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Digital skills / Computer courses

Go digital! Support and help with questions about computers, mobile phones, internet, etc.

Go digital! Support and help with questions about computers, mobile phones, internet, etc.

We support you on your way into the digital future. We provide general basic knowledge and help with all questions and IT problems:

Would you like to make an appointment with a public authority and need to fill out a contact form?
Would you like to register with the job centre but can only do so electronically?
Do you need an e-mail address to register?
Do you want to know when and where you can apply for something?

You can bring your letters or forms with you. We will then fill them out together. We will answer your questions. We work on various topics in small groups:

- Filling out a form, for example from the immigration office
- Online counselling via 🌍 [mbeon](#)
- Search for a flat online
- Log in to [SOWON](#) and register for a flat
- Installing a programme
- Read and send emails
- Participate in a video conference
- Online banking
- Information about online dangers and data protection
- Book a place at kindergarten via 🌍 [Kita-Finder](#) make a reservation

Who for: Migrants and refugees

The offer is free of charge.

💬German. Difficult terms are translated into English and Dari/Farsi (Persian).

■In an [educational centre](#). You will be informed of the exact location after registration.

Registration by telephone or e-mail:
📞[015778875956](#)
@[christine.mueller@brk-muenchen.de](#)
🌍[Website](#)

CUP - Your way into the digital world

CUP - Your way into the digital world

INTEGREAT
Great Integration.

Life without the internet, computer or mobile phone is almost impossible these days. Nevertheless, using digital devices and media is a challenge for many people.

We can provide you with tips and help on all online topics. For example, on the following topics:

- Online applications
- e-mails
- Making appointments
- Searching for a job
- job applications
- and much more

Who for: Anyone looking for support with digital tasks.

We also offer presentations on digital topics.

The offer is free of charge. There is also free WLAN in our cafeteria.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍Orleansstraße 2, 81669 München (Corner Balanstraße)
📞089/693145530
@cup.digital@daa.de
🕒From Monday to Friday 09:30 - 17:00
🌐Website

There are additional options for Jobcentre customers:

- Borrow laptops
- Internet and computer training for everyday life and work
- Advice on professional orientation and qualification in the field of IT
- Advice on online banking, safe surfing on the internet, using apps
- 💬Prerequisite: German at least at level A2 or fluent English

**This text contains information on the following terms:
Digitalisation, smartphone, 3D printing, VR glasses, Skype, IT, training, further education, programming**

AbilityAid - Counselling for refugees with disabilities or chronic illnesses

AbilityAid

We provide counselling for people with a history of flight with a disability or chronic illness. Counselling takes place by telephone or in our office. We also offer computer courses (e.g. Word, Excel, Internet) and German practice courses.

Who for: People with disabilities or chronic illnesses and their relatives.

The programme is free of charge.

💬Support from interpreters is possible.

Children can be brought along.

Please make an appointment for counselling.

🕐From Monday to Friday from 09:00 to 17:00

There is barrier-free access to the building and the rooms.

AbilityAid

📍[Ringseisstr. 11 a, 80337 München](#)

@ability@arrivalaid.org

📞[+49 (0) 8959998823](tel:+4989599988823)

🌐https://arrivalaid.org/abilityaid/#beratung-kurse

**This text contains information on the following search terms:
Practice courses, Conversation courses**

ReDI School of Digital Integration

ReDI School of Digital Integration

ReDI School is a school for digital education. We offer many different programming and computer courses. There are also special courses for children, young people and women.

There is also the opportunity to take part in a programme that promotes careers. In this programme, you work together with companies, start-ups and people from the IT sector.

Who for: Refugees, migrants, people without access to digital education

Most courses are free of charge. For some courses you need a "Bildungsgutschein".

Here you can find the 🌐 [courses](#).

If you would like to register, please fill out the 🌐 [form](#).

💬The courses are held in German, English or Ukrainian. Support by interpreters in Arabic-English, Ukrainian/Russian-English.

📍ReDI School, Rosenheimer Str. 139, 81671 München
📞[015780229114](tel:015780229114)
@servus@redi-school.org
🕐From Monday to Thursday 9:30 - 14:00
🌐[Website](#)

**This text contains information on the following terms:
digital competence, programming, IT course, coding**

Digital help - support for smartphones, tablets and computers

Digital help - support with smartphones, tablets and computers

An offer for anyone who needs help using a smartphone, tablet or computer and doesn't know who to ask.

Experts will answer your questions, for example how to use apps, set up an e-mail address, send e-mails or search for information on the Internet. It's not just about technology, but also about digital communication and culture.

Counselling is free of charge.

█Armenian, Dari, English, Farsi, Romanian, Russian, Spanish, Turkish

If you have a question or a problem, you can call us around the clock or send us an e-mail. Describe your problem and we will respond as quickly as possible:
📞089/21528594
@kontakt@digitalehilfe-muc.de
🌐Website

You can also come to our open consultation hours:

🕐every Tuesday from 12:00 to 18:00
📍PIXEL, Rosenheimer Straße 5, 81667 München (in the passage in the old Gasteig/fatcat)

🕐every Friday from 10:00 to 16:00
📍z'sam, Theresienstraße 63, 80333 München

Children can be brought along.

There is barrier-free access to the buildings and rooms.

This text contains information on the following search terms:
Internet questions, mobile phone

Support in dealing with digital media: SIN - Studio im Netz e.V.

SIN - Studio im Netz e.V.

We help children, young people, adults and senior citizens to use digital media competently.

The programmes are free of charge.

🌐Website

Media consultation hour in the Krativlabor:

📍Kreativlabor, Ute-Strittmatter-Straße 6, 81248 München
For all questions about media, technology, laptops and smartphones. The topics are collected and discussed together. Please bring your mobile devices with you. No registration necessary, just drop by during the time.

INTEGREAT
Great Integration.

⏰Every 1st Thursday of the month from 15:00 to 16:00

For senior citizens:

📍SIN – Studio im Netz e.V., Heiglhofstraße 1, 81377 München
For all questions relating to media, technology, laptops and smartphones. The topics are collected and discussed together. You are welcome to bring your mobile devices.
⏰Every 1st Monday from 14:00 to 15:30
Registration by phone or e-mail:
📞089/72477700
@sin@sin-net.de

This text contains information on the following search terms:
Media, media literacy, media education, education, culture, families, educational professionals, join in