school requires a doctor's certificate, the teacher will ask you for one directly.

School system in North Rhine-Westphalia

There are many different schools in Germany. The school system in Germany is complex. Each federal state has its own rules.

Das Schulsystem in Nordrhein-Westfalen



Primary school (Grundschule)

All children go to primary school first. This is for grades 1 to 4, where they learn to read, write and do maths. They also learn how to get on well with each other.

Secondary school (Realschule)

After primary school, some children can go to secondary school. This is grades 5 to 10, where they learn things they need for a career. They can later do an apprenticeship or continue at school.

Grammar school (Gymnasium)


Other children go to grammar school after primary school. The grammar school lasts longer and prepares students for a demanding vocational training programme or for studying at a college/university.

Vocational college (Berufskolleg)

If someone wants to learn more about a profession after school, they can go to a vocational college. There you learn a lot of practical things and can also catch up on school-leaving qualifications.


There are also films and information in many languages that explain everything.


 [Where to go after primary school?](#)

 [Flyer on the NRW school system](#) (in Arabic, Bulgarian, English, French, Greek, Polish, Romanian, Russian, Spanish, Turkish and Ukrainian)

Initial counselling and placement at school



Are you new to Germany? Your child needs a place at school. You will receive initial counselling here. A school place for children and young people is arranged here. The consultation takes place at the Municipal Integration Centre (KI). Parents come to the KI with their school-age child for a personal consultation.

 Counselling is free of charge. The staff can provide counselling in German, English, Bosnian, Romanian and Turkish. Interpreters can be called in for other languages.

 Please send us an e-mail. Gladly also in your family language.

 Kommunales Integrationszentrum

Heinrich-Melzer-Str.1, 45468 Mülheim an der Ruhr

 Frau Zeh  Frau Kesici  Frau Brinker

 +49 (0) 2084554775  +49 (0) 2084554788  0208/4554569

 [@giuletta.zeh@muehlheim-ruhr.de](mailto:giuletta.zeh@muehlheim-ruhr.de)  [@eda.kesici@muehlheim-ruhr.de](mailto:eda.kesici@muehlheim-ruhr.de)  [@Kira.Brinker@muehlheim-ruhr.de](mailto:Kira.Brinker@muehlheim-ruhr.de)

 Consultation hours: Mondays 9:00 to 11:00, Tuesdays 14:00 to 16:00, Wednesdays 9:00 to 11:00, Thursdays 9:00 to 11:00 and Fridays by prior appointment.

Keywords: lateral entry counselling, lateral entry counselling, lateral entry counselling

Help for families

KSD - Municipal Social Service

Do you need help or support?

The Municipal Social Service (KSD) helps families and children. It supports parents in taking good care of their children. The KSD provides services designed to make life easier for families. The aim is to ensure that children and families can live together happily and safely.

What does the KSD do?

- It provides information and counsels families.
- It helps young people who have problems.
- It wants all children and families to grow up in a friendly environment.

Who can go to the KSD?

- Anyone can contact the KSD.
- Are you a child or young person with a problem? The KSD is there for you.
- Anyone who is worried about a child or young person.

- Parents.
- If you are in a difficult situation, you can contact the KSD.

KSD helps with many issues:


- Problems in the family or with friends.
- Foster families and adoption.
- When young people come into conflict with the law.
- Help for young adults who need support.
- Counselling for pregnancies.
- Family visit service

Contact Us

 [Our website](#)


Here you will find contact persons for each **district**:

City centre/ Eppinghofen


 Fabian Ott

 [+49 \(0\) 2084555155](tel:+49(0)2084555155)

 [@fabian.ott@muelheim-ruhr.de](mailto:fabian.ott@muelheim-ruhr.de)


 Ruhrstraße 1, 45468 Mülheim

Heißen/ Heimerterde/ Fulerum/ Raadt

 Janina Hölscher

 [+49 \(0\) 2084555021](tel:+49(0)2084555021)

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 Ruhrstraße 1, 45468 Mülheim

Styrum

 Alexandra Denz

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 Kaiser-Wilhelm-Straße 27, 45476

Dümpten/ Winkhausen

 Veronika Kluger


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 [@Veronika.Kluger@muelheim-ruhr.de](mailto:Veronika.Kluger@muelheim-ruhr.de)


 Ruhrstraße 1, 45468 Mülheim

Speldorf/ Broich/ Saarn/ Selbeck/ Mintard

 Meike Rubbert

 [+49 \(0\) 2084555157](tel:+49(0)2084555157)

 [@Meike.Rubbert@muelheim-ruhr.de](mailto:Meike.Rubbert@muelheim-ruhr.de)

 Bülowstraße 104-110, 45479 Mülheim

Educational counselling centres

"There's something wrong in our family. Who can help us?"

"I'm worried about my child's development!"

"My child can't hear!"

"My parents are always arguing ..."

Do you often have these or similar questions? Perhaps a counselling centre can help you.

Topics

- Social problems, aggressive behaviour and abnormalities in the child's development
- Separation of the parents
- Parents are unsure or disagree on parenting issues
- The family is in crisis
- ...

For whom?

- Families
- parents
- Single parents
- Children and young people
- Young adults (up to 27 years)
- Educational professionals

Do you have questions about parenting and family life? Counselling centres support and advise you. There are general, educational and psychological services. The services are aimed at parents and carers. They are also aimed at children, teenagers and young adults.

Counselling provides support for problems and crises. For example, when experiencing violence, social withdrawal or sexual abuse. It also offers guidance and counselling on issues relating to separation and divorce.

💡 Counselling is free of charge. The counselling is independent of religion and nationality. Counselling is anonymous. Counselling is voluntary. Counselling is available promptly.

In Mülheim there are educational counselling centres run by various organisations. Church organisations, the AWO (Workers' Welfare Association) or the municipal office offer counselling and support. You can find out more and get in touch here:

 [AWO youth and family counselling centre](#)

 [Caritas counselling centre](#)

 [Protestant counselling centre](#)

 [Deaconry](#)

Early support

Are you worried about your child's development? Other children of the same age are developing faster? You may notice:

- Your child finds it difficult to walk, jump or keep their balance.
- The child has difficulty playing in the playground. They often argue with other children.
- There are problems learning your language.

Maybe your child needs a little support to help them learn and develop better. This is called early intervention.

💡 Talk to your paediatrician. They can help and prescribe early intervention. This will give your child the support they need to get off to a good start at school.

What is early intervention?

Early intervention helps children who need more support - from birth to school. The programme is for children who have a disability or who develop more slowly than other children.

What is done?

- Children can learn to speak or learn to move (crawl, walk, climb).
- There are therapies such as remedial education, physiotherapy, occupational therapy and speech therapy.
- Specialists such as doctors and therapists help with this.

👥 The team consists of specialists in medicine, curative education, physiotherapy, occupational therapy, speech therapy and psychology.

📺 Get an insight here: [Video](#).

💡 In order to take advantage of the service, the paediatrician must issue a prescription for IFF (Interdisciplinary Early Intervention) diagnostics.

📍 Interdisziplinäres Frühförderzentrum
Heinrich-Melzer-Straße 1, 45468 Mülheim

👤 Sekretariat, Frau Bianca Woschei

☎️ [+49 \(0\) 2084555388](#)

📞 Available by telephone Monday to Thursday from 8.00 to 12.30 a.m.

Contact point for single parents

Suddenly becoming a single parent means a reorientation in everyday life. This means many questions, sometimes also fears and problems. It is not always easy. Work and financial commitments, caring for and bringing up children and many everyday worries can be overwhelming.

We offer you a simple and free initial consultation! We can advise you on all issues relating to single parenthood. We will inform you about help and support options. We will put you in touch with the right organisations. You can talk to us about what's on your mind. Together we will look for possible solutions.

👥 The counselling is aimed at single and separated parents in Mülheim, mothers and fathers who are (or will be) single parents, pregnant women who will be single parents and relatives.
💡 We provide information, advice and networking.

🕒 Open consultation hours (without appointment): Tuesday and Thursday from 10 am to 12 noon. And individually by telephone appointment!

📍 Contact point for single parents
Löhberg 72, 1st floor
45468 Mülheim an der Ruhr
☎️ [+49 \(0\) 2084551547](tel:+492084551547) ☎️ [+49 \(0\) 2084551548](tel:+492084551548)
✉️ [lleiner ziehend@muehlheim-ruhr.de](mailto:lleiner@ziehend@muehlheim-ruhr.de)
📖 [Guide for single parents](#)

Financial benefits Family

Parental allowance

Some parents work less after the birth of their child. Some no longer want to work as much. Others can no longer work as much. They can then receive money from the government. Parents who live separately can also claim parental allowance. They can apply for parental allowance if they have a settlement permit or residence permit in Germany. You can find more detailed information [at](#) 🌐 [here](#) (in German, English, Turkish and Russian).

You can apply for parental allowance at the Office for Social Affairs and Housing of the **City of Essen**. Further information, forms and contact details can be found 🌐 [here](#).

Child benefit

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

You can find the application form and explanations on child benefit [online](#) in 15 languages [at](#) 🌐 . Submit it to the Familienkasse Nordrhein Westfalen Nord. 🌐 [Contact details](#).

Package for education and participation (BuT)

The package for education and participation (BuT) supports children, adolescents and young adults from families who receive SGB II, SGB XII, housing benefit, child supplement or benefits under the Asylum Seekers Benefits Act (AsylbLG).

You can apply for support for

- one-day excursions to school and kindergarten
- school trips lasting several days
- personal school supplies
- school transport
- learning support (= tutoring)
- Lunch subsidy
- Participation in social and cultural life

📍 Social agency of the city of Mülheim an der Ruhr (job centre)

Easy Tower reception

Eppinghofer Straße 50, 45468 Mülheim an der Ruhr

☎ [+49 \(0\) 2084552900](tel:+492084552900)

@ ildungs_paket@muelheim-ruhr.de

💡 Please make an appointment before your visit.

🌐 You can find more information about the education and participation package [here](#).

Unaccompanied refugee minors

Is a refugee under the age of 18? Have they travelled to Germany unaccompanied? Then they are classed as an unaccompanied minor foreigner = umA. These young people are reported to the youth welfare office. The youth welfare office talks to the young person. The Youth Welfare Office establishes their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The Youth Welfare Office takes the person to a youth shelter.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

💡 The Youth Welfare Office will bring an interpreter to the interview.

💡 You are not yet 18 years old on your proof of arrival? The Youth Welfare Office gives you a rejection notice? Then the Youth Welfare Office must enter a new date of birth on the notification. Only then can you have your documents changed at the Immigration Office and the Social Welfare Office.

Some minors (persons under the age of 18) travel **with relatives**. This could be an uncle or aunt. They could be cousins or older siblings. Your accommodation provider will report this to the Youth Welfare Office after your arrival. The Youth Welfare Office will speak to the minor and the adult relatives. The Youth Welfare Office will check whether the minor can stay there. The Youth Welfare Office will also decide whether a guardian should be appointed. The youth welfare office itself brings an interpreter to the interview.

💡 The adult relatives can also apply to the family court for guardianship themselves. The guardianship gives the relative full responsibility for the minor instead of the parents.

Everyday life

Living

Rent and rental agreement

You have found a flat. Congratulations. You are renting this flat from a person. This person is your landlord or landlady. You sign a contract with this person. The contract says that you are allowed to live in the flat. It is called a tenancy agreement. The tenancy agreement regulates the rights and obligations. You have rights and obligations. And your landlord or landlady has rights and obligations. For example, you have to pay money every month. This is the rent. Your landlord or landlady must leave the flat to you. He or she must also take care of repairs to the flat.

The tenancy agreement is an important document. It states the price of the flat. It also states whether you are allowed to smoke or do laundry in the flat. Everything is set out in writing in the contract. Don't understand something in the contract? Ask about it. It's best to do this before you sign the contract.

The rent consists of the net rent and the service charges. You also pay the service charges every month. This is how you pay running costs. These include the cleaning of the stairwell or the garden labourer. You also pay for rubbish collection. These service charges are shared by all residents of the building. People with larger flats pay more.

Only you have a key to your flat. Take good care of your key. Have you lost the key? Then a locksmith will have to come. A locksmith can be expensive. Sometimes the landlord or landlady needs access to your home. Sometimes other people also need access to your home. You must be informed of the visit. This is often done by post or telephone. This may be particularly necessary if a tradesperson needs to enter your home. They want to repair something in your home. Or the municipal utilities or your energy supplier need to read how much water or electricity you have used.

Do you want to give notice?

Germany protects tenants and landlords. You can't simply give notice overnight. You must give your landlord or landlady at least three months' notice. Always give notice of cancellation in writing. Have your cancellation confirmed. Do you need help? Then ask a helper. The tenants' association can also help. But you will have to pay money.

House rules

In cities, several people often live in one house. Rules are needed so that they can live well together. These rules are laid down in the house rules. Quiet hours are particularly important in Germany. Have a look at your house rules to see what time of day it has to be quiet. This is often the whole of Sunday. On other days, this is often from 10 pm. Make sure you are not too loud. Are people in the neighbourhood too loud? Then speak to them. Ask them to turn down the music or television.

Housing benefit and WBS

Housing benefit

You earn little money. Everyone in your household earns little money. Under certain conditions, you are also entitled to housing benefit. You and your family receive basic income support from the state. In this case, you do not normally need to apply for housing benefit.

Would you like to apply for housing benefit? You fill in an application form. You submit documents. These documents are: a rental certificate from the landlord, your rental agreement, proof of income.

Team Wohngeld

📍 Ruhrstr. 1

45468 Mülheim an der Ruhr

🌐 [Website](#)

✉️ @wohngeld@muelheim-ruhr.de

👤 Frau Fuchs ☎️ [+49 \(0\) 2084555945](tel:+49(0)2084555945)

Housing entitlement certificate (WBS)

You earn little money. Everyone in your household earns little money. Then you may be able to get a subsidised flat. To do this, you need a certificate of eligibility for subsidised housing (WBS).

You apply for a housing entitlement certificate in the city where you are registered.

You have a notice of recognition from the Federal Office for Migration and Refugees (BAMF). Then you can generally obtain a WBS. If you have a residence permit for at least 1 year and have your own (low) income, you could get a WBS.

Zentrale Wohnungsfachstelle

👤 Herr Kalla

📍 Ruhrstraße 1

45468 Mülheim an der Ruhr

🌐 [Website](#)

✉️ @wohnungsfachstelle@muelheim-ruhr.de

☎️ [0208/4556425](tel:0208/4556425)

📅 Please make an appointment.

Waste separation and deposit



Waste separation means that different types of waste are collected and recycled separately. In Germany, waste separation starts directly with the consumer. This means that every household has to sort its own waste and throw it into different bins and containers. The majority of waste in Germany is recycled and composted, which conserves resources and protects the environment. Basically, avoiding waste is still the easiest way to do something about the growing mountains of rubbish.

If you throw something in the wrong bin, the employees or sorting facilities at the recycling centres have to sort it again. If we all sort correctly, we can avoid this effort, reduce costs and do something for the environment.


When are your bins emptied? You can find the dates in the calendar. 🌐 [Waste calendar](#)

Bulky waste

Have you cleared out your home? Do you want to get rid of bulky items such as old furniture, scrap metal or electrical appliances? No problem: register your bulky waste. The registered items will be collected. You place the bulky waste at the roadside the day before in a safe place.



 [Information flyer](#) ( in nine different languages!)

 [Bulky waste registration](#)

 [+49 \(0\) 208996600](#)

What goes in which bin?

The waste bins in Germany have different colours. The colours show you which waste is allowed in which bin. In large cities, the bins are often located right next to the house. In the countryside, you may have to drive to a recycling centre to find all the bins. Or you may have to wait for the next collection date for certain rubbish. In the meantime, you can store the rubbish in your garage or cellar, for example. You can find out when which waste is collected in the so-called "waste calendar", which you can find in your letterbox every year or collect from the town hall.

 Only certain rubbish may be thrown into each bin! All information at a glance:  [Flyer](#)

Anything still unclear? If you have any questions, please contact the waste consultants.

 [+49 \(0\) 208996600](#) @ buergerservice@mheg.de

Do I have to separate my waste?

Yes, waste separation is mandatory in Germany. Everyone must separate their waste correctly and put it in the right bins. If you do not adhere to the rules on waste separation, your landlord or landlady can give you a warning. If you do not change your behaviour, you may even lose your flat. Your landlord or landlady will also charge you for the costs incurred as a result of incorrect waste separation. If you own your own home, incorrect waste separation will increase your waste disposal bill. Incorrect waste separation is also an offence. If you are caught, you will have to pay a fine. If you repeatedly fail to separate waste or separate it incorrectly, this fine can even amount to several hundred or thousand euros.

What do I need to know about "deposits"?

In Germany, there is a so-called "deposit obligation" for certain beverage containers. If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you later return them empty to the empties collection point in a supermarket (usually a vending machine), you get this money back. This is called a "deposit". There are two different types of these special bottles:

On **disposable bottles** (which are recycled) you will find a square sign with a can and a bottle surrounded by an arrow. This is the logo of Deutsche Pfand-System GmbH. You will receive a 25 cent deposit back on bottles or cans with this symbol.

On **returnable bottles** (which are washed and refilled) you will either find no labelling at all, a "blue angel" or the words "returnable (bottle)", "returnable bottle" or "deposit bottle". You get a 15 cent deposit back for returnable bottles. For beer bottles it is 8 cents.

 Beverage cartons are deposit-free.

💡 If you don't have the time or inclination to return your returnable bottles yourself, you can also place them in a clearly visible place next to a rubbish bin on the street. There are many people in Germany who collect these bottles to earn a little extra money.

Energy and environment

You need gas and electricity for your home. You use these to operate various appliances. You probably cook with electricity or gas. Your washing machine also needs electricity. And your mobile phone anyway. Some appliances consume more than others. That's why you should always pay attention to energy consumption when buying a new appliance. Many appliances draw power in standby mode even though they are actually switched off. The best antidote is a switchable power strip. With just one click, several appliances can be disconnected from the power supply.

In many houses, the heating works with gas. You often pay your supplier monthly in advance. Then the bill is recalculated once a year. Sometimes you have to pay extra. Sometimes you get money back. If electricity and gas are expensive, it's worth saving money every month. Then you will have enough money if you have to pay extra.

💡 If you use energy sparingly, you will save money. It's also good for the environment. You can also read about how to heat, ventilate and save energy properly [here](#).

You mainly need water in the bathroom. But also in the kitchen, for cooking and washing up. Saving water pays off in several ways. You will pay less for water, waste water and the energy used to heat the water.

💡 Tips for saving water: Install an energy-saving shower head. Take a shower instead of a bath. Repair dripping taps. Install a flush stop button in the toilet.

You can find more tips and useful information at the [consumer advice centre](#).

Buying new appliances

Always pay attention to the energy label when buying new appliances. This shows you how efficient the new appliance is. The energy label can be found on a wide variety of products. For example, on light bulbs, washing machines, televisions and heaters. Energy efficiency classes and information on product features such as electricity and water consumption or volume make it easy to compare different appliances. Energy-efficient appliances can save several hundred euros per year.

💡 There is an app for the energy label. It helps to compare energy-relevant information on selected products. The app provides further information on the efficient use of appliances. The app is available free of charge in German and English in [Google Play](#) and the [Apple App Store](#).

Broadcasting fees

Independent reporting is very important. Germany has independent radio, television and online programmes. ARD, ZDF and Deutschlandradio offer this. They report free from economic and political influences. Everyone pays money for this. This is called the licence fee.

The law stipulates that a licence fee must be paid for every home in Germany. However, only one person per home has to pay the licence fee. This costs €18.36 per month. The money

must be paid to the ARD, ZDF and Deutschlandradio contribution service. Further information can be found in the following [information sheet](#). Here in [plain language](#). Alternatively on the [broadcasting licence fee website](#). The website is available in several languages.

Some people can be exempted from paying the licence fee. For example, if you receive benefits under the Asylum Seekers' Benefits Act or other social benefits. An application must be submitted for exemption from the licence fee.

You can find the application for exemption [here](#).

Financial matters and contracts

Basic information on contracts

Particularly important: You have not understood something? You can't read the document? Then don't sign anything. A signed contract often obliges you to pay money. It is sometimes very difficult to cancel this. Always check and compare several offers. Take your time to decide. Don't let anyone pressure you into signing a contract.

Insurances

Social insurances

There are five statutory insurances in Germany. You must have these insurances. This social insurance system protects you against unemployment, illness, the need for care, occupational accidents and old age. You are automatically covered by pension, accident, long-term care and unemployment insurance. You do not have a choice there. For health insurance, you can choose from a wide range of health insurance companies. You can find out more [here](#).

Supplementary insurance

There are many other types of insurance in Germany. It is not possible to say in general terms whether an insurance policy makes sense for you. Most of them protect you against financial risks. The [consumer advice centre](#) provides information about these additional insurances. You will also find information on questions relating to insurance. The most important is liability insurance. You should have this in any case.

Liability insurance

Have you caused damage to someone without meaning to? This could be a road traffic accident. Or your child has broken a window pane with a ball. Then you must pay compensation according to the law in Germany. This applies to personal injury, property damage and financial losses in the private sector.

In Germany, you can take out private liability insurance. The insurance pays for these damages for you and your family/children. You can decide for yourself whether you want to take out this insurance. However, we strongly recommend it.

💡 Are you looking for a good offer for personal liability insurance? Ask your help centre. The [consumer advice centre](#) also provides information on this topic.

Mobile phone

The mobile phone market in Germany is very large. There are many providers and many different contracts and costs. There are generally two different mobile phone contracts in Germany: **Prepaid contract** and **fixed-term contract**.

- The prepaid contract has no fixed contract term. You top up your mobile phone with money and can use it to access the Internet or make calls.
- With a fixed-term contract, there is a minimum contract period. This is usually 12 to 24 months. This contract is automatically renewed if you do not cancel it. If you do not want the contract to be renewed automatically, you must cancel in writing. Pay attention to the deadline.

💡 Do not sign any contracts if you do not understand them.

Do you want to sign a contract? Check the conditions carefully beforehand. Ask yourself whether a prepaid contract might suit you better.

With both a fixed-term contract and a prepaid contract, you can choose between three options:

1. With a flat rate, you can make unlimited calls, send text messages and use the Internet up to a certain data volume
2. With an inclusive package, you have a fixed quota of units for making calls and sending text messages and a fixed data volume for using the Internet, for which you pay a fixed price. When your units are used up, you can book additional units or additional data volume. You will usually have to pay more for this. 💡 **Please note:** With many providers, additional data volume is automatically added when your data volume is used up. This additional data volume can cost a lot of money. It is therefore essential that you switch off the automatic rebooking of data volume (data automatic). You can do this via the online customer portal or your provider's hotline. Ask for written confirmation that you have switched off the automatic data volume.
3. You can also pay directly for every call, every text message and every use of the Internet. This is usually more expensive than with a flat rate or an inclusive package, but you only pay for what you actually use. And there are no hidden costs.

Current account

Would you like to pay money via a bank? Then you need a current account. Your money is always available in your current account. Would you like to withdraw money from your account? Or would you like to make cashless payments? Then you need to have enough money in your account. Otherwise you will have to pay interest to the bank.

With a current account you can:


- Make transfers
- Receive cashless payments (payments from public offices / authorities / social benefits are often only transferred to a current account)
- Set up standing orders
- Participate in direct debits


- Cashing cheques, making cashless payments with the EC/Maestro card
- Withdraw cash at the bank counter or at an ATM
- Print out your account statements

Opening an account

Decide which bank you would like to have an account with. Make an appointment to open an account. Please bring one of your legitimisation documents with you. This includes your proof of arrival, residence permit or identity card. If no current address is noted on the legitimisation document, please also bring a registration certificate or a comparable document.

- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.
Always keep your card and PIN code separate!
- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this case, you must ask your bank.
- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

💡 Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month. Compare the services offered by the bank.

💡 If you do not speak German or English, please bring an interpreter with you.

Taxes and tax returns

Taxes are important. They help the state to function. They provide the state with money for public spending. It can be used to build roads. It is used to pay teachers and police officers. It finances many important things.

You pay taxes everywhere. When you go shopping, when you eat out, when you fill up with petrol. That's the **sales tax**. And when you work. That's **income tax**. Are you employed? Then your employer has already deducted your taxes. Are you self-employed? Then you have to pay tax on your income yourself.

Tax identification number

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

💡 Do you need help with your tax return? It is best to contact your local income tax association. If you have further questions, the tax office can also help you.

Mobility

Public transport and bicycle

You can reach many places around your home by public transport. You can also cycle. Exercise is healthy. Cycling is inexpensive. Cycling is also environmentally friendly.

Public transport

To get to your destination in Mülheim an der Ruhr, you can use public transport. These include buses, trams, underground and trains.

💡 Travelling without a ticket will be penalised! You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.

💡 You can buy tickets from a ticket machine. You can also buy tickets online in the Deutsche Bahn app (DB Navigator) or the Ruhrbahn app (ZÄPP). You can also buy tickets at the Customer Centre at Mülheim Hauptbahnhof.

Bicycle

Are you going to be living in Mülheim for a while? Then it's worth buying a bicycle. It's cheaper than travelling by public transport.

💡 Important traffic rules for cyclists (selection):

- Always ride on the right-hand side of the carriageway.
- Do not ride next to each other, but behind each other.
- If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel).
- Children up to the age of 11 may use the footpaths on bicycles.
- It is forbidden to use a mobile phone on a bicycle.

💡 Purchase and repairs: Pay attention when buying. Your bike must be equipped as follows. This means it is roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (2 per wheel)
- Reflectors on the pedals
- Bell
- Two independent brakes

Driving licence and driving a car

A driving licence can be very useful. Especially if you live in a village or a small, remote town. Often there are no public transport connections here. Then a driving licence is helpful. And buying a car is often necessary. Would you like to get a German driving licence? Or do you

already have a driving licence from your home country? And would now like to transfer it? Conversion means that the driving licence is also valid in Germany. We provide you with this information on this page.

Is my driving licence valid in Germany?

Would you like to drive in Germany yourself? Then you need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in Germany. You may only drive in Germany with a driving licence from your home country for the first six months. The six months begin with your first police registration in Germany. You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

Would you like to drive yourself after six months? Then have your driving licence transferred.

If you are only visiting Germany, you may drive with your foreign or international driving licence. You must always have your driving licence with you when you drive.

💡 During your asylum procedure, all your documents will remain with the BAMF. You will normally only get them back once your asylum procedure has been completed. As long as your driving licence is with the BAMF, you are not allowed to drive yourself.

How do I transfer my driving licence?

Contact your local driving licence authority or driving licence office. It can sometimes take a while before you receive an answer. The authority sometimes receives a lot of applications at once. Contact the relevant authority before your six-month driving licence expires. You must go to the driving licence office in person. You will need to present various documents there:

- ID card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or ophthalmologist)
- Confirmation of participation in a first aid course. You can find a course in your area, e.g. at the ASB or the Johanniter.
- Your original foreign driving licence (an international driving licence is not sufficient). As a rule, you must also submit a certified German translation.
- a declaration that your foreign driving licence is still valid.

The driving licence office will then decide whether your driving licence can be converted without a test. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 It is a good idea to attend a driving school before taking the test. Germany has a lot of traffic rules and signs. However, unlike those who are getting their driving licence for the first time, you do not have to take driving lessons.

How can I get a German driving licence?

To get a driving licence for the first time, proceed as follows:

- Register with a driving school. In large cities, there are driving schools with driving instructors who speak Arabic and Persian, for example. You can find driving schools in your area at drivolino.de or fahrschulen.de.
- Take part in a first aid course. You can find a course in your area at the Arbeiter-Samariter-Bund or the Johanniter.
- Have an eye test at an optician or an ophthalmologist. The eye test costs around 7 euros. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be revoked?

If you disregard important traffic rules, you can lose your driving licence. A distinction is made here between a driving ban and the withdrawal of your driving licence.

- If you are banned from driving, you must surrender your driving licence to the fines office for several months. During this time, you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, it loses its validity. This means that you are no longer allowed to drive yourself and may not obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? Have you been driving drunk? Have you collected 8 penalty points? These are reasons to revoke your driving licence.

You receive penalty points for various offences, for example if you drive too fast. Penalty points are also known colloquially as "points in Flensburg".

💡 Have you just obtained your driving licence? Then you are two years into your probationary period. You have broken the traffic rules during the probationary period. Then you have to attend an advanced training seminar. You may also have to undergo psychological counselling. Your probationary period will also be extended by a further two years. You do not take part in the advanced training seminar and the counselling? Then your driving licence will be revoked. Examples of a traffic offence are, for example, driving through red traffic lights, driving at night without lights, drunk driving. Wrong parking is not a traffic offence. In this case, you only have to pay the fine.

Work, training and study

Information on training, work and study

Would you like to work in Germany? Then you need to know: How can I work in Germany? And where can I get help? You can find everything you need to know about work and jobs here: [Access to the labour market](#)

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

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

professions are there?

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

Do you want to study? Then you can find information about [studying](#) here. And you can see which people you can contact.

Navigator educational pathways

School's out and you still don't have a plan for what to do next?

Training, university, vocational college ... so many options and you don't know where to start? Or are you simply curious about the paths you can take with your school-leaving certificate?

Find your way with our educational pathway navigator!

The BIWENAV is an interactive tool that gives you an overview of all possible school qualifications and educational pathways in Mülheim.

Information on alternative routes such as a voluntary social year (FSJ) or a stay abroad is also summarised at a glance.

 [Try it out](#)

Find a job

Labour contract

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work. It states when you work. How much holiday you get. It states how much money you will receive. Both sides - employee and employer - must honour these agreements. The contract becomes legally binding when you sign it. Only sign it once you have fully understood the content.

Types of contract:

Open-ended employment contract

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

Fixed-term employment contract

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

Mini job

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

Labour law:

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

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

Taxes and social security contributions:

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

Tax identification number:

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

National insurance number:

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

Illegal work:

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

Applications and job interviews

Would you like to start an apprenticeship or work in Germany? Then you must apply in writing.

Many companies publish job adverts. Either in the newspaper or on the Internet. The company is therefore looking for new employees. The job advert states what kind of work or training is involved. It also states what expectations the company has of the new employee. You will find information on where and how to apply.

Have you been invited to an interview? Then the company is interested in you. You can introduce yourself at the interview. Please allow enough time for the journey to the appointment. Make sure you arrive on time for the appointment. It is best to prepare in detail for the interview beforehand. You can also gather important information about the company. Visit the website and read through the company's history. Find out about the products or services. Do you want to show your interest in the job? Then ask questions during the appointment. This will show that you have done your research. You show that you are motivated.

An application usually consists of three parts:

Cover letter: In your personal cover letter, you briefly introduce yourself. You explain why you are suitable for the vacancy. For example, describe what experience you have already gained in your home country. Find out more about the company and describe why you would like to work there. Your cover letter should fit on one page. Sign your cover letter. There are many templates and aids on the Internet. It is important that you do not simply copy and paste. Your cover letter must suit you and the position.

Curriculum vitae: The CV lists all your experience. It is structured like a large table. Write from when to when you worked at which company. Write where you completed your training or studies. Write where you went to school and what school-leaving qualification you obtained. You don't have to include a photo in your CV, but many companies like it if you do. You can have your CV created on the [Europass website](#). The site is available in many languages. You enter your details. You write down your experience. At the end you will receive a CV. CVs look different in every country. It is important that you use the format that is used in Germany. You can select this at Europass.

Certificates and supporting documents: It is important that you send copies of your certificates (no originals!). Certificates are your school leaving certificate, your degree and work references from the past. The certificates should be in German or English, otherwise they should be translated. You should also send proof of internships, further training relevant to the job or certificates from your German course.

💡 The job advert will tell you how to apply. Please read it carefully.

In writing: Buy a nice application folder and put your cover letter, CV and certificates in it. Then send the application to the address given in the job advert.

E-mail: Many applications are now sent by e-mail. Combine your cover letter, CV and references into one PDF file and send this as an attachment to the e-mail. In the e-mail, write a short text addressed to the person who will receive your application.

Online: Large companies have their own website where you have to apply. You have to register there with your e-mail address and can then send your application there.

🌐 You can find helpful tips for your application at [Planet Beruf](#).

🌐 [Europass](#) is a multilingual online portal (over 20 languages) that helps migrants to visualise their skills and knowledge. It offers a free online tool to create a language passport or a CV (see above). You can also find important tips for good job applications on Europass.

🌐 At [Bewerbung.net](#), [StepStone](#) and [Lebenslauf2go](#) you can have a CV and cover letter created free of charge. In some cases, you can also import your data from Xing or LinkedIn. It

is also possible to write your own texts in the template or import files.

🔗 You can find information and templates for cover letters at [Bewerbung2go](#), [BewerbungsWissen](#), [Karrierebibel](#)

Language exercises

🔗 On the [VHS learning portal "I want to learn German"](#) and the [Goethe-Institut](#) website ["Deutsch für dich"](#) you will find exercises on the subject of job applications and the world of work in general. This will help you learn about the world of work and improve your German language skills.

Finding work - counselling and help

The following organisations in **Mülheim** will support you in your job search:

Jobcenter

📍 Eppinghofer Str. 50
Empfang Easy Tower
45468 Mülheim
☎ [+49 \(0\) 2084552900](tel:+492084552900)
✉ @jobcenter@muelheim-ruhr.de

Agentur für Arbeit Mülheim an der Ruhr

📍 Kaiserstr. 99
45468 Mülheim
☎ [+49 \(0\) 8004555500](tel:+49208004555500)
☎ [+49 \(0\) 2088506200](tel:+492088506200)
🌐 [Website](#)

Immigration of skilled labour

The basics of skilled labour immigration

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

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

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

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

For employers

Accelerated skilled worker procedure: Employers need power of attorney for skilled workers. That means you can initiate an accelerated skilled worker procedure. You can do this at the responsible Immigration Office (Ausländerbehörde). The company makes an agreement with the Immigration Office. Everyone involved agrees on what employers, the skills workers and the authorities are allowed and required to do. The agreement describes the procedure, including who is involved and deadlines.

💡 The **fees** are 411 euros. There is an additional visa fee of 75 euros. There may be other fees to pay (certified copies, translations).

The Immigration Office advises employers. It provides support so that foreign qualifications of skilled workers can be recognised. The Immigration Office gets approval from the Federal Employment Agency (Bundesagentur für Arbeit). It checks what is required in order for the visa to be granted. The certification bodies only have a certain amount of time to make their decision. The same is true for the Federal Employment Agency.

💡 Have all the **requirements** been met? Then the Immigration Office will issue something called a preliminary approval (Vorabzustimmung). The employer can pass this on to the skilled worker. The skilled worker then books an appointment with the diplomatic mission abroad. At this appointment, they will apply for a visa. At this appointment, the skilled worker must present the original preliminary approval. They must also bring the other documents required for the visa application.

Have you submitted the full **visa application** for the skilled worker? Then the decision will be made within three weeks.

💡 The **family** of the skilled worker can also be taken into account. The application for them must be made at the same time. The family must meet the requirements for family reunification.

For professionals

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

Job search

Entering the labour market:

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

Skilled workers with a university degree:

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

Skilled workers with vocational training:

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

Rules for entry

Entry to seek employment:

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

Stay for qualification measures:

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

Settlement permit for skilled workers from abroad:

Foreign skilled workers can obtain a settlement permit in Germany after just four years. You can find more information [here](#). There are sometimes different conditions for skilled workers and EU Blue Card holders.

For training and studies

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

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

Settlement permit for graduates of vocational training in Germany: The new law means that foreign graduates of vocational training in Germany, just like university graduates, can obtain a settlement permit after just two years.

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

EU Blue Card

The EU Blue Card is a residence permit for academics from outside the EU who take up employment in an EU member state. The requirements for the EU Blue Card are an academic degree and an employment contract with a certain minimum gross salary. This salary depends on the annual contribution assessment ceiling (in 2023: €87,600) in the German pension insurance system. This limit changes every year.

The minimum gross salary varies depending on the profession. A distinction is made between bottleneck occupations and new entrants and all other occupations. As an IT specialist, you can also obtain an EU Blue Card without a university degree.

Bottleneck professions and young professionals

Many professions require specialised knowledge and qualifications. If there are many vacancies in such a profession, this is a bottleneck occupation. You can find a list [here](#).

You are classed as a career starter if you have graduated within the last three years. If you find a job that guarantees you the required minimum salary, you will receive the EU Blue Card. This job can be considered a bottleneck occupation. But it can also be another profession.

Since 1 November 2023, the minimum gross salary has been 45.3% of the annual contribution assessment ceiling for pension insurance. This corresponds to € 39,682.80 in 2023.

All other professions

You do not work in a bottleneck occupation? Are you not a newcomer to the labour market? Then you need to find a job that pays you at least 50% of the annual contribution assessment ceiling for pension insurance. This corresponds to € 43,800 in 2023.

IT specialists and IT specialists

Don't have a university degree? But you can prove that you have at least three years of professional experience as an IT specialist? Then you can also obtain an EU Blue Card. To do so, you need an employment contract that guarantees you at least 45.3% of the annual contribution assessment ceiling for pension insurance. This corresponds to €39,682.80 in 2023.

Independence

Can I set up my own business in Germany?

Not everyone is allowed to set up their own company or work for themselves in Germany.

Is the BAMF still processing your application for asylum? Or has the BAMF rejected your application? Are you tolerated? Then self-employed work is prohibited for you.

You do not belong to this group? Then you are allowed to work independently in Germany.

Here you will find links with further information

- [Online guide "GründerZeiten"](#) (2 languages - German and Arabic)
- [Portal for founders](#) (5 languages - German, French, Italian, Russian and Turkish)
- [Homepage of the IQ centre](#) (14 languages - German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)

Vocational school

Are you over 15 years old? Are you no longer attending a general school? Then you have many options at a vocational school. You can prepare for a career. You can obtain a general school-leaving certificate.

People in Germany must attend school until the age of 18 (compulsory schooling)!

There are the following types of vocational schools:

Berufseinstiegsjahr (BEJ) and Berufsvorbereitungsjahr (BVJ):

Vocational schools have programmes for pupils with or without a secondary school leaving certificate. You have not yet received a contract for an apprenticeship? You don't yet have a concrete idea of where you want to work? Here you can gain an insight into various occupational fields. You can build on your secondary school leaving certificate. Or you can obtain your secondary school leaving certificate.

Vocational school:

This is where training takes place in a dual system. You learn part of your training at school. The other part you learn in a company.

Vocational school:

You can prepare for the profession in vocational schools. The courses last 1 to 3 years. You receive basic vocational training. Or vocational preparation. Or even a vocational qualification. Do you already have a school-leaving qualification? Then you can obtain your next qualification here. Vocational schools are generally divided into the following occupational fields:

- commercial field
- Home economics, social pedagogy or care sector
- industrial-technical field

Technical college:

You can continue your vocational training at a technical college. The courses usually last one to two years. Do you already have a vocational qualification? Have you already worked? These courses expand your knowledge. They are designed to deepen the content you have learnt. After the courses, you can work in middle management. Or you can become self-employed. The specialised schools are also divided into the following subject areas:

- Technology

- economics
- Social work
- Agriculture
- Design

Vocational colleges:

You need an intermediate level of education for the vocational college. You can improve your vocational qualifications here. You can also obtain the entrance qualification for universities of applied sciences. This means that you can then go on to university. Vocational colleges are available in the following areas:

- Technology
- Business and administration
- Social pedagogy
- Health and care
- Home economics

Vocational secondary school:

Have you already completed an apprenticeship? Do you have a secondary school leaving certificate? Then you can go to the Berufsoberschule. You go there for two years. This school prepares you for the general higher education entrance qualification. To do this, you will need to learn a second foreign language. Without a foreign language, you will receive a subject-specific higher education entrance qualification. This means that you are only allowed to study certain subjects. The vocational upper secondary school is available in the following specialisations:

- Technical secondary school
- Secondary business school
- Secondary school for social work

Vocational grammar school:

Would you like to study at a university? Then you need the Abitur. You can catch up on your Abitur at a vocational grammar school. To do this, you need an intermediate qualification in your education. Your average grades must be 3.0 or better. You can then attend a vocational grammar school for three years. After the three years, you will complete your Abitur. It is also divided into corresponding specialisations:

- Technical specialisation
- Economics specialisation
- Social and healthcare sciences
- Agricultural science specialisation
- Biotechnological direction
- Nutritional sciences

Study

Study at a university

General information

There are many different degree programmes in Germany. There are also different types of higher education institutions:

- Universities (academically orientated)
- Universities of Applied Sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Art, film and music colleges (for artistic subjects)


There are state universities and private universities. The quality of private universities is not always better. However, you have to pay high tuition fees.

Helpful websites:

 [University Compass](#) (all degree programmes and universities in Germany)

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

 [Employment Agency](#) (study orientation)

 [German Academic Exchange Service](#) (DAAD - All study programmes in Germany)


Prerequisites

Would you like to study in Germany? Then you need a university entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you passed the Abitur in your home country? You may be able to use it to study in Germany. You can have this checked.

You can find more information on the [Anabin](#) website. Go to the information portal "Recognition in Germany". You can also contact the [German Academic Exchange Service DAAD](#).

You must also provide proof that you have a good command of German (language level C1). This can be the "German as a foreign language" test. Or the German language test for university entrance. Or telc Deutsch C1 Hochschule.

There is also the possibility of funding from the Bildungsberatung Garantiefonds Hochschule. Some universities also offer preparatory semesters. You will also learn German there.

 Find out more at the university where you would like to study. Most universities offer counselling services. There are deadlines for applying to a university. These are known as application deadlines. Observe these deadlines. Universities do not accept late applications.

No university entrance qualification

You can study in your home country with your school-leaving certificate? But not in Germany? You can catch up on your university entrance qualification at a preparatory college.

Preparatory colleges are specially designed for foreign applicants. They prepare you for studying in Germany.

Funding and scholarship

As a student in Germany, you can receive financial support. This is possible via the Federal Training Assistance Act (BAföG for short). The BAföG is paid out monthly by the authorities. In the best case scenario, you will receive money for the entire duration of your studies. The monthly amount of BAföG can be between 399 and 735 euros. You have to pay back half of the BAföG amount after your studies. The exact conditions for BAföG change regularly. You can find detailed information under the following link:

[!\[\]\(6605b201d6f14d9b3bcb8ab5f274d107_img.jpg\) Website BAföG for refugees and migrants](#)

As an alternative to BAföG, you can apply for a scholarship. As a rule, you do not have to pay back a scholarship. Good grades are important in order to receive a scholarship. Scholarship donors also assess your voluntary work. You will normally receive the same amount of money as BAföG. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award scholarships. Scholarships are awarded to people with great potential. That is why these organisations are called Begabten-Förderungs-Werke. The following Begabten-Förderungs-Werke offer programmes specifically for refugees, among others. You can find out how to apply on their websites. They also tell you what the organisations require of you.

[!\[\]\(17acf1afa8cdf0b67c53d4865a5ed469_img.jpg\) Friedrich-Ebert-Stiftung \(FES\) - Scholarships for Refugees](#)

[!\[\]\(e8fb589d58dad1692debababa5e928b6_img.jpg\) Böckler-Aktion Bildung of the Hans Böckler Foundation](#)

[!\[\]\(f95dab70c751fda7d824b8b03650f7aa_img.jpg\) Konrad-Adenauer-Stiftung \(KAS\) - Scholarships for Refugees](#)

[!\[\]\(e1c624d4757f08486e89482c18364c17_img.jpg\) Villigst - Our scholarship for refugees](#)

[!\[\]\(d8ab143e904bfa3467271eec5af75a9b_img.jpg\) Bread for the World - Refugee Scholarship Programme](#)

The Otto Benecke Foundation's Guarantee Fund is an exception to this rule. The programme is aimed at young new immigrants. Do you want to gain your higher education entrance qualification in Germany? Do you want to study in Germany? Do you want to work in the academic field? Then you can apply for the scholarship programme. There is also the Germany Scholarship. It provides financial support of €300 per month. The Germany Scholarships are awarded by the respective universities.

[!\[\]\(e9474ce1d70442456f8fe9c393ea149c_img.jpg\) University Guarantee Fund of the Otto Benecke Foundation in Bonn](#)

[!\[\]\(e3f255517d37bb309a3a931ec4849e6a_img.jpg\) Germany Scholarship: Become a scholarship holder](#)

Recognition of certificates

Recognition of foreign educational qualifications

School reports are very important in Germany. You get them at school. Or at university. Or at work. At work, they are called job references. Certificates are proof of what you have already learnt and achieved. Certificates are the decisive prerequisite for getting a job. You also need a certificate to be admitted to a school or university. Have you already obtained certificates abroad? Have these certificates **recognised** in Germany. They will check what your certificates qualify you for in Germany. Your achievements will be translated, so to speak. It may be that you no longer have your certificates. In this case, you can try to have your work experience and professional skills recognised through tests.

Specialist advice centres for recognition

AnuQ - Anerkennung- und Qualifizierungsberatung

📍 in Essen

✉ @anerkennung@abeg.essen.de

☎ +49 (0) 2018872444 ☎ +49 (0) 2018872752 ☎ +49 (0) 2018872294

🌐 [Website](#)

Information portal of the Federal Government on the recognition of foreign professional qualifications

🌐 [Website of the](#)

🌐 [Annerkennungsfinder](#)

Central Office for Foreign Education

🌐 [Website](#)

✉ @zabservice@kmk.org

IQ Netzwerk (Integration through qualification)

🌐 [Website](#)

🌐 [IQ Portal Beratung](#)

🌐 [IQ Netzwerk in NRW](#)

✉ @kontakt@iq-nrw-west.de

☎ [0211/3007-703](tel:0211/3007-703)

💡 Are you a customer of the job centre? Ask whether [coaching for professional integration](#) would be useful for you.

💡 If you are aiming to study or work in academia, please contact the contact persons at the universities to have your certificates recognised.

Official certification of certificates

You have a document. For example, a certificate. The authorities want to know whether the document is genuine. To do this, you must have it officially notarised. This is also important for enrolment at a university. All copies of certificates must be officially notarised.

Foreign documents can be certified if they have been translated by a state-recognised interpreter. See also: 📄 [Translation of documents](#).

🌐 [Contact person in Mülheim](#)

Health

General information on health

Do you have an acute illness? Are you in pain? In Germany you are entitled to basic medical care. Some vaccinations are recommended by the state. You can get these vaccinations. Some examinations are recommended. They are intended to prevent illness. You can have these examinations. Some examinations are very important for your health. You can get these free of charge from doctors. See a doctor if:

- you are acutely ill or in pain
- you are pregnant
- you are chronically ill. You have diabetes, epilepsy or mental illness, for example.

💡 You still have medication? Alternatively, do you have the package leaflet for your medication? Bring these with you to your doctor's appointment.
Have you already been to a doctor or hospital because of the illness? Please also bring the findings with you.

👤 Do you have a residence permit? Then you must register with a regular health insurance company. There you will receive an insurance card. This entitles you to services from doctors. Just like all citizens in Germany.

🌐 [Multilingual health information](#) from the NRW Health Centre

Health insurance

Insurance is compulsory in Germany. Do you have a residence permit? Then you must register with a regular health insurance fund. There you will receive an insurance card. This will give you the same benefits as everyone else in Germany.

Do you have an acute illness abroad? You will also receive basic care in many foreign doctors' surgeries and hospitals. You can obtain information from your health insurance company.

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


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


Insurance card

The insurance card is very important. You can use it to go to the doctor. The doctor's work is paid for by your insurance. The card is also your insurance throughout Europe. It is called the European Health Insurance Card (EHIC). You can use it to go to the doctor in any EU country.

💡 Are you travelling to a country outside the EU? Then you should take out additional insurance. Insurance for abroad protects you while travelling. It's called international health insurance.

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

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

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

Visit to the doctor


General practitioners and specialists

Are you ill? Go to your family doctor. You can choose a GP yourself. GPs set their own opening hours. Do you want your family doctor to help you? Make an appointment.

General practitioners carry out important examinations. They are your first point of contact in the event of illness. They decide on necessary medication. They decide whether a specialist examination is necessary.

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

If the practice is closed, the medical on-call service (telephone [116117](#)) can help.

 You can search for emergency practices [here](#). These are doctors who can also help outside opening hours.

Paediatricians and paediatricians


Paediatricians examine children. There are prescribed examinations for children. These are important for your child's health. They are intended to prevent illnesses in children. Children must also be immunised. Vaccinations are important. They prevent children from getting certain diseases. The prescribed examinations are called "U examinations". They always take place at a certain time. They are free of charge. Please consult a paediatrician for more information.


Dentists and dentists

If you have a toothache, go to a dentist.

Gynaecologists (gynaecologists)

It is important that a gynaecologist examines women regularly. This enables doctors to recognise diseases early enough. This is called a check-up. You can also discuss the topic of contraception there.

 Do you need help finding a suitable doctor? Ask at a [counselling centre](#). Alternatively, ask the counsellor at your accommodation.

 Are you looking for asylum? Are you ill? Do you need to see a doctor? Then you will receive a treatment voucher from the [social welfare office](#). With this, the doctor's visit is free of charge for you.

👥 Do you need an operation? Is it not an emergency? Then the [social welfare office](#) must authorise your stay in hospital. Apply for authorisation before you go to the hospital. Your doctor will issue you with a medical certificate. The social welfare office will only cover medically necessary operations.

🗣️ There are doctors in Mülheim who speak different languages. You can filter doctors according to your native language on the KVNO or DAK website: 🌐 [Practice search KVNO](#) 🌐 [DAK doctor search](#)

Medicines and pharmacies

Do you need medication? Then go to your doctor. They will give you a prescription. You can get your medication with this prescription at any pharmacy. Pharmacies are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy. Do you urgently need medication at night or at the weekend? Every pharmacy has a sign with the name and address of the pharmacy with an emergency service. You can also find this information on the Internet.

Search for pharmacy emergency services

🌐 www.aponet.de

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

Electronic patient file (ePA)

From **15 January 2025**, a new digital patient file called the **electronic patient file (ePA)** will be introduced in Germany. This file will store all important health data, such as what the doctor has found out about your health, what medication you are taking or what examinations you have had.

Everyone with statutory health insurance automatically receives this ePA. If you do not want this, you can object.

Doctors and patients can access health data quickly and easily via the ePA. But only people who are authorised to do so are allowed to see the data. This keeps the data secure.

How can insured persons refuse to set up an ePA? What deadlines apply?

If someone no longer wants to use the ePA at a later date, they can have it deleted. The aim is to enable doctors and patients to work together faster and better to improve health.

If someone wants to refuse the ePA, they must inform their health insurance company. If they do not do this, the EPR will be created automatically.

Important details about the EPC. What do you need to bear in mind?

Contents of the EPA:

- All important information from your visits to the doctor is automatically included in the EPR if it is available in digital form. This means, for example, that findings or diagnoses that the doctor writes down are transferred to the EPR.

- You can also upload information such as vital signs (e.g. your height or weight) or older medical documents to the ePA yourself.
- From 2025, there will be an automatic overview of all the medication you are taking. This will later be supplemented by a special medication plan.

Access rights:

- You can specify which doctors or hospitals are authorised to access your ePA. If you want to make changes, you can do this via the ePA app or contact the ombudsman's office of your health insurance company.
- If your health card is read at a doctor's surgery or hospital, they will have temporary access to your ePA for 90 days unless you object.

Use and accessibility:

- You can manage the ePA via a special app on your smartphone. Each statutory health insurance fund offers its own ePA app, which you can download free of charge from the App Store (for iOS) or the Google Play Store (for Android).
- If you do not have a smartphone, you can get support from pharmacies or special centres to access your ePA.

Legal regulations:

- The introduction of the ePA will initially begin in Hamburg and North Rhine-Westphalia. It will then be available throughout Germany from February 2025.
- Privately insured persons can also use an ePA, although this depends on the insurance company in question.

Advantages:

- The ePA facilitates communication between doctors, hospitals and other medical facilities. It gives you a better overview of your health data.
- The ePA also increases the safety and accuracy of medication.

Challenges:

- Not all documents, such as old paper medical reports, are automatically digitised. However, you can ask your health insurance provider whether they can take over digitisation.
- There may be technical difficulties at the beginning because some doctors have to adapt their practice software.
- Another problem is that there is no multilingual information, i.e. no translations into other languages.

The ePA is an important step towards digitalisation in the healthcare sector. It should improve medical care. It also provides a basis for research.

Would you like to find out more? You can find more information here:

- [!\[\]\(3d0946c14414af438def0008e8322b30_img.jpg\) FAQ of the Association of Statutory Health Insurance Physicians](#)
- [!\[\]\(828aaf7b071d1ea02a45562329097457_img.jpg\) Questions and answers on the electronic patient file \(ePA\) by the KBV](#)
- [!\[\]\(56451d82e6dfba768ba6cc341b9dc91e_img.jpg\) Information from the consumer advice centre about the ePA](#)

Emergency numbers - SOS

An emergency is an acute threat to health. Do you have an emergency? Then call an emergency doctor.

Emergency contacts

Police ☎ [110](tel:110)

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

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

💡 The emergency numbers on mobile phones always work. Don't have any credit on your mobile phone? The number still works!

Important information for an emergency call

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

Remain calm. Speak slowly and clearly. Then you will be better understood. Do not end the conversation. Has all the important information been communicated? The emergency call centre / police will end the call.

💡 Are you going to hospital? Don't forget your ID card or proof of arrival. Are you registered with a health insurance company? Bring your insurance card with you.

👤 As an asylum seeker, you may only go to hospital in an emergency without a treatment voucher. You must show your proof of arrival at the hospital. The hospital will then recognise that you are seeking asylum. The costs will be paid by the social welfare office.

Counselling centres and offers of help


Guide - Living with a disability

The family guide

🌐 www.familienratgeber.de

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

Wheelchair-accessible places in Mülheim

On the website  [wheelmap](https://www.wheelmap.org/) you will find wheelchair accessible places.

breastcare app

Breast cancer is the most common type of cancer worldwide. In Europe, one in eight women will develop breast cancer in the course of her life. In Germany alone, around 70,000 women are diagnosed with breast cancer every year. The earlier the disease is recognised, the greater the chance of a cure. Around 25% of cases can be prevented by adopting a healthy lifestyle. The breastcare app is science-based. It explains everything important about breast cancer in an easy-to-understand way. It also deals with the topic of early detection. You learn how important a healthy lifestyle is. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

The breastcare app

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions
- explains risk factors and symptoms and provides specific tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centres, integration officers or support services that women can turn to with questions
- tells stories of women affected that are encouraging

You can download the app from the Apple and Google app stores. The app is free of charge. The app can be used without collecting personal data. It is free of advertising and designed for the long term. Further information in seven languages at: www.breastcare.app

HIV, AIDS and STI counselling

Would you like to know whether you have been infected with HIV/AIDS, syphilis, chlamydia or gonococci? You can get advice and, if necessary, be tested at the Office for Health and Hygiene.


The tests are:

- Anonymous
- Confidential
- Free of charge

 Consultation times can be found [here](#).

 Heinrich-Melzer-Straße 3, 45468 Mülheim


Room U.02

 0208 455 5365

 [@Sabine.Beissel@muehlheim-ruhr.de](mailto:Sabine.Beissel@muehlheim-ruhr.de)

Further information about HIV and sexually transmitted infections (STIs):

 [German AIDS service organisation](#)

 [Love life](#)

Legal matters and rights

Asylum and refugees

Residence status

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

There are 5 different documents:

1. proof of arrival

Status: Asylum seeker

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



2. residence permit

Status: Asylum seeker

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

This permit says whether you are allowed to work. The permit tells you where you can live.

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



3. fictitious certificate

Status: Recognised refugees

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



4. residence permit

Status: Recognised refugees

Background: Your application for asylum has been accepted

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

- You can later obtain an unlimited right of residence (settlement permit)
- You have unrestricted access to the labour market
- The [job centre](#) can arrange work and social benefits for you



5. tolerated stay

Status: Tolerated person

Background: Your application for asylum has been rejected

With a tolerated stay you will not be returned to your home country. The tolerated stay is granted for a certain period of time. Sometimes deportation is impossible for legal, factual, humanitarian or personal reasons.

- There is a general rule. This allows certain groups to be tolerated for a maximum of 3 months. You cannot be returned to your home country for this period.
- A work permit is generally required. You can apply for this at the [Immigration office](#).
- Would you like to find work? Go to the [Employment Agency](#).
- Do you need financial help? Go to the [Social welfare office](#).



Application for asylum

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

1. personal application for asylum

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

2. first interview appointment (asylum application)

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

3. personal interview

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

a) The decision is negative

- If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to your [Asylum counselling | Refugee counselling](#) centre immediately. They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can appeal against the decision.

- Would you prefer to leave voluntarily? Then you can receive financial support for your new start in your country of origin.

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

Fictitious certificate or electronic residence permit (eAT): You have received the positive BAMF decision. You must then immediately obtain an identity document or its equivalent. You can obtain this from the [Immigration office](#).

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

Family asylum and international protection for family members

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

For the purposes of family asylum, members of families include

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

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

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

Born in Germany:

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

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

Further information can be found directly at the BAMF.

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


Women's rights

FGM - female genital mutilation

Female genital mutilation (FGM) is prohibited in Germany. Since September 2013, FGM has been punishable by imprisonment. Parents are also not allowed to leave the country to have their daughter circumcised abroad. This is also prosecuted under German criminal law. Girls and young women can apply for asylum if they are threatened with being circumcised.

Many girls die during the mutilation or as a result of it. There are many dangerous after-effects of the mutilation:

- Incontinence,
- pain,
- heavy bleeding,
- complications during sexual intercourse and childbirth,
- infertility,
- Risk of HIV and hepatitis infection,
- blood poisoning and tetanus,
- states of shock,
- psychological trauma,
- depression.

 Sexual satisfaction is also usually no longer possible after FGM.

If you are affected or threatened by FGM, contact the helpline at [08000116016](tel:08000116016). The helpline staff are there for you day and night and in various languages.

In Germany, it is possible to reconstruct the clitoris. This reconstructive operation can be performed by plastic surgeons. Ask a gynaecologist for advice. A "[Centre for Victims of Genital Mutilation](#)" has been founded in Berlin. Here, not only the physical but also the psychological consequences are treated anonymously and free of charge. You do not need health insurance for this.

Termination of pregnancy

In Germany, you have the right to terminate your pregnancy under certain conditions. An abortion can only be carried out in the first twelve weeks of pregnancy, after pregnancy conflict counselling and accompanied by a doctor. After the first twelve weeks, an abortion is only possible in exceptional cases.

If someone wants to force you to have an abortion or you have questions about a possible abortion, contact the help hotline for pregnant women in distress: [08004040020](tel:08004040020).

If you have become pregnant as a result of rape, you can have an abortion up to twelve weeks after conception. In this case, you do not have to go to a counselling centre. However, you can seek advice free of charge at a counselling centre near you. If your physical or mental

health is endangered by the pregnancy, you can still have an abortion at a later date. The risk must be certified by a doctor.

💡 Are you under 18 years old? Do you want to terminate the pregnancy? Then your mother or father must usually give their consent. Are you over 16 years old? Then the doctor may decide that you no longer need your parents' consent. Are you under 16 years old? Then you usually need the consent of one of your parents. Are you unable or unwilling to tell your parents about the pregnancy? Then contact a counselling centre. The staff there will help you.

👥 List of doctors, clinics and facilities: 🗺️ [Addresses](#)

Who pays for an abortion?

If you have become pregnant as a result of rape or if your pregnancy jeopardises your health, your health insurance company or social welfare office will cover the costs of an abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay part of the costs yourself. In this case, your health insurance will only pay for the medical counselling and care as well as the medication before and after the procedure. You will have to pay the costs of the actual abortion yourself. This is usually between €200 and €600. You can find out more about the various abortion options in many different languages at [zanzu.de](https://www.zanzu.de).

💡 Do you receive benefits from the state? Or do you only earn a little money? Then you can apply to your health insurance company or social welfare office to have the costs of the abortion covered.

I don't want to keep the child, but I don't want to have an abortion either. What can I do?

If you cannot or do not want to keep your child, you can give your child up for adoption after birth. The Youth Welfare Office will then initially take over the care of your child and look after it. If you then finally decide that you do not want to bring up your child yourself, you can give it up for adoption. The youth welfare office will then look for a caring family to raise your child.

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth". With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs for the counselling and the birth yourself. If you would like a "confidential birth", you can contact the counselling centre "[Hilfetelefon Schwangere in Not](#)" around the clock at [08004040020](tel:08004040020) or online. Counselling is free and anonymous. The counsellors there speak many languages. Alternatively, you can also contact any clinic. The staff there know what to do.

Labour and wages

On average, women in Germany earn less than men. On the one hand, they work in areas that are paid less. This is the case in the social sector, for example. But women also often earn less than their male colleagues for the same job. Politicians have been discussing various proposals for years to achieve greater pay equality. So far, however, not much has changed.

Many women's jobs are not perceived as work. They do the housework. They bring up the children. Or they care for sick or elderly family members. These jobs are unpaid. But they are still work. This is often not recognised.

In Germany, many people still think that the man earns the money. And therefore he doesn't have to help out in the household. But more and more women are also working.

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. The BAMF offers courses especially for parents and women. Here you can also get information about childcare and the school system. Where you live, you can obtain information from [migration advice centres](#), [immigration authorities](#), [employment agencies](#), [job centres](#) or directly from the schools that offer integration courses.

Basic rights

The Basic Law

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

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

🎬 This film clearly illustrates how the German constitutional state works: [German](#), [Dari](#), [Arabic](#), [English](#), [French](#), [Pashto](#), [Urdu](#).

Universal Declaration of Human Rights

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

There are 30 rights. The most important are

- All people are worth the same.
- Everyone is allowed to have their own opinion.
- All people have a right to peace and security.

Children's rights

Children's rights

As a child, you need special protection. That is why you also have special rights. These rights are set out in the Convention on the Rights of the Child. The General Assembly of the United Nations adopted the Convention in 1989.

The UN Convention on the Rights of the Child can be divided into four groups: the right to life and personal development, equal treatment, the best interests of the child and participation. In detail, this means

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

💡 Are there issues that affect you as children? Then adults must listen to your opinion and take it into account when making decisions.

🌐 You can find a clear explanation of the 10 important children's rights here: [German/Arabic](#) and [German/Persian](#).

Are you experiencing violence? Do you feel unfairly treated? Then the [KSD - Kommunalen Sozialer Dienst](#) or the [Educational counselling centres](#) can advise you.

Anti-discrimination and inclusion

Experiences with discrimination

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life. Am I not allowed into the club because I have a disability? Did I not get the job because I wear a headscarf? Are my children treated worse at school because they speak little German? Do the police only check me on the long-distance bus because I have a different skin colour? Does the taxi driver refuse to give me a lift because I am transgender? Experiences like these lead to anger, powerlessness and a feeling of helplessness. But you don't have to simply accept discrimination. You have the right to defend yourself against it.

All people in Germany have this right. Regardless of their origin or residence status. This is enshrined in the German constitution as one of the human rights. You can take legal action against discrimination.

Have I been discriminated against?

Sometimes you don't know exactly whether you have been discriminated against. You are unsure because other people don't see a problem with an action or don't think the discrimination is bad. This is where counselling can help. The staff at the counselling centre will take your experiences seriously. They can tell you whether your experience could also be legally considered discrimination and what legal options you now have. But even if your experience is not legally considered discrimination, the counselling centre can help you. The staff can help you to come to terms with what you have experienced and develop strategies

for the future.

The anti-discrimination advice centres support all people who have experienced discrimination and would like advice.

For example, you can contact the Federal Anti-Discrimination Agency directly on the following telephone number [0301/85551855](tel:030185551855) for advice. The advice centre can be reached at ☎ on Mondays from 1 - 3 pm and ☎ on Wednesdays and Fridays from 9 am - 12 pm. The staff speak German. Counselling is free of charge and anonymous if you wish. You will have to pay the usual telephone charges for the call.

You can also ask the German Anti-Discrimination Organisation for help.

Anti-discrimination centre of the city of Mülheim an der Ruhr

👤 Hakan Caliskan

✉ [@Hakan.Caliskan@muelheim-ruhr.de](mailto:Hakan.Caliskan@muelheim-ruhr.de)

☎ [+49 \(0\) 2084551545](tel:+492084551545)

📄 [flyer](#)

📍 Am Rathaus 1

45468 Mülheim an der Ruhr

Alternatively, you can also contact a [Migration counselling \(MBE\) for adult immigrants](#) or the [Youth Migration Service \(JMD\)](#). The staff often speak many languages and can help you with all problems relating to life in Germany.

What do I do if I have been discriminated against by the police?

You can also experience discrimination at the hands of the police. One experience that many people in Germany have, for example, is so-called racial profiling. If a person is stopped, questioned, searched or even arrested by the police simply because they appear suspicious because of their skin colour or similar characteristics, this is discrimination. "Racial Profiling". But discriminatory insults, abuse or assaults can also happen. Victims of police brutality or police violence can report police officers.

Police officers are not above the law. What they may and may not do is regulated in the Criminal Code, the Code of Criminal Procedure and police law.


Important: You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Please note: You must file a criminal complaint within three months of the incident. You can do this directly with the public prosecutor's office. You do not have to go to the police.

Lesbian, gay, bisexual, trans* and inter* (LGBTI)

Many different people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They have the same rights.


The same applies to people of different sexual orientations or gender identities: these include lesbians, gays, bisexuals, transgender and intersex people. In short, they are called LSTBI. They have the same rights in Germany as other people.


There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also have their name changed. Women are allowed to love and marry other women in Germany. Men are allowed to love and marry other men in Germany.

 Many LGBTI people have fled to Germany because they were persecuted in their home country. Are you a refugee and lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many LGBTI organisations in Germany. There you will find support, social contacts and information. The LSVD project "Queer Refugees Deutschland" has contact details for these organisations. You will also find further information:

Lesbian and Gay Federation in Germany (LSVD)

Queer Refugees Germany" project

 www.queer-refugees.de

 queer-refugees@lsvd.de

People with disabilities

In Germany, almost one in ten people has a severe disability. Many more people have health impairments. Or they are chronically ill. For example, there are people who cannot see. They are blind. There are people who cannot hear. They are deaf. Some people's bodies are smaller than others. Some things are not so easy for them. You can't walk by yourself. Or it is more difficult to do a certain job. But they should also be able to participate in society. There are inclusion measures for this. For example, they get help at work. Or children receive special support even before they start kindergarten. It's called early intervention.

Early intervention

Early intervention is for young children who have a disability or could develop a disability. It also helps children who develop more slowly than other children in certain areas. Examples of early intervention are Speech support, vision school or movement therapy. Early intervention is available for children from birth to school age. Early intervention is important in order to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you find early intervention. You can also contact the [Health department](#). You can find more information on [early intervention](#) here.

Severely disabled people

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. There are a number of advantages associated with this card. For example, tax reductions. And reduced or free use of buses and trains. The benefits a person receives depend on the type of disability and the degree of disability. You can apply for a disabled person's pass from the pension office.

The family guide provides valuable information [here](#). You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

 [Issuing an ID card](#)

Problems with inclusion

However, there are still many problems with the integration of people with disabilities. Because people are not disabled - they are disabled: The ATM that is too high prevents them from being able to collect money without any problems. The stairs are off-limits for wheelchairs. And the small font is a problem for visually impaired people. Do you see someone who might need help? Then ask if you can help.

Religious freedom

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:


- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- People of different religions and beliefs may marry each other.
- Marriage only counts as a legally valid marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany.
- Religious laws do not determine the legal system in Germany.

Police

Responsibilities of the police

The police are there to protect us from danger. They also solve crimes. It has nothing to do with the secret service or politics. Is there an emergency? Then you can contact the police at any time by dialling [110](#). The call is free of charge. You can read [here](#) what you need to bear in mind when making an emergency call.

What the police may and may not do is laid down in law. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home. Read more about your rights vis-à-vis the police [here](#).

 Do not try to bribe the police. Attempts to bribe police officers are severely penalised in Germany.

When should I call the police?

Are you or another person in danger? Have you witnessed a crime? Then call the police. It could be a robbery. Or a burglary. Theft, arson and damage to property are also included. Sexual abuse, assault or threats are also a matter for the police. You should also call the police in the event of domestic violence.

If you call the emergency number 110, the police will be with you as quickly as possible.

Important: If you have been the victim of right-wing, racist, anti-Semitic, Islamophobic, homophobic or transphobic violence, you can contact the police at any time. You can find out more about this in our chapter "[Discrimination](#)".

You can also call the police in the event of a so-called administrative offence. For example, if someone is not respecting quiet hours and is listening to loud music at night.

If you notice political or religious radicalisation of young adults in your area, you can also report this to the police. You can also contact the BAMF's radicalisation advice centre at [+49 \(0\) 9119434343](tel:+49(0)9119434343) in several languages. 📞

Leisure, culture, sport

📅 [Calendar of events](#) of the city of Mülheim an der Ruhr

💡 [Cultural organisation](#) Art & Culture

Centre for Civic Engagement e. V. (CBE)

The CBE is an association. Our aim is to promote voluntary work in Mülheim and the region. We advise and place volunteers. We develop projects with and for volunteers.



The CBE organises events and campaigns. We work in networks and thus promote a culture of shared learning in the city. We are open to joint activities and commitment. We welcome new co-operations, ideas and projects.

The CBE sees itself as a network for commitment. The joint work of volunteers and full-time employees is therefore part of the CBE's self-image.

We would be delighted if you would like to contribute your skills and potential as a volunteer with us or in one of our projects. Please get in touch with us.

Together with various stakeholders, we offer the following programmes, among others:


- [Textile Repair Cafe](#)
- [Repair workshop](#)
- [Bicycle workshop](#)
- [Language Salon](#)
- [International cookery](#)
- [Sewing meeting](#)
- [Smartphone Café](#)
- [Open games meeting](#)
- [Intercultural women's café](#)
- [Games and handicrafts](#)
- [Multilingual reading](#)
- [Arabic intercultural meeting place](#)
- [Empowerment of black women](#)

Information on projects and events can also be found on the  [website](#) or here in the  [app](#).

Sports programmes

Enjoying exercise is one thing. But sport offers you another opportunity: sport makes it easier to settle into a new environment and socialise. The rules of sport recognise no cultural or national boundaries. People usually understand each other even without a common language. Sport offers a good and informal way of socialising with locals through personal contacts.

Click here for the  [Mülheim sports portal](#)

Information about Mülheim sports clubs can be found, for example, at  [MSB](#)

Libraries

In a library or bookshop you can borrow books, CDs, learning materials and learning aids to take home. You will need a library card for this. You can get this from your local library. It is also possible to study or read there in peace and quiet.

Find out more on site:

City library in the MedienHaus

Synagogenplatz 3

45468 Mülheim an der Ruhr

 [0208/4554141](tel:0208/4554141)

 @stadtbibliothek@muelheim-ruhr.de

You can find an overview of the school and district libraries [here](#).