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## Welcome to our website!

### About Integreat

### About Integreat

This free guide aims to support you in your everyday life in Munich. You will find important addresses, contacts and tips and tricks to help you find your way around Munich.

💡 All the offers and events you will find in INTEGREAT are **free of charge**.

INTEGREAT has several chapters. Each chapter has 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. There is also a calendar with 🌐 [leisure activities](#) and a 🌐 [map function](#). If a message has been sent in the last 28 days, you can find it at 🌐 [messages](#).

### There are various ways to use INTEGREAT:

- INTEGREAT website: 🌐 [www.integreat.app/muenchen](http://www.integreat.app/muenchen)
- INTEGREAT APP: Download from 🌐 [Google Play Store](#) / 🌐 [App Store](#). You can also use the app offline if you do not have internet access. When you are online again, the app updates itself.
- QR code for INTEGREAT:



### What do the symbols mean?

Here you can change the language: 🌐

Here you can search for information by entering keywords: 🔍

Here you can find your city if INTEGREAT is also available there: 📍

🌐: Link to a website outside INTEGREAT. You will need internet access to access this. All links that lead to another INTEGREAT page can also be accessed offline.

☎: Telephone number

@: E-mail address

🕒: Opening hours

📠: Fax number

💡 : Tip / Advice / Good to know

🗣 Languages

## Contact us:

Please feel free to contact us if you

- have any questions or comments
- find errors in the translations
- would like to order INTEGRATE flyers / posters
- would like to publish an offer in INTEGRATE

☎ [089/23340032](tel:08923340032)

@[integreat.soz@muenchen.de](mailto:integreat.soz@muenchen.de)

## Interesting facts about the city of Munich

### Things to know about the city of Munich

Munich is the capital of Bavaria. Germany has a total of 16 federal states, Bavaria is one of them. Munich is home to 1.56 million people. It is the third largest city in Germany.

Munich enjoys a global reputation as a centre of art, culture and science. The city offers a lively nightlife and a very good public transport network. Many people in Munich particularly love the beautiful nature in and around the city. For example, the English Garden, the Munich River Isar and the parks of the castles, as well as the proximity to the Alps and the Bavarian lakes.

Munich is economically very successful: there are few people without work and a broad spectrum of economic sectors. This makes Munich attractive to many people who find exciting jobs in companies and research institutions or come to study at one of the renowned universities.

Munich was founded in 1156 with the construction of an important bridge over the Isar. The name comes from "apud Munichen" - by the monks - because a Benedictine monastery first stood here. From 1255, Munich was the residence of the Wittelsbach dynasty for more than 700 years, whose prestigious buildings still characterise the cityscape today. The most famous member of the Bavarian royal family is undoubtedly fairytale King Ludwig II, who was born in 🌐 [Nymphenburg Palace](#), the summer residence of the Wittelsbach family in Munich.

Munich has numerous museums. One of the oldest and most famous is the 🌐 [Deutsches Museum](#), which shows the history and future of technology. The 🌐 [BMW Welt](#) and the 🌐 [BMW Museum](#) also attract visitors from all over the world. Munich's history during the Nazi dictatorship is illuminated by the 🌐 [NS Documentation Centre](#) as a central place of learning and remembrance.

In addition to the city's rich culture, the people of Munich love their sport. The sites of the 1972 Summer Olympics at 🌐 [Olympiapark](#) are still used intensively. The 🌐 [Allianz Arena](#) was built in 2006 for the Football World Cup. It is one of the most unusual stadiums in Europe: the outer skin and roof of the stadium are made of diamond-shaped air cushions and light up in the club's colours, red and white, during FC Bayern matches. On special occasions, there is often special

lighting: on Europe Day, the arena lights up in the colours of the European flag: blue and yellow. On the Irish bank holidays St. Patrick's Day in green and to celebrate Christopher Street Day in the colours of the rainbow.

Munich's 🌐 [Oktoberfest](#) is known the world over. It is the largest folk festival in the world. Six million people visit every year. Many also enjoy their beer under the trees in a beer garden. It's quieter there and tastes just as good. Beer gardens have a tradition of over 200 years in Munich and are considered to epitomise the Bavarian way of life.

## Apps and websites about life in Germany

### Apps and websites about life in Germany

All apps and websites are free of charge:

#### Handbook Germany

🌐 [Handbook Germany](#) answers questions about life in Germany. You will find information on residence, housing, health, work, training, daycare, studying and much more. You can get to know your new home country better with videos and texts.

🗣️ The website is available in 9 different languages.

For further questions and answers, there is a forum: 🌐 [Together in Germany](#)

You can also post your questions there anonymously.

#### Arrive App

The 🌐 [Ankommen app](#) is a useful guide for the first few weeks in Germany. You will find information on asylum, work and everyday life in Germany. The app also contains a language course.

🗣️ The app is available in 5 different languages.

#### Just landed

The website 🌐 [Just landed](#) provides information on finding accommodation, language courses, the German healthcare system and much more.

You can view adverts and also place an advert yourself.

There is a property market and a job market especially for international workers.

You can get in touch with others in the forums and communities.

🗣️ The website is available in 8 different languages.

#### Facts about Germany

On the website 🌐 [Facts about Germany](#) you will find information on politics, economy, society, science and culture in Germany.

🗣️ The information is available in 8 different languages.

#### Refugee Guide

The 🌐 [online guide](#) helps with orientation and explains how people live in Germany.

🗣️ The texts are translated into 16 different languages.

## New in Munich? Here you can find first steps

## New in Munich? Here you will find first steps

### Registering your place of residence

To register your place of residence, you need an appointment at one of the citizens' offices. Further information can be found on the page [Registering/deregistering your place of residence](#).

After registering, you will receive a letter with your [tax identification number \(tax ID\)](#). Keep the documents in a safe place, the number is important.

Every household must pay for public broadcasting. You can find more information on the page about the [licence fee](#).

### Arrange your residence

You apply for a residence permit at the Foreigners' Registration Office. You will be given an appointment after your documents have been checked. Further information can be found on the [Munich Immigration Office](#) page.

### Organising your residence - emergency

If your residence permit or visa has expired or will expire within the next two weeks, you can book an appointment with the [emergency service of the Foreigners' Registration Office](#).

### Registering a vehicle | transferring a foreign driving licence

If you bring a vehicle to Munich from abroad, it must be registered.

If you have a foreign driving licence that was not issued by an EU/EEA country, it is usually only valid for 6 months.

You can find more information on the [Driving a car](#) page.

### Support if you are pregnant or have children

Here you will find information on [pregnancy and childbirth](#).

Here you will find information on [childcare](#).

Here you will find information on [child benefit](#).

### Service telephones:

General service number: ☎ [115](#)

Citizens' office: ☎ [089/23396000](#)

Service centre for immigration and naturalisation (foreigners authority): ☎ [089/23396010](#)

### Living together in Germany

#### Basic Law and human rights

## 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 human being 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](http://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.

## **Rule of law**

### **Rule of law**

Germany is a democratic state. The Grundgesetz (basic law) guarantees human dignity, freedom and justice. There are laws to ensure that human rights are upheld.

Political decisions are made by representatives of the people. In Germany, these political representatives are elected in free elections.

The laws apply in the same way to everybody in Germany. The state has to abide by the law. Everyone living in Germany must also abide by German laws.

**This means, for example:**

- If someone believes that another person or the public administration has committed an injustice against them, they can take that person or institution to court. The courts are independent. This means: The government is not allowed to tell the courts what to decide.
- State courts decide whether or not someone will be punished for their actions. This punishment could take the form of a fine, community service or prison. There is no death penalty in Germany.
- The police has the role of ensuring that everyone is able to live in freedom and safety.
- Religion must not violate laws. Laws always take priority over religion.

**The following behaviour is not allowed in Germany:**

- Inciting people to hatred or to do violent actions.
- Fighting against the democratic system and its values.

**These offences can lead to you being put in prison.**

After serving their sentence, non-German nationals can lose their right to remain in Germany (under certain circumstances) and be deported.

**Personal freedom**

**Personal freedom**

All adults are entitled 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 violates the freedom or human dignity of others or contravenes the law.

Here you can find [help for victims of violence and abuse](#)

**Gender equality****Gender equality**

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

**This means, for example:**

- Girls and boys go to school together and receive the same lessons. They take part in sports education together.
- Both women and men are allowed to study or learn a profession. All professions are fundamentally open to both genders.
- Women play important roles in society, for example as police officers, doctors, teachers or in government offices and agencies. Their instructions must be followed.
- Women decide themselves which career they want to have. They can spend their money as they wish.
- Women do not need to ask their husband, parents or other family members for permission to work, open a bank account, or sign contracts.
- Women are allowed to dress as they like  
Women decide for themselves who, when and if they marry.
- Mothers are given extra help and support. They do not have to (and are not permitted to) work for six weeks before the birth or eight weeks after the birth. They cannot be fired from their jobs because they become mothers.
- The tasks and roles in the family are not fixed.

- Women participate in public life. They attend cultural, political or sports events, restaurants and bars.
- Women can vote and be elected to political office.
- Women and men have equal inheritance rights, daughters as much as sons.
- Sexual contact, comments or solicitations are only allowed if everyone involved consents. A "stop" or "no" must always be respected.

**The following behaviour is not allowed in Germany:**

- Any form of violence against women, including within marriage.
- No one is allowed to sexually harass another person.
- Rape – including within marriage – is punishable.
- No one can be forced to marry. The coercion of a marriage by force or threat will be prosecuted.

**Children's rights****Children's rights**

Children and young people have rights. These rights are set out in the United Nations Convention on the Rights of the Child. It also applies in Germany to all children and young people under the age of 18. In addition, there are many laws in Germany that protect the life, health and rights of children in a special way. The protection of children is always the top priority.

**This means, for example:**

- All children have the same rights. No matter where they live, where they come from, what colour their skin is, what their parents do, what language they speak, what religion they are, whether they are boys or girls, what culture they live in, whether they have a disability, whether they are rich or poor.
- Children have the right to a name, a birth certificate, a nationality and a family. The state always helps if children lack any of these things.
- Children should be able to live with their parents, unless this puts them in danger. Parents may and must care for their children, protect and promote their health and well-being.
- Children who have fled have the right to special protection and help.
- Children must be protected so that they can grow up well.
- Children must and may go to school. School attendance is compulsory. Parents must support their children in attending school. School education is free in Germany.
- Children are allowed to form their own opinions.
- At the age of 14 at the latest, children are allowed to decide for themselves whether they want to belong to a religion and which one.
- Children should be able to develop well. Parents are responsible for this. If they need support, the state must help and provide food, clothing and housing, for example.
- Children whose parents are not married have the same rights as children who live with married parents.

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

- Children may not be neglected or abused.
- Children may not be beaten or physically or mentally abused in any way.
- Children may not be used as labourers until they are 13 years old. When they are older, they are only allowed to work to a very limited extent. This must not impair their health and development.
- Children may not be abducted or used as objects of trade.
- It is forbidden to perform sexual acts on children.

The City of Munich expressly recognises these globally applicable children's rights and endeavours to implement them at all levels (unanimous resolution of the City Council 2001).

Here you can find the rights of the child in various languages: "" [German](#), "" [English](#), "" [French](#), "" [Italian](#), "" [Spanish](#), "" [Croatian](#), "" [Polish](#), "" [Romanian](#), "" [Russian](#), "" [Serbian](#), "" [Turkish](#), "" [Vietnamese](#), "" [Japanese](#), "" [Greek](#), "" [Arabic](#)

## Complaints and ombudsman's office: Children's and youth town hall

We advocate for children and their families on a non-partisan basis (and anonymously if desired). We co-operate with all departments of the city and outside. We look for solutions with those affected in an unbureaucratic, uncomplicated, child-orientated and family-friendly way. We offer guidance, good tips and reliable information. At the same time, we try to recognise trends, developments and special needs in Munich from the many concerns that reach us every day and then improve them.

 [Find out more](#)

Who for: Children and young people up to the age of 18

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


The offer is free of charge.


Please make an appointment.

Kinder- und Jugendrathaus - Direktorium

Marienplatz 8

80331 München

 [089/23392555](tel:08923392555)


 [015257984461](tel:015257984461) (



Whatsapp also possible)

[@kinderrathaus@muenchen.de](https://api.whatsapp.com/send?phone=498923392555)

[@jugendrathaus@muenchen.de](https://api.whatsapp.com/send?phone=4915257984461)

 From Tuesday to Thursday from 14:00 to 16:30

**This text contains information on the following search terms:**

**UN Convention on the Rights of the Child, violation of children's rights, ombudsperson**

**Rights of people with disabilities**

## Rights of people with disabilities

### German Basic Law:

The German Basic Law states: "No one may be disadvantaged because of their disability."  
(Article 3 paragraph 3)

### UN Convention on the Rights of Persons with Disabilities:

The UN Convention on the Rights of Persons with Disabilities is a treaty (abbreviation: UN-BRK or BRK). This treaty states:

People with disabilities have the same rights as people without disabilities.


Many countries have signed this treaty. Germany has also signed the treaty. That was in 2009.

The City of Munich also has to implement the rules. It has its own office for this purpose. The office is called:

 [Koordinierungsbüro zur Umsetzung der UN-Behindertenrechtskonvention](#)

The office is responsible for improving the situation of people with disabilities in Munich. Munich should be organised in such a way that people with disabilities can participate everywhere. Just like people without disabilities. In all areas and phases of life. Structural, social, individual and psychological barriers should be dismantled. There must be no discrimination.

The office can be contacted by telephone and e-mail:

 [089/23321983](tel:08923321983)

[@inklusion.soz@muenchen.de](mailto:@inklusion.soz@muenchen.de)


### LGBTI\* rights

### LGBTI\* rights




### Homosexuality / sexual identity

Homosexuality is allowed in Germany. For example, women can be lesbian and men can be gay or people can be bisexual.

Same-sex couples are allowed to live together and also marry. Some of them bring up children together; families like these are called rainbow families.

Lesbians and gays are not allowed to be discriminated against. There is a separate law about this and various guidelines. You can find more information  [here](#).

Lesbians, gays and transgender people are allowed to show themselves and meet openly. There are many places where you can find information, advice and leisure activities:

- for lesbian women:  [LeTRa](#)
- for gay men:  [Sub](#)
- for people who are transgender, non-binary or intersexual:  [Trans\\*Inter\\*Beratungsstelle](#)

- for teenagers who are LGBTI\*:  [LesBiSchwule und Trans\\* Jugendorganisation München](#)

Further services and leisure groups:  [Offers for LGBTI in München](#)

## **Transgender, non-binary and intersexual people / gender identity**

In Germany, people are equal whatever their gender.

This means that people in Germany can be neither female nor male; they can then give their sex as “diverse” or “not stated”.

Transgender people can live openly in Germany and make use of medical treatments to adjust their gender.

These people also must not be discriminated against.

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

## **Non-violence / physical integrity**

### **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.
- The sewing up, cutting or mutilation of female genitalia. See "" [Female genital mutilation](#)

## **Religious freedom**

### **Religious freedom**

Religion and beliefs are private matters in Germany. The state does not prescribe to anyone whether they should have religious beliefs or which god they should believe in. The state and religion are separate.

**This means, for example:**

- All people have the freedom to choose and practice their religion and beliefs themselves.
- All people have the freedom to not follow a religion and to state that fact openly. If someone does not believe in God, they are free to state this publicly.
- Members of different religions and faiths are allowed to marry each other and have children.
- Marriage is only considered legally valid if it is recognised by the Standesamt (registry office). Marriages that have only been performed in a religious context are not considered legally binding in Germany.

**The following behaviour is not allowed in Germany:**

- Putting religious rules or traditions above the laws of the German state. One example would be a man married to multiple women at the same time, or slaughtering an animal without a special permit.
- Boys can only be circumcised if it does not negatively affect their well-being.

Many people in Germany now work to ensure that there is dialogue between religions. The aim is the peaceful co-existence of people who are religious, those who are devout and those who do not belong to any religion. The state is committed to ideological neutrality. Provided that practising a religion does not endanger democracy or the separation of state and religion, it will be protected.

## **Social justice**

### **Social justice**

The state must respect and protect human dignity. It should, therefore, ensure that social justice applies to the greatest extent possible. It takes legal, financial and material actions to do so. Everyone in Germany who is earning money pays part of their earnings to the state (tax). The higher your income, the more you have to pay. The more you earn, the more taxes you pay. The state is expected to spend this money for the benefit of everyone living in Germany.

**This means, for example:**

- Every person registered as living in Germany has the right to basic medical care. This includes medical treatment in the case of illness or accident.
- All people who are employed and required to contribute to social security pay contributions for their health insurance, social security and pension.
- Every adult must make an effort to pay for their own living expenses. If a person is not able to do this, they can request support from the state.
- The state ensures that taxes are used to reduce social inequality and help people in crisis (refugees, for example).
- The state provides financial support to parents, for example through child benefits.

**The following behaviour is not allowed in Germany:**

- Tax fraud, for example paying fewer taxes than required.
- Receiving state benefits without being entitled to them.

**Freedom of expression****Freedom of opinion**

Everyone has the right to their own opinion. This is stated in the German constitution. Freedom of opinion is part of democracy.

Everyone is allowed to decide for themselves what they read, how they surf the internet or whether they want to demonstrate. Everyone is free to express and disseminate their opinions publicly. All media are also free, all people can inform themselves there.

But there are also limits. Anyone who expresses their opinion freely must take care to protect the personal honour or personal dignity of other people. For example, you are not allowed to insult other people.

**This means, for example:**

- The government may be criticised.
- Religion may be criticised.
- Artistic works may provoke. Nobody is allowed to tell writers, musicians or visual artists how they should work.
- You are also allowed to make jokes or art about the government and about religions.
- Anyone who feels slandered, insulted, defamed or has their personal honour and dignity violated can turn to the police or a court.

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

- The use of anti-constitutional symbols
- Calls for the overthrow of democracy.
- Insulting statements that demean other people.
- Defamation or slander against other people.
- Incitement to hatred and violence.

**Information for people from Ukraine****Entry from Ukraine and residence in Germany****Information from the Federal Ministry of Labour and Social Affairs (BMAS):**

For people who have fled to Germany to escape the war. Questions and answers on the topics of labour and social security:

 [in German](#)  [in English](#)  [in Ukrainian](#)  [in Russian](#)

## Information from the Federal Foreign Office and the Federal Office for Migration and Refugees

Here you can find out what is important at the moment - for example, what the current [situation](#) is. You can also find rules here if you want to enter Germany or if you need a visa. We have already written down some important questions and answers for you:

### I am in Germany without a visa - what can I do now?

If you come from Ukraine, you do not need a visa to come to Germany until **4 December 2025**. From the day you enter the country, you can stay here for up to 90 days without a special permit. You can even stay in Germany without a special residence permit until **4 March 2026**.

During the 90-day visa exemption period, you can consider whether you would like to stay in Germany for longer. There are various options for this:

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).
2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.
3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

### Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2025?

Your residence permit will be automatically extended and will then be valid until 4 March 2026. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

### What happens when you arrive in Germany?

When you come to Germany, there are a few important steps that you need to take one after the other. This is how it works:

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.
- Finally, you apply for a permit so that you can stay in Germany for longer.

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

## **Can I work in Germany with a residence permit for temporary protection?**

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

## **Should people from Ukraine apply for asylum?**

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

Registration upon entry does not constitute an application for asylum. An application for asylum must be submitted to the responsible branch office of the Federal Office for Migration and Refugees in order for an asylum procedure to be carried out.

For these reasons, it is not necessary to file an asylum application to secure a right of residence or to claim social benefits.


## **Information portal of the German government**

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](https://www.germany4ukraine.de)

## **Embassy of Ukraine in Berlin**


 [+493028887128](tel:+493028887128)


 [Albrechtstraße 26, 10117 Berlin](#)


## Arrival in Munich

### **Arrival at the main railway station:**

- Referral to registration and advice centres
- Information on onward travel and accommodation

 There are people on site who can translate.

 Münchner Hauptbahnhof, Bahnhofsmmission, Gleis 11

 Daily from 0 to 24 hours

The service is free of charge.

### **Registration at the arrival centre for refugees from Ukraine:**

It is important that you register within the first 90 days of your arrival in Munich. If you are registered, you may also be entitled to support.

#### **Where do I register myself / my family?**

Registration takes place at the government of Upper Bavaria (ROB).


 Ankunftszentrum für Geflüchtete aus der Ukraine, Dachauerstraße 122, 80637 München

If you are registered and need accommodation, please send an e-mail to

 [@ukraine-Verlegung.soz@muenchen.de](mailto:@ukraine-Verlegung.soz@muenchen.de)

### **If you have any questions:**



#### **Questions for the Immigration Office**

You are a war refugee from Ukraine and would like to apply for a residence permit (§ 24 AufenthG), submit additional documents, report changes or have a question? Use our  [contact form](#) or give us a call:

 [089/23396010](tel:089/23396010) (  Monday to Thursday 7:30 to 15:30 and Friday 7:30 to 13:00)

#### **Questions for the social department**

Do you have a question or concern? Use our  [contact form](#) or give us a call:

 [089/23396833](tel:089/23396833) (  Monday to Wednesday from 8:00 a.m. to 4:00 p.m., Thursday 8:00 a.m. to 5:00 p.m., Friday 8:00 a.m. to 1:00 p.m.)

### **Further information:**

#### **Official website of the City of Munich to support refugees from Ukraine**

 [Solidarity with Ukraine](#)

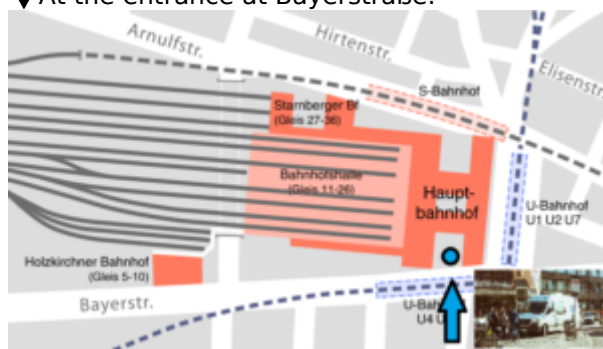
#### **Primary medical care at the main railway station (no emergencies!)**

For people who do not yet have a medical treatment certificate.

**OpenMed-Bus**

🕒 On Wednesday from 16:00 to 19:30

📍 At the entrance at Bayerstraße:

**REFUDOCs**

🕒 Every day from 13:00 to 15:00 and from 19:00 to 22:00

📍 Hotel Regent, Seidlstraße 2, 80335 München

🌐 [Website](#)

**Ärztlicher Bereitschaftsdienst**

🕒 Every day from 09:00 to 21:00

📍 Elisenhof, Prielmayerstraße 3, 80335 München

☎ [116117](tel:116117)

**Clothing and everyday products**

■ Diakonia Kleiderkammer Moosfeld, Am Stahlgruberring 8, 81829 München

🕒 Tuesday to Friday from 10:00 to 16:00. If possible 🌐 [please book an appointment.](#)

**Food:**

You can get free food from the Münchner Tafel once a week.

☎ [0800/2004460](tel:08002004460) (calls are free of charge)

**Medical care**

Information on doctors' surgeries, pharmacies, hospitals, vaccinations, pregnancy, birth, tuberculosis, HIV and much more can be found on the website of the City of Munich:

🌐 [Medical care](#)

🗣 For information in Ukrainian please scroll down.

**Ukrainian Catholic Greek Church in Munich**

🌐 [Website](#)

■ Kathedrale Maria Schutz und St. Andreas, Schönstr. 55, 81543 München

☎ [089/65129090](tel:08965129090)

@ [ugkkm@t-online.de](mailto:ugkkm@t-online.de)

**Crisis chat for children and young people up to the age of 25**

Do you feel burdened by the war? Have you arrived in a foreign country and are finding it difficult to find your way around? Or do you simply need support and a sympathetic ear? We are here to help.

🗣 Ukrainian & Russian

This service is free of charge.

🌐 [More information](#)

**Telephone number for Munich residents willing to help:**

☎ [089/1269915100](tel:0891269915100)

@ [ukraine@diakonie-muc-obb.de](mailto:ukraine@diakonie-muc-obb.de)

🕒 From Monday to Friday from 8:00 to 20:00.

🕒 On Saturday, Sunday and public holidays from 9:00 to 17:00.

🗣 German

## **Residence permit, German course, childcare, school, work, training, study**

### **Residence permit, German course, childcare, school, work, training, study**

Do you want to work, study or do an apprenticeship in Germany? Then you need a residence permit. The prerequisite for this is a [place of residence](#).

If you know where you live in Munich, please register your place of residence. To do this, you must make [an appointment online](#) at the Bürgerbüro / Sozialbürgerhaus (SBH). Which SBH is responsible for you depends on your address. Enter your address [here](#) to find out which SBH is the right one for you.

🕒 All SBHs are open from Monday to Friday from 8:00 to 12:00.

### **Residence permit according to §24 AufenthG:**

The residence permit contains the note "Gainful employment permitted". This means that any gainful employment, self-employment or dependent employment is possible.

While the application is being processed, you will receive a temporary „Fiktionsbescheinigung“. This also has the note „Erwerbstätigkeit erlaubt“.

There are two ways to submit the application: by post or by online application

- You will need the following documents by post:
  - Your first name and surname
  - The date of your entry
  - A copy of your identity document (scanned or photographed)
  - A copy of the registration email from the Government of Upper Bavaria (if you are not yet registered, you will receive an appointment to register after you have applied for your residence permit)
  - If possible, the completed and signed [application for a residence permit for refugees from Ukraine](#) (fill out a separate application for each family member)

Send these documents to the following address:

Kreisverwaltungsreferat (KVR)

Ausländerangelegenheiten

Ruppertstraße 19

80466 München

- By online application: Fill in this form:
  - in German: [Aufenthaltserlaubnis für Kriegsflüchtlinge aus der Ukraine](#)
  - in English: [Residence permit for war refugees from Ukraine](#)

For questions:

[@ukraine.kvr@muenchen.de](mailto:@ukraine.kvr@muenchen.de)

[☎089/23396010](tel:089/23396010)

## German courses:

If you have a residence permit according to §24 AufenthG or a fiction certificate, you can apply for a German/integration course (IK) at the Federal Office for Migration and Refugees (BAMF).

To do this, fill in the [Antrag auf Zulassung zu einem Integrationskurs](#) form.

Instructions for completing:

- Under "Reason for travelling to Germany", please tick "Other reasons" and enter "Ukraine war".
- Under "Reason for applying for admission to the integration course", please state the relevant reason, e.g. language acquisition for integration into the labour market.
- You do not need to tick the exemption from costs. This is done automatically.

Send the completed application form to the following address:

Bundesamt für Migration und Flüchtlinge

Referat 53 A

Streitfeldstraße 39

81673 München

You can then look for an integration course: [Integration courses - search](#)

Advice on participation and application can be obtained from the [migration advice centres for adults \(MBE\)](#) or [youth migration services \(JMD\)](#):

[mbeon](#)

[migmunichen](#)

If you do not yet have a residence permit or fiction certificate, you can contact the [IBZ-Sprache und Beruf](#):

[@ibz-sprache.soz@muenchen.de](mailto:@ibz-sprache.soz@muenchen.de)

[website](#)

## Recognition of foreign qualifications:

Have you learnt or studied a profession in Ukraine and would like to work in Germany?

The [Service Centre for the Development of Foreign Qualifications](#) can check whether this can be recognised or classified as equivalent in Germany.

## Childcare and school






[Information from the City of Munich](#)

The parent counselling service helps parents with questions about childcare:

[@kita-eltern@muenchen.de](mailto:@kita-eltern@muenchen.de)






[☎089/23396771](tel:089/23396771)

School attendance is compulsory in Germany. This means that all children and young people between the ages of 6 and 15 must enrol at a local school. Distance learning at a school in

Ukraine does not replace compulsory schooling in Germany.  
Information on school attendance is available here:  
 Monday to Friday from 9:00 to 12:00 and from 13:00 to 16:00  
 [@schulberatung-international@muenchen.de](mailto:schulberatung-international@muenchen.de)  
 [089/23326875](tel:08923326875)  
 [089/233524227](tel:089233524227) (  Ukrainian and Russian)

## Support and counselling in the search for work and training:

### Munich Employment Agency:

 [Website](#)  
 [@Muenchen.ofis.ukrayina@arbeitsagentur.de](mailto:Muenchen.ofis.ukrayina@arbeitsagentur.de)  
 [0911/1787915](tel:09111787915) (The call is **not** free)  
 From Monday to Thursday from 08.00 to 16.00 and on Friday from 08.00 to 13.00  
 German, Ukrainian and Russian


### Migration and Work Information Centre:


- Active support in the search for work
  - Labour and social law information (e.g. in the event of dismissal, if you do not receive your wages, etc.)
  - German course
  - Job application training
- The offer is free of charge.

Who for: For refugees from Ukraine


 Ukrainian, Bulgarian, Romanian, Turkish, English and French

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

 Sonnenstr. 12a, 80331 München

 [089/51114642](tel:08951114642)

 [@jobmatching@awo-muenchen.de](mailto:jobmatching@awo-muenchen.de)

 Every Friday from 9:30 to 12:00 and from 13:00 to 15:00

 [Website](#)

### Further information:

"" [Vocational preparation - looking for an apprenticeship](#)

"" [Work, training](#)

"" [Job centre](#)

"" [Find work](#)

## Job portals

 [Job Aid Ukraine](#)

 [Springboard Into Work](#)

 [UAtalents](#)

 [socialbee](#)

## Study

The university advises students and people from academia.

[Information and advice on scholarships for refugees](#)

☎ [089/21800](tel:08921800)

📍 Ludwig-Maximilians-Universität München, Geschwister-Scholl-Platz 1, 80539 München

## **Financial support if you do not have a residence permit / fictitious certificate**

## **Financial help for people without a residence permit / fictitious certificate**

### **Munich Association for the Deaf**

Information for deaf refugees can be found here:

🌐 [Website](#)

✉ [@ukraine@gmu.de](mailto:@ukraine@gmu.de)

## **Residence permit:**

You may stay in Germany for up to 90 days from the day you enter the country.

After that - or if you want to work in Germany - you will need a [residence permit](#).

## **Financial assistance:**

Don't have enough money? The prerequisite for financial support is [registration](#) at the First Arrival Centre:

📍 Dachauer Straße 122a, 80637 München

If you are registered, you can submit the application.

You can also obtain medical treatment vouchers there.

## **What documents do I need?**

To apply for financial aid, please send the following information and documents by e-mail to

✉ [@asylbewerberleistungen.soz@muenchen.de:](mailto:asylbewerberleistungen.soz@muenchen.de)

- Name, telephone number
- Copies of the passports of all family members for whom you wish to apply for benefits
- completed online form: 🌐 [in Ukrainian](#) / 🌐 [in Russian](#)
- Specify the address of your accommodation

## **Do you have a question?**

☎ [089/23396833](tel:08923396833)

☎ [089/23348805](tel:08923348805)

📍 Amt für Wohnen und Migration, Werinherstr. 89, 81541 München

📷 You can also visit us in person without an appointment. This is possible on Monday and Wednesday from 08:30 - 09:30.

## **Financial support if you have a residence permit / fiction certificate**

## Financial help for people with a residence permit / fictitious certificate

### Munich Association for the Deaf

Information on the registration process for deaf refugees:

 [Website](#)

[@ukraine@gmu.de](mailto:@ukraine@gmu.de)

[@sozial.ukraine.deaf@gmail.com](mailto:@sozial.ukraine.deaf@gmail.com)

### Residence permit:

All persons, regardless of their residence status in Ukraine, who have left the country after 24 February 2022 may enter Germany without a visa. You can then stay in Germany for up to 90 days without a visa.

After the 90 days or if you want to work in Germany, you will need a [residence permit](#).


### Financial support:

If you have a residence permit or a "Fiktionsbescheinigung", you can apply for basic financial support (SGB II / Bürgergeld). This means


- financial assistance
- Health insurance
- Free offers for support and qualification, such as language courses, integration courses, opportunities for further training
- Money for accommodation and heating

If you do not have a residence permit, you can find more information on financial assistance [here](#).

### Where can I submit the application?

You can submit your application to the job centre / [Sozialbürgerhaus](#) (SBH). Which SBH is responsible for you depends on your address. Enter your address [here](#)  to find out which SBH is the right one.

### What documents do I need for the application?

- Fictitious certificate or residence permit § 24 Abs. 1 (AufenthG)
- Registration in the Central Register of Foreigners (AZR). Registration is carried out by the  [Kreisverwaltungsreferat](#) (KVR). Registration in the AZR takes place automatically when you receive the fictitious certificate.



There are three ways to submit the application: 1. in person; 2. by post / e-mail; 3. online. If documents are missing, you will receive a message from us.

#### In person:

You will receive the documents for the application at your appointment. We will support you with the application.

There are also people on site who can translate.

To avoid waiting times, book an appointment by phone or online:

 [089/453550](tel:089453550) (  From Monday to Friday 08:00 - 18:00)

 [Online](#)

**Not all family members need to come to the Job Centre individually. It is sufficient for one person from your family to come. Please bring the following documents and proof to the appointment:**

- Passports of all persons submitting the application or birth certificates of the children
- Residence permit / fictitious certificate from all persons submitting the application


If you have the following documents, please also bring them with you to the appointment:

- Do you pay rent for **accommodation**? Then please bring proof of the amount of the costs (e.g. rental agreement).
- Do you **work**? Then please bring proof of your income.
- Do you have a **German bank account**? Then please bring proof of the account number (IBAN).

By post / e-mail:

Use the  [short application form](#) and the  [short application form for additional persons](#).

Would you like to apply for your child's lunch costs, excursions or school trips to be covered?

Then you can submit the  [application for education and participation](#). Please send the documents by post or email to your social welfare centre:

Online:


You can submit the  [application digitally](#) here.

**If you have your own bank account, you will receive the money faster.** If you do not have an account, you can also receive the money in cash. Please discuss this with the member of staff at your SBH.

## Do you have a question?

Then you can call:

 [089/453550](tel:089453550) (  From Monday to Thursday 08:00 - 18:00 and on Friday 08:00 - 14:00)

 [089/453552878](tel:089453552878)

@Or write an e-mail to your local job centre.


## Additional support for family and child:

If you have a residence permit / fiction certificate, you can apply for additional support, such as child benefit, parental allowance or maintenance advance. You can find information on this here:

 [in German](#)

 [in English](#)

 [in Ukrainian](#)

 [in Russian](#)

**Support with the SGB II application for third-country nationals / people without Ukrainian citizenship**

## If you do not have Ukrainian citizenship and need assistance with your SGB II - Antrag:

### Migrationsberatung hpkj im Bellevue di Monaco

📍 Müllerstr. 2, 80469 München

🕒 On Monday: 10:00 - 12:00, on Tuesday: 16:00 - 18:00 and on Thursday: 10:00 - 12:00

🗣️ Russian, Ukrainian

### PONTIS

🌐 [Website](#)

📞 PONTIS Ukraine in Hasenberg [0176/18550238](tel:017618550238)

📞 PONTIS Ukraine in Pasing [0176/18550241](tel:017618550241)

📞 PONTIS Ukraine at Freimann [0176/18550243](tel:017618550243)

### Migration counselling Caritas

🌐 [Website](#)

📞 [089/724499200](tel:089724499200)

### Further offers of help

### Help for Ukrainians on the run

🌐 [MapaHelp](#) collects locations in Ukraine. People in difficult situations can receive help there. The help consists of accommodation, food, psychological and medical assistance or transport.

### Hotline of the IOM

🌐 [International Organization for Migration](#)

The call is free of charge.

📞 [+380504284565](tel:+380504284565)

📞 [+380500302268](tel:+380500302268)

📞 [+380504284660](tel:+380504284660)

🕒 daily from 8:00 to 20:00

### Help telephones

Violence against women: 📞 [0800/116016](tel:0800116016)

Sexual abuse: 📞 [0800/2255530](tel:08002255530)

Pregnant women in need: 📞 [0800/4040020](tel:08004040020)

### Pontis Ukraine - Forms service

We help people fill out forms and applications.

Prerequisite: Residence permit according to § 24 AufenthG

The service is free of charge.


📍 Ernst-Schneider-Weg 7, 80937 München

🕒 From Monday to Thursday from 9:00 to 14:00

Please make an appointment:

📞 [0176/18550238](tel:017618550238)

📞 [0176/18550241](tel:017618550241)

 [0176/18550243](tel:0176/18550243)

## Mental Health Centre Ukraine


We offer psychological help for all people who had to flee due to the war in Ukraine. There are various programmes for children, young people and adults.

You can see the current programmes and information on how to register at  [on our website](#).


People without a Ukrainian passport can also come to us. The programme is particularly aimed at vulnerable people. For example, LGBTIQ\*, Rom\*nija, BIPOC (Black, Indigenous, People of Color), people with disabilities.

The service is free of charge.


 Ukrainian, Russian, English, French, other languages if necessary.

 Franziskanerstraße 14, 81669 München

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

 [089/98295745](tel:089/98295745)

 [@mhcu@refugio-muenchen.de](mailto:@mhcu@refugio-muenchen.de)

 Please make an appointment.

## Addresses for people with cancer

For people with tumours:

### Bavarian Centre for Cancer Research:

 Onkologisches Zentrum - TU München, Ismaninger Str. 22, 81675 München

 Onkologisches Zentrum - LMU Campus Großhadern, Marchioninistraße 15, 81377 München


 [0800/8510080](tel:0800/8510080)

 [@buergertelefon@bz kf.de](mailto:@buergertelefon@bz kf.de)

 [Website](#)

### Oncology Centre of the Munich Clinic Bogenhausen:

 Englschalkinger Straße 77, 81925 München

 [089/92702895](tel:089/92702895)

 [@christa.muser@muenchen-klinik.de](mailto:@christa.muser@muenchen-klinik.de)


 [Website of the centre](#)

 [You can find other locations here](#)

## Help for traumatised people


 [ArrivalAid Trauma Help](#)

We help you if you are suffering from the situations you have experienced. We offer counselling, anti-stress training and trauma help.

 Ringseisstraße 11a, 80337 München

 [Our website](#)

 [@traumahilfe@arrivalaid.org](mailto:@traumahilfe@arrivalaid.org)

 [089/55871688](tel:089/55871688)


## Helpline Ukraine - number against grief

We are there for you if you want to talk about your experiences in Ukraine or how you are doing in Germany. We have an open ear for worries, questions and problems. We can also provide information on other offers of help.


Who it's for: Children, young people and parents from Ukraine. You can also use our service if you have taken in people from Ukraine.

The call is free of charge and anonymous.

 [Website](#)

 Ukrainian, Russian

 0 [8005002](#) 250

 Monday to Friday from 14:00 to 17:00

## Help for people with disabilities and/or chronic illnesses


 [AbilityAid](#)

Counselling, courses for practising German and PC courses for beginners and advanced users

■ Dachauer Str. 21a, 80335 München

 [Website](#)

 [@ability@arrivalaid.org](mailto:@ability@arrivalaid.org)

 [089/59998823](#)

## Imagine Ukraine

We help you with your arrival in Europe. We provide practical help and guidance. For example, when looking for work.

Who for: People from Ukraine, Belarus, Russia and other countries who want to build a new life in Europe as a result of war and oppression.

The programme is free of charge.

 [@johann@joinimagine.org](mailto:@johann@joinimagine.org)


 [Website: Website](#)


## Consumer protection


In addition to [information on everyday life](#), the Bavarian Consumer Advice Centre offers free advice in Ukrainian. The counselling is individual and takes place by telephone, e-mail or on site.



 [website](#)

## Legal advice, advice on insurance and tenancy law

 [089/5527940](#)


 Monday to Thursday from 9:30 to 12:15 and from 13:30 to 16:15

 Friday from 9.30 a.m. to 12.15 p.m. and from 1 p.m. to 3 p.m.

**Financial and legal advice on pensions, investments, property financing, loans or in the event of an insurance claim** [089/552794131](tel:089/552794131) Monday to Friday from 9:00 to 12:30 Monday and Thursday from 14:00 to 16:00**Energy counselling** [0800809802400](tel:0800809802400) Monday to Thursday from 8:00 to 18:00 Friday from 8:00 to 16:00[@info@vzbayern.de](mailto:info@vzbayern.de)**COMING HOME - Office for Return Assistance**

Would you like to return to your country of origin? Get in touch with [us](#)!

Who for: Students from abroad who have come to Germany as a result of the war in Ukraine and would like to return to their country of origin.

[@reintegration@muenchen.de](mailto:reintegration@muenchen.de) [089/233-48666](tel:089/233-48666), [-48663](tel:089/233-48663)**Munich Kyiv Queer**

Fight for Global Rights - Solidarity knows no borders.

Lesbians, gays, bi, trans\* and Inter\* (LGBTI) suffer from disenfranchisement, persecution and attacks in many places around the world. We stand by their side in solidarity.

The Munich Kyiv Queer contact group was founded in 2012. We campaign specifically for the human rights of homo-, bi-, trans\* and inter\* people in Ukraine. The partnership between Kyiv and Munich is the basis for this. Since then, a lively cooperation has developed between the lesbian, gay and trans\* groups of both cities, which are linked by friendship. The joint projects have long since extended beyond Kyiv to the whole of Ukraine.


Currently, we mainly offer help for LGBTIQ\* refugees from Ukraine who come to Bavaria/Munich, but we also support queer people locally.

What we offer: Counselling, accommodation, group meetings with refugees and helpers, paperwork, German courses

For whom: LGBTIQ\*

The offer is free of charge. Children can be brought along.

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

 German, English, Ukrainian, Russian Munich Kyiv Queer c/o Sub e.V., Müllerstraße 14, 80469 München[@info@MunichKyivQueer.org](mailto:info@MunichKyivQueer.org) [Website](#)**Media in Ukrainian language****Media in Ukrainian language**

### Children's programmes in Ukrainian:

 [ARD-Mediathek](#)

### Where did the ladybird hide its wings? How does the colour get into the crayons? Why does the squirrel have such a bushy tail?

Here you'll find funny stories with a mouse, elephant and duck:

 [The page with the mouse](#)

### Psychosocial support for people from Ukraine

People who have fled to us from the war in Ukraine have experienced terrible things. The children in particular were and are exposed to high levels of psychological stress. But children can be very resilient if they are helped immediately. It is also important that parents know how to look after their children, but also themselves. Our job is to provide therapy and counselling for people who have been traumatised by war and flight. On our website you will find two videos in Ukrainian with German subtitles:

 [Refugio](#)

### News in Ukrainian

"Deutsche Welle" is the German foreign broadcaster. It provides news in over 30 languages, including Ukrainian:

 [News in Ukrainian](#)

### Collected information at the Munich City Library

The Munich City Library has collected information on the war against Ukraine and the situation of refugees in Munich on its website. It provides an overview of which sources you can currently rely on and how you can recognise false information.

You will also find novels, biographies and stories by Ukrainian authors.


You will also find a list of sources of help.

 [Münchner Stadtbibliothek](#)

### Picture books and children's books

The following Munich city libraries have picture and children's books in Ukrainian:

[Motorama](#), [Bogenhausen](#), [Neuhausen](#), [Pasing](#), [Ramersdorf](#), [Sendling](#)

Events for children in Ukrainian can be found  [here](#).

## Migration Advisory Council Munich

### What is the Migration Advisory Board?

### What is the Migration Advisory Council?

There are currently around 478,000 people with foreign citizenship living in Munich. That is around 30 per cent of the population of Munich. In addition, there are around 283,000 German citizens with a migration background.

The Migration Advisory Council represents the interests of people with a history of migration. The political body has existed since 1974 and consists of 40 members. The members were elected for three years on 19 March 2023. Each year, the Migration Advisory Board can fund certain projects. It has around €220,000 at its disposal for this purpose.

**Our topics:**

- Anti-discrimination and anti-racism
- Education and training
- Help for children and young people
- Labour and social affairs
- Issues for women
- Sport and leisure
- culture
- Migration policy and international understanding
- Politics for refugees and migration law

**Politics for people in Munich without a German passport:**

- We submit applications to the city council and the city administration.
- We organise events at which various topics are discussed. For example, on integration policy in Bavaria, the recognition of foreign certificates or unemployment among migrants.
- We are committed to ensuring that all people in Munich are allowed to vote.


**Against racism, discrimination and in favour of integration:**


- Together with the City of Munich and the [Lichterkette e.V.](#) association, we award the "[Münchner Lichtblicke](#)" prize every year. The award stands for tolerance and civil courage.
- We support refugees.
- We are involved in "[Munich is colourful](#)".
- We are part of the jury in the [Mosaik Jugendpreis](#).
- 21 March is International Day against Racism. In cooperation with [AGABY](#) and the [Netzwerk Rassismus- und Diskriminierungsfreies Bayern e.V.](#), we are organising the rally for this day.
- We are involved in the [AGABY](#) (umbrella organisation of Bavarian integration councils), the [Bavarian Integration Council](#) and the [Federal Immigration and Integration Council](#).

**Bridge between the city, politics, clubs, associations and citizens:**


- We organise events together with the City of Munich. For example, the Festival of Cultures or the [AnderArt Festival](#). We also organise memorial events for victims of racist and misanthropic violence.
- We support around 100 to 120 projects every year.
- We are in contact with migrant associations and organisations.
- We are the contact point for all questions concerning migrants in Munich.

 [Video on the election of the Migration Advisory Board](#)

 Geschäftsstelle des Migrationsbeirates, Sendlinger Straße 1, 80331 München

 [089/23392454](tel:08923392454)

 [@migrationsbeirat@muenchen.de](mailto:@migrationsbeirat@muenchen.de)

 From Monday to Thursday from 9:30 to 15:00. On Friday from 9:30 to 12:00.

 [Website](#)

## Who can vote?

### Who can vote?




All foreign nationals may vote who, on the day of the election, meet the following requirements:

- are at least 18 years old,
- have lived in Munich for at least six months (in the event of several residences: with a primary residence) or otherwise usually live here
- and are not excluded from the right to vote.

All persons who meet these requirements are automatically on the electoral roll and receive a voting notification.


German citizens may also vote if they meet the above requirements and **also**

- hold a foreign passport
- or have held a German passport for less than 12 years (naturalisation after March 18, 2011).

**Please note: Persons with German citizenship are not automatically on the electoral roll.** If you want to vote or stand as a candidate in the Migrationsbeiratswahl (Migrants Advisory Board election), you must apply to the electoral office for  **[‘Aufnahme in das Wählerverzeichnis \(inclusion on the electoral roll\)’](#)**. You can also request the application form by phone on  [089/23396233](tel:089/23396233) or by e-mail (  [@briefwahl.kvr@muenchen.de](mailto:briefwahl.kvr@muenchen.de) ).

 [Website of the federal capital city of Munich](#)

The application for inclusion on the electoral roll must be received by the electoral office no later than March 3, 2023:

 Kreisverwaltungsreferat, Geschäftsleitung, Wahlen und Beschlusswesen, Rupertstraße 19, Raum 56.38, 80337 München

 [@briefwahl.kvr@muenchen.de](mailto:briefwahl.kvr@muenchen.de)