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## Welcome

### Trivia about Nuremberg

Nuremberg is located in the province of Bavaria and in the district of Middle Franconia. Nuremberg has over 500,000 inhabitants and is the second largest city in Bavaria after Munich. A river called the Pegnitz flows straight through the city.

In Nuremberg there are many interesting and beautiful places. Nuremberg is particularly well-known for its medieval [castle \(Kaiserburg\)](#), the [German National Museum](#) and its [Christkindlesmarkt](#) on the [Hauptmarkt](#).

The city of Nuremberg was mentioned for the first time in an imperial document in 1050. The name Nuremberg comes from "Norenberc", meaning "rocky mountain". "Rocky mountain", because the Nuremberg castle was built on a sandstone cliff. The path up to the castle road is very steep, but worth it! From the [viewpoint](#) you have a great view over the city. This part of the castle is free to enter.

There is a lot of interesting information to be learnt about Nuremberg's history in the City Museum, the [Fembohaus](#). With the [»»Nuremberg pass](#) the entry fee is only €1.50.

A very famous resident of Nuremberg is Albrecht Dürer. He lived from 1497 to 1528. He was a painter, mathematician and art historian. There is still a lot to remind us of Albrecht Dürer today. For example, there is the [Albrecht-Dürer-Platz](#) with a statue of him and his former home has been turned into a museum, the [Albrecht-Dürer-Haus](#).

Nuremberg is also well known for toys. This is why Nuremberg is home to the largest toy trade fair in the world. Toys have been manufactured in Nuremberg since the Middle Ages. In the [Toy Museum](#) you can admire the history of toys both in Nuremberg and the world. Anyone with the [»»Nuremberg pass](#) also pays an entry price of only 1.50!

Nuremberg is also famous for gingerbread and bratwurst. Gingerbread is a biscuit baked with many spices. It has been produced with a secret recipe since the 14th century and is famous worldwide. Nuremberg is also called the "city of gingerbread". Bratwurst sausages are also made according to a secret recipe and sold as a branded product all over the world. You can find small booths selling "Drei im Weggla" all over the city. That means three Nuremberg bratwurst in a bun.

The first German steam locomotive started its journey from Nuremberg to Fürth in Nuremberg on 7 December 1835. This was the beginning of the industrial age for Nuremberg. The steam locomotive was called "Adler" and can still be seen today in the [Transport Museum](#).

Nuremberg is also known as the city of the Nuremberg Rally. During the time of National Socialism, the Nazi party rally grounds were set up in Nuremberg to hold the party conferences of the NSDAP with hundreds of thousands of participants. Even today, large parts of the complex can be visited, as well as the [Reich's Party Rally Grounds Documentation Centre](#), which offers detailed information about the historical events. Today, large concerts and motor races take place on this site.

After the end of the Second World War, leading representatives of the National Socialist regime had to take responsibility for their crimes before the International Military Court. These "Nuremberg Trials" formed the basis for a further development of international law and are

documented in the Museum [Memorium Nürnberger Prozesse](#) .

As a reminder of the crimes committed by the National Socialists, [the Human Rights Trail](#) with the human rights articles engraved on 27 pillars in various languages, reminds us of the current situation in many countries and calls for a peaceful coexistence of cultures.

## City map

Are you looking for a specific address or point of interest in Nuremberg?! MAPS-Me offers a navigation function, is free and can be used offline.

How to get the map:

1. Download the MAPS.ME app. The app can be found in the Android PlayStore. It is free.
2. Download a map of your federal state. Nuremberg is located in Bavaria.
3. Then download the city map for Nuremberg: [»»Download from MAPS.ME in the Android PlayStore or in the App Store.](#)

## Asylum application and BAMF

Are you registered in Germany and live in shared accommodation?! What happens next? The next steps are explained here:

### 1. Personal application for asylum

- You can apply for asylum at the **BundesA**mt für **M**igration und **F**lüchtlinge (BAMF).
- **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 received an appointment, ask your accommodation management.

### 2. First interview appointment (asylum application)

- If your interview appointment is not in Nuremberg, go a few days **before** your first appointment (asylum application, first interview appointment) or your second appointment (hearing, second interview appointment) with your documents to [»»Social Services \(SHA\)](#).
- If you have your first interview with the BAMF in Nuremberg, please remember to bring enough food with you. There may be long waiting times.
- You must report to the [»»Immigration Office after your first appointment.](#)

### 3. Personal hearing

- The second interview appointment is the actual hearing. The BAMF decides on your application for asylum. Then it sends you a decision.

#### a) The decision is negative

- If the decision is negative and you want to appeal (meaning that you do not agree), immediately **go** to your [»»Asylum Counselling Service](#). There they can discuss with you

what can be done and you can consult with specialised lawyers or seek advice from the [»»Refugee Law Clinic](#) .

- If you decide to leave voluntarily you can get financial support for your new start in your home country. [»»Central Return Advisory in Nordbayern \(ZRB\)](#)

### **b) The decision is positive, meaning that you are recognised. What are the next steps?**

- **Fiction or electronic residence permit (eAT):** If the BAMF notice has been given, it is necessary to arrange an identity document or the equivalent: [»»Einwohneramt \(Immigration Office\)](#)
- **Job centre:** You will no longer receive your money from the social welfare office, but you have to apply at the job centre: [»»The Nuremberg job centre](#)
- **Housing:** Helpful tips for finding a house, see [»»Housing](#)

### **About Integreat**

This guide will support you in your everyday life in Nuremberg. You will find important addresses, contact persons and tips and tricks to help you to orient yourself better in Nuremberg.

Your daily guide has several chapters. Every chapter deals with a different subject. 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 spare time. The information and leisure offers are changing and we update them regularly. That's why it is a good idea to take a regular look at your mobile app and get information about current activities and events.

You can also use this app offline. The app will update automatically when you are back online again.

We hope that this app makes your life in Nuremberg a little bit easier. We are looking forward to welcoming you here in Nuremberg, the city of peace and human rights.



Gefördert im Rahmen des Bundesprogramms  
**Demokratie leben!**

### **Living together in Germany**

#### **Community Life in Germany**

#### **The Basic Law**

In every country, there are rules that everyone has to adhere to. The most important law in Germany is the Basic Law. It is a collection of 146 articles. Every article stands for a law - i.e., a rule. These rules govern community life in Germany. The fundamental rights protect the freedom of each individual. They are stipulated in Articles 1 to 19 of the Basic Law (Catalogue of Fundamental Rights).

### **Protection of Human Dignity**

Article 1

**(1) Human dignity shall be inviolable. To respect and protect it shall be the duty of all state authority.**


(...)

### **Personal Freedoms**

Article 2

**(1) Every person shall have the right to free development of his personality insofar as s/he does not violate the rights of others or offend against the constitutional order or the moral law.**

(...)

 This also means the right to sexual self-determination. This means: All human beings can decide for themselves which sexual acts they want to participate in and nobody can be forced to do something they do not want to do. More information: [»» Sexual Self-Determination](#)

### **Equality Before the Law**

Article 3

**(1) All persons shall be equal before the law.**

**(2) Men and women shall have equal rights. The state shall promote the actual implementation of equal rights for women and men and take steps to eliminate disadvantages that now exist.**

 [www.zanzu.de](http://www.zanzu.de)

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

### **Freedom of Faith, Conscience and Creed**

Article 4

**(1) Freedom of faith and of conscience, and freedom to profess a religious or philosophical creed, shall be inviolable.**

(...)

## Freedom of Expression

Article 5

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

(...)

## Marriage and the Family; Children Born Outside of Marriage

Article 6

**(1) Marriage and the family shall enjoy the special protection of the state.**

(...)

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

**\*It was not possible to find this kind of linguistic diversity on any other website.**

How the German legal state works is illustrated visually in this film: [»»German](#), [»»Dari](#), [»»Arabic](#), [»»English](#), [»»French](#), [»»Pashto](#), [»»Urdu](#).

## Universal Declaration of Human Rights


Human rights are important rights that apply to everyone all over the world. Human rights are rights that every person has because of their humanity. They protect the dignity of every human being and apply to every person equally, regardless of "race, 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, issued on 10/12/1948)

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is allowed to have their own opinion.
- Right to peace and safety.

Visit the Road of Human Rights! Each of the elements in the Road of Human Rights takes one of the human rights articles in German and in another language. The Road of Human Rights is both a denunciation of the crimes committed by the Nazis and a reminder that human rights are still being severely violated in many countries worldwide.

**Road of Human Rights (Straße der Menschenrechte)**

 [Kartäusergasse 1, 90402 Nürnberg](#)

## Children's Rights



Children need extra protection, which is why they also have special rights. The individual children's rights are stipulated in the Convention on the Rights of the Child. This was adopted by the UN General Assembly in 1989 and subsequently ratified by 193 countries. The UN Convention on the Rights of the Child includes 54 articles.

In Nuremberg City Park can be found the Road of Children's Rights. Here, children can learn more about their rights at eight different points. You can find more information here: [»»Activities for Children and Teenagers.](#)

Children Have Rights Too is the annual theme of the Alliance for Family in Nuremberg. More information on children's rights in Nuremberg: [»»Children's Rights in Nuremberg](#)

The 10 most important Children's rights are visually explained here: [»»Arabic](#) and [»»Persian.](#)

## Emergency numbers - SOS

Only in the event of an **emergency** may you go to the hospital without a medical treatment certificate. An emergency is an acute threat to health. Do not forget your proof of arrival/ID! At the hospital, you must show your arrival/ID in order to prove that you are an asylum seeker and the costs are covered by Social Services. If you are already registered with a health insurance company, bring your insurance card with you.

## Emergency contacts

**Police** ☎ 110

**fire department, ambulance service** ☎ 112

**ambulance, emergency doctor** ☎ 112

💡 Emergency numbers always work on mobile phones, even with pre-paid cards without credit/money!

## Important information for an emergency call 112

- **Who** is calling? (your name)
- **Where** did it happen? (address)
- **What has** happened?
- **How** many injured or ill people are there?
- **What type** of injuries or illnesses are there?
- **Wait** for questions!

Stay calm. Remain calm and speak clearly so you are better understood. Do not end the call. The emergency service/police will end the call when all necessary information has been submitted.

## Protection from violence

## Women and young girls in need

Refuge and protection for women and their children who experience violence at the hands of a partner.

### Women's shelter

+49 (0) 911 333915

@info@frauenhaus-nbg.de

Available around the clock.

Free and anonymous counselling for women who have experienced or are still experiencing violence.

### The "Violence against women" help telephone

+49 (0) 8000 116016

Available around the clock.

## Children and teenagers in need

Available around the clock and every day of the year, the child protection hotline offers help to children and teenagers in need. Hotline for children, teenagers, parents, professionals, neighbours, etc.

### Child and youth emergency service

+49 (0) 911 231-3333

Available around the clock.

## Other emergency contacts

Further emergency contacts and advice centres can be found here: [»»Counselling and assistance.](#)

## Health

### General information

In Germany, you have the right to basic medical care in cases of acute illness and pain. You are also entitled to any officially recommended vaccination and preventive examination. In addition, you will receive free medical services, which are essential for the "safeguarding of health". Seek medical advice if


- You are acutely ill or in pain.
- You are pregnant.
- You are chronically ill, if you have, for example, diabetes, epilepsy or mental illness. If you have any other medicines or the medicine leaflet, bring them to the doctor's appointment. If you have already been to the doctor or hospital because of the illness, please bring the results or findings with you.

Once you have a residence permit, you must register with a regular health insurance scheme. There you will get a health insurance card and have the right to the same benefits as all residents in Germany.

## Visiting a doctor

If you are physically or mentally ill and need to see a doctor, you will receive a treatment certificate from Social Services. This means your visit to the doctor will be free of charge.


### Hotline for the treatment certificate at Social Services

 +49 (0) 911 23178131

If you need help finding a suitable doctor, ask your [»»help centre](#) or your accommodation service.

Doctor surgeries are usually open from Monday to Friday. The opening hours are different depending on the doctor surgery. It is better to make an appointment with the doctor beforehand. If you need a doctor at night or at the weekend, but it is not an emergency, you can call or drop in at:

### Standby emergency medical practice in Nuremberg

 [Bahnhofstr. 11a, 90402 Nuremberg](#)  
116117

 Monday, Tuesday, Thursday, Friday 19:00 - 23:00


Wednesday 14:00 - 23:00

Saturday, Sunday, Public Holidays 08:00 - 23:00

## Emergency dentist service

### Bavarian emergency dentistry service

 [www.notdienst-zahn.de](http://www.notdienst-zahn.de)


 Only on weekends, holidays or bank holidays.


## Operations

If an operation is necessary and is **not** an emergency, Social Services must first approve the hospital stay. Your doctor will provide you with a medical certificate. Only medically necessary interventions can be undertaken.

### Social Services of the city of Nuremberg

#### Economic help

 [Frauentorgraben 17](#), 90443 Nuremberg

 +49 (0) 911 231-5513

 Monday - Friday 08:30 - 12:30


Please arrange an appointment.


## Medication

If you need medication, you can get a prescription from your doctor. You can get your medication with this prescription at any pharmacy. Even with a prescription, not all medication is free of charge. Nevertheless, as an asylum seeker you can get lots of medication free of charge. Consult your doctor. If you don't have a prescription, you must always pay for the medication. Some medication, for example antibiotics, must be prescribed. This means that you can't buy it without a prescription.

Pharmacies (Apotheken) are generally open from Monday to Saturday. The opening times vary according to the pharmacy (often: 09:00 - 18:00). If you urgently need medication at night or at weekends, you will find a sign at each pharmacy with the name and address of the pharmacy that is open for emergency service. This information can also be found on the internet.

Search for pharmacies - emergency services

 [www.aponet.de](http://www.aponet.de)

 In some pharmacies you can get discounts on non-prescription medicines with the [»»Nuremberg pass.](#)

## Advice Centres and Support Services

Advice from the following support services is free. This advice is given confidentially. This means that no one else will be given any information about what you discuss there. In most cases, advice can also be provided anonymously. The advice is usually given in German. If you need an interpreter: [»»How Do I Find an Interpreter?](#)

Information in 13 languages about the human body and sexual health is available at:

 [www.zanzu.de](http://www.zanzu.de)

## Self-help groups

### Self-help contact centres Kiss Mittelfranken e.V.

In a self-help group, people with the same topic (e.g. illness, disabilities, relatives, addictions, general life issues, etc.) meet.


They talk to each other about their concerns and experiences or sometimes do something together. They learn from each other and help each other. There is no professional leadership in self-help groups, no-one is allowed to decide over the others. It is very important that what is discussed in the group is not told to anyone else. The people in the group trust each other.


### We are happy to advise you:


- if you have any questions about self-help
- if you are looking for a suitable self-help group
- would like to set up a group in German or **another native language**

### Kiss Nuremberg - Fürth - Erlangen

 [Am Plärrer 15, 90443 Nuremberg](#)

 0911-2349449

 [@nuernberg@kiss-mfr.de](mailto:@nuernberg@kiss-mfr.de)

 <http://www.kiss-mfr.de>

### Telephone consultation hours:

Mon, Wed, Thu 10 am - 1 pm + 2 pm - 5 pm

Tue 2 - 5 pm

Wed 5 - 7 pm

### Opening hours Nuremberg:

📅 Mon, Wed 10 am - 1 pm + 2 pm - 5 pm  
Thu 10 a.m. - 1 p.m.

## Medical and trauma center for refugees

The Department of Health of the city of Nuremberg, with its specialist medical unit for refugees, offers a special medical centre for refugees. The multilingual team of doctors and assistants also cares for patients in Arabic, Farsi, Russian, Turkish, English and Spanish.

Attached to a specialist medical unit for refugees is the trauma centre. Stabilisation groups and treatment programs for refugees are organised here.

### City of Nuremberg - Department of Health

#### Medical and trauma center for refugees

📍 [3rd Floor, Lina Ammon Straße 28, 90471 Nuremberg](#)  
☎ +49 (0) 911 23175100 or fax +49 (0) 911 23175106

If you have problems in the following areas, be sure to seek help. All advice centres treat your data and all of your details with strict confidentiality.

## Addiction – Alcohol, Medicines, Gambling and Drugs

### Stadtmission Nürnberg e.V. - Addiction Treatment Centre (Suchthilfezentrum)

📍 [Krellerstraße 3, 90489 Nürnberg](#)  
☎ +49 (0) 911 37654 - 200

### Caritas Nürnberg - Psychosocial Counselling and Treatment Centre for Addicts (Caritas Nürnberg - Psychosoziale Beratungs- und Behandlungsstelle für Suchtkranke)

📍 [Obstmarkt 28, 90403 Nürnberg](#)  
☎ +49 (0) 911 23 54 181

### mudra Support with Drugs (mudra Drogenhilfe)

📍 [Ludwigstr.61, 90402 Nürnberg](#)  
☎ +49 (0) 911 8150 - 100

### Lilith e.V. - Association for the Support of Women with Drug Problems (Verein zur Unterstützung von Frauen mit Drogenproblematik)

📍 [Bogenstr. 30, 90459 Nürnberg](#)  
☎ +49 (0) 911 4722 - 18

## STI – Sexually Transmitted Infections



STI stands for "sexually transmitted infection". This means infections that are usually transmitted through sexual contact with another person. For example: HIV, gonorrhoea, syphilis.

You can find information about STIs here:





 [www.zanzu.de](http://www.zanzu.de)

## City of Nuremberg - Health Department



### AIDS Advice Centre/Advice Centre for Sexually Transmitted Infections

 Burgstraße 4, 90403 Nürnberg  
 +49 (0) 911 231-2767 or -2541



### AIDS Support in Nuremberg-Erlangen-Fürth (AIDS-Hilfe Nürnberg-Erlangen-Fürth e.V.)

 Entengasse 2, 90402 Nürnberg  
 +49 (0) 911 230 - 9035  
 Anonymous advice +49 (0) 911 19411 (in German and English)  
 Monday 09:00 - 20:00  
 Tuesday - Thursday 09:00 - 16:00  
 Friday 09:00 - 14:00

### Nuremberg City Mission - Central Franconia AIDS Advice Centre (Stadtmission Nürnberg e.V. - AIDS-Beratung Mittelfranken)

 Krellerstr. 3, 90419 Nürnberg  
 +49 (0) 911 322500






### Federal Centre for Health Education Telephone Advice on HIV and AIDS

 +49 (0) 1805 555444  
 Monday - Thursday 10:00 - 22:00  
 Friday - Sunday 10:00 - 18:00






## Hospitals

### Hospitals and Clinics in Nuremberg

#### Cnopf'sche Children's Clinic/Hallerwiese Clinic (Cnopf'sche Kinderklinik/Klinik Hallerwiese)

 St.-Johannis-Mühlgasse 19, 90419 Nürnberg  
 (Cnopf'sche Children's Clinic) +49 (0) 911 334002  
 (Hallerwiese Clinic) +49 (0) 911 334001  
 Straßenbahn 6, Hallerstr.  
 Tram 4 and bus 36, Hallertor  
 Bus 34, Lange Zeile  
 [www.klinik-hallerwiese.de](http://www.klinik-hallerwiese.de)

#### Nuremberg Clinic (Klinikum Nürnberg)

 Prof.-Ernst-Nathan-Str. 1, 90419 Nürnberg  
 +49 (0) 911 3980  
 Emergency medical care 24 hours a day.  
 U-Bahn 3, Friedrich-Ebert-Platz  
 Bus 34, Nord Clinic  
 [www.klinikum-nuernberg.de](http://www.klinikum-nuernberg.de)

### South Nuremberg Clinic (Klinikum Nürnberg Süd)

📍 [Breslauer Str. 201, 90471 Nürnberg](#)  
 ☎️ +49 (0) 911 3980  
 🕒 Emergency medical care 24 hours a day.  
 🚌 Bus 56, Klinikum Süd  
 🌐 [www.klinikum-nuernberg.de](http://www.klinikum-nuernberg.de)

### Martha-Maria Hospital (Krankenhaus Martha-Maria)

📍 [Stadenstr.58, 90491 Nürnberg](#)  
 ☎️ +49 (0) 911 9590  
 🚌 Bus 46, Martha-Maria-Krankenhaus

### St. Theresien Hospital

📍 [Mommsenstr. 24, 90491 Nürnberg](#)  
 ☎️ +49 (0) 911 56990  
 🕒 Open 24 hours a day, including public holidays.  
 🚶 U-Bahn 2, Nordostbahnhof  
 🚌 Bus 46, Theresien-Krankenhaus

## Women's Health

### Health Centre for Women and Young Girls (Frauen- und Mädchen-Gesundheitszentrum Nürnberg e.V.)

📍 [Fürther Str. 154, 90429 Nürnberg \(Rückgebäude\)](#)  
 ☎️ +49 (0) 911 328262  
 🕒 Monday 10:00 - 12:00  
 Tuesday 14:00 - 16:00  
 Thursday 15:00 - 17:00

Advice on sexuality, relationships and family planning:

### pro familia Nürnberg e.V.

📍 [Tafelfeldstr.13, 90443 Nürnberg](#)  
 ☎️ +49 (0) 911 555525  
 🕒 Monday, Tuesday 10:00 - 13:00, 14:00 - 16:00  
 Wednesday 14:00 - 18:00  
 Thursday 10:00 - 13.00 and 14:00 - 18:00  
 Friday 10:00 - 13:00

## Sex Education

Sex education covers things like naming various body parts, questions on **»»family planning, contraception, sex, »»SexuallyTransmittedInfections,** and feelings/relationships.

Zanzu - My Body in Words and Pictures" is available in 13 languages and gives information on things like the body, sexuality, infections and pregnancy


🌐 [www.zanzu.de](http://www.zanzu.de)


Personalised advice on sexuality, relationships and family planning can be found here: **»»Before and After Pregnancy**


## Before and After Pregnancy

There are many advice centres that can help you during and after pregnancy. KoKi is the specialist centre for early support in Nuremberg. Part of its role is to refer you to other support services in the city. It provides advice and support on all aspects of pregnancy, childbirth and the first three years of life. A mobile consultation in the community accommodation offers personal advice on site.

### Youth Welfare Office of the City of Nuremberg KoKi - Early Support/Coordination Centre for Child Protection

 [Dietzstr. 4, 90443 Nürnberg](#)

 +49 (0) 911 231-14803


 Hotline (available 24 hours a day) +49 (0) 911 231-3333


## The State-Recognised Pregnancy Advice Centres

Here, people of all genders can get anonymous advice on all pregnancy and family-planning issues. Advice is provided on both medical and legal matters. The advice service is also available for mothers and young families after the birth of a child and for people with an unfulfilled desire for children.


### Recognised Advice Centres


#### pro familia Nürnberg e.V. German Society for Family Planning, Sexual Education and Sexual Counselling

 [Tafelfeldstr. 13, 90443 Nürnberg](#)


 +49 (0) 911 555525


#### Nuremberg City Mission (Stadtmission) Advice Centre for Pregnancy and Sexual Counselling

 [Krellerstr. 3, 90489 Nürnberg](#)


 +49 (0) 911 37 654121


#### DONUM VITAE State-Recognised Advice Centre for Pregnancy and Sexual Counselling

 [Königstr. 70, 90402 Nürnberg](#)

 +49 (0) 911 9928400


#### City of Nuremberg Health Department (Gesundheitsamt) Pregnancy Advice Centre

 [Johannisstr. 1, 90419 Nürnberg](#)

 +49 (0) 911 231-2288

#### Zentrum Kobergerstr. e.V.

 [Koberger Str. 79 RG, 90408 Nürnberg](#)

 +49 (0) 911 361626



## Catholic Advice Centres

**Caritasverband Nuremberg**  
**Catholic Advice Centre for Pregnancy and Sexual Counselling**  
 📍 [Tucherstr. 15, 90403 Nürnberg](#)  
 ☎ +49 (0) 911 2354231

## Advice and Support After the Birth

There are also special advice centres for the time after the birth of your child. These centres can inform and support you on specific topics.

### Premature Birth, Medical Problems After Birth

**Klabautermann e.V.**  
 📍 [Rosenberg Str. 7, 90471 Nürnberg](#)  
 ☎ +49 (0) 911 9880841

### If your child cries a lot and/or feeds and sleeps too little

**Educational Advisory Centre at the Youth Welfare Office**  
**(Erziehungsberatungsstelle des Jugendamtes)**  
 📍 [Schoppershofstr. 23-25, 90489 Nürnberg](#)  
 ☎ +49 (0) 911 231- 3385 or - 2985  
 📍 [Johannisstr. 58, 90419 Nürnberg](#)  
 ☎ +49 (0) 911 231- 3886 or - 3887

**Zentrum Kobergerstraße e.V.**  
 📍 [Kobergerstr. 79, 90408 Nürnberg \(Rückgebäude\)](#)  
 ☎ +49 (0) 911 361626


**Evangelical Family Education Centre (Evang. Familienbildungsstätte)**  
 📍 [Leonhardstr. 13, 90443 Nürnberg](#)  
 ☎ +49 (0) 911 2747660


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»»[Family Planning, Contraception and Sexual Counselling](#), »»[Pregnancy and Birth](#)

## Eating Disorders

**dick und dünn e.V. - Counselling for Women with Eating Disorders**  
**(Fachberatung für Frauen mit Essstörungen)**

 [Kühnertsgasse 24, 90402 Nürnberg](#)


 +49 (0) 911 471711


 Tuesday 14:00 - 16:00

Thursday 10:00 - 12:00

Answering machine in service at all other times.

### **Eating Disorder Therapy Network (Therapienetz Essstörungen GmbH)**

 [Am Plärrer 15, 90443 Nürnberg](#)

 +49 (0) 911 27744910

 Monday - Thursday 08:00 - 18:00


Friday 08:00 - 16:00


## **Psychology and Trauma, Acute Crises**


### **City of Nuremberg - Health Department**

#### **Social-Psychiatric Service (Sozialpsychiatrischer Dienst)**

This service is for adults with mental health issues, and for their relatives

 [Burgst. 4, 90403 Nürnberg](#)

 +49 (0) 911 231- 2297

 Monday, Tuesday, Thursday 08:30 - 15:30

Wednesday 10:30 - 15:30


Friday 08:30 - 12:30


and by appointment

### **City of Nuremberg - Youth Welfare Office**

#### **Child and Youth Emergency Service (KJND), Coordination Office for Early Support (KoKi)**


 [Reutersbrunnenstr. 34, 90429 Nürnberg](#)


 +49 (0) 911 231-3333


 24 hours a day.

### **Central Franconian Crisis Service (Krisendienst Mittelfranken)**

This trauma advice centre is for people with acute traumatic experiences and offers help and support when you or your relatives are suffering from feelings of isolation, anxiety, grief of suicidal thoughts. It also helps with family problems and mental health issues.

 [Hessestr. 10, 90443 Nürnberg](#)

 +49 (0) 911 4248550; 0911 42485520 (Russian); 0911 42485560 (Turkish)

 Monday - Thursday 18:00 - midnight

Friday 16:00 - midnight


Weekends and public holidays 10:00 - midnight

 Advice can be given in German, French and English

### **Caritasverband Nürnberg e.V.**

#### **Psychological counselling for parents, children and adolescents**


 [Tucherstr. 15, 90403 Nürnberg](#)

 +49 (0) 911 2354241

### **Caritasverband Eichstätt e.V.**

#### **Psychological counselling for parents, children and adolescents**


 [Giesbertsstr. 67d, 90473 Nürnberg](#)


 +49 (0) 911 8001109

### Stadtmission Nürnberg e.V.

#### Specialised counselling and support for people with experience of trauma

This service is for adults with refugee backgrounds and who are dealing with mental health and/or trauma issues


 Pirckheimerstr. 16, 90408 Nürnberg


 +49 (0) 911 9359555

 [www.spdi-stadtmission-nuernberg.de](http://www.spdi-stadtmission-nuernberg.de)

### Nuremberg Trauma Support Centre (TraumaHilfe Zentrum Nürnberg e.V.)

Advises and supports individuals (and their relatives) who are suffering from the consequences of trauma, assisting them with specific group services.

 +49 (0) 176 44752020

 Monday 14:00 - 16:00


Friday 09:00 - 12:00

Call by phone to arrange an appointment.

### Wings of Hope Foundation of Germany (Stiftung Wings of Hope Deutschland)

Specialist support for people with experiences of trauma

 Burgstrasse 1-3, 90403 Nürnberg, 2. Stock, Zimmer 2.16

 +49 (0) 911 2142370


## Help for Women and Children (Experiences of Violence and Abuse)

Crises and disputes occur in every family. But if you argue often and even experience violence, you should seek professional support. In Germany, everyone – including parents and spouses – is prohibited from physically and mentally mistreating other people and from sexually harassing and abusing other people. There are places that can advise you free of charge and with whom you can remain anonymous.

## Children and Teenagers in Need

### Child and Youth Emergency Services


Available 24 hours a day and 365 days a year, the Child and Youth Emergency Service (KJND) and the Coordination Office for Early Support (Koki) run by the City of Nuremberg offer advice on early-years assistance and support in crisis and emergency situations


 +49 (0) 911 231-3333


## Women and Girls in Need

Shelter and protection for women and their children who have experienced violence at the hands of a partner.

### Women's Shelter

 +49 (0) 911 333915

 [info@frauenhaus-nbg.de](mailto:info@frauenhaus-nbg.de)

 24 hours a day.

Free and anonymous help and support for women who have experienced stalking or violence at the hands of a partner.

### Women's Shelter Advice Centre

+49 (0) 911 3788878

@[beratungsstelle@frauenhaus-nbg.de](mailto:beratungsstelle@frauenhaus-nbg.de)

Monday, Thursday 10:00 - 14:00

Tuesday 14:00 - 18:00

Free and anonymous help and support for women who have experienced or are still experiencing violence.

### Violence Against Women - Telephone Support Hotline (Das Hilfetelefon "Gewalt gegen Frauen")

+49 (0) 8000 116016

Available 24 hours a day.

Specialist advice centre for women in forced marriages and female victims of trafficking.

### JADWIGA Nürnberg

Dammstr. 4, 90443 Nürnberg

+49 (0) 911 4310656

@[nuernberg@jadwiga-online.de](mailto:nuernberg@jadwiga-online.de)

[www.jadwiga-online.de](http://www.jadwiga-online.de)

Advice centre for girls and women experiencing violence.

### Nuremberg Women's Advice Centre (Frauen Beratung Nürnberg)

+49 (0) 911 284400

@[kontakt@frauenberatung-nuernberg.de](mailto:kontakt@frauenberatung-nuernberg.de)

Monday - Friday 10:00 - 14:00

[www.frauenberatung-nuernberg.de](http://www.frauenberatung-nuernberg.de)

## Boys in Need (Jungen in Not)

### Nuremberg Centre for Boys (Jungenbüro Nürnberg)

Allersberger Straße 129, 90461 Nürnberg

0911 528147 - 51

@[info@jungenbuero-nuernberg.de](mailto:info@jungenbuero-nuernberg.de)

[www.jungenbuero-nuernberg.de](http://www.jungenbuero-nuernberg.de)

Telephone hotline hours:

Monday 15:00 - 16:00

Thursday 13:00 - 14:00

## People Living with Disability

The following services are free of charge for you, and they are required maintain confidentiality (what you tell them stays secret). The advice session is given in German. Please bring an interpreter with you: >>>[How Do I Find an Interpreter?](#)

### Advice and Services for People Living with Disabilities

Association for People Living with Physical Disabilities:

### **noris inklusion gGmbH**

📍 [Bertolt-Brecht-Str. 6, 90471 Nürnberg](#)  
 ☎ +49 (0) 911 98185101  
 🌐 [www.noris-inklusion.de](http://www.noris-inklusion.de)

One of the many things you can do here is apply for your disabled person's pass or parking permit. You can also get support on issues relating to work and disability:

### **Bavarian Family and Social Centre (Zentrum Bayern Familie und Soziales)**

📍 [Bärenschanzstraße 8a, 90429 Nürnberg](#)  
 ☎ +49 (0) 911 9280  
 🌐 [www.zbfs.bayern.de](http://www.zbfs.bayern.de)

Advice, support and information for people living with disabilities. The support covers issues such as paying for inpatient care, accommodation (nursery schools, hostels, workshops...):

### **Nuremberg Service Centre (ServiceZentrumNürnberg)**

📍 [Wallensteinstraße 61-63, 90431 Nürnberg](#)  
 ☎ +49 (0) 911 60066980

Advice and Meetup Centre for People Living with Visual Impairments:

### **Bavarian Association for People Living with Blindness and Visual Impairments (Bayerischer Blinden- und Sehbehindertenbund e.V.)**

📍 [Bahnhofsplatz 6, 1. Stock, 90443 Nürnberg](#)  
 ☎ +49 (0) 911 236000  
 🌐 [www.bbsb.org](http://www.bbsb.org)

Specialising in support for people with learning difficulties:

### **Community Support - Lebenshilfe Nürnberg**

📍 [Fürther Straße 212 D1, 90429 Nürnberg](#)  
 ☎ +49 (0) 911 587930  
 🌐 [www.lhnbq.de](http://www.lhnbq.de)

## **Advice Centre for Children**

Are you worried about your child's development? Has your child already been diagnosed with a developmental disorder or disability? Or is your child chronically ill? Then the following advice centres can help you:




Central advice centre for children with disabilities and developmental delays:

### **City of Nuremberg Health Department (Gesundheitsamt Stadt Nürnberg, ZEBBEK)**

📍 [Health Department \(Gesundheitsamt\), Burgst. 4, 90403 Nürnberg](#)  
 ☎ +49 (0) 911 231-2764, -3807 oder -3101  
 🌐 [www.gesundheit.nuernberg.de](http://www.gesundheit.nuernberg.de)



Help and support for children (0-6 years old) with disabilities and developmental delays, and for those children's parents:

### Early Years Support from Lebenshilfe Nürnberg (Frühförderung der Lebenshilfe Nürnberg)

 [Krelingstr. 41- 42, 90408 Nürnberg](#)  
 +49 (0) 911 58793411  
 [www.lhnbg.de](http://www.lhnbg.de)

Interdisciplinary Treatment and Advice Centre:

### Early Years Child Support in Nuremberg (Frühförderung Kinderhilfe Nürnberg)




 [Zerzabelshofstr. 25, 90478 Nürnberg](#)  
 +49 (0) 911 4626354



## Family and Parenting Advice Centres




### The parenting advice centres in Nuremberg provide support:

- To parents with questions about the development and raising of their children.
- To parents with questions about partnership issues and about separation and divorce.
- To families with internal conflicts.
- To adolescents and young adults, to people with self-esteem problems or anxiety, and to people with conflicts within the family,
- at their school or place of education, and for people with problems in their peer group.
- To people experiencing abuse or sexual abuse.

### City of Nuremberg




 [Philipp-Koerber-Weg 2, 90439 Nürnberg](#)  
 0911 231-23050  
 @eb-philippkoerberweg@stadt.nuernberg.de

 [Fürreuthweg 95, 90451 Nürnberg \(Eibach\)](#)  
 0911 644094  
 @eb-fuerreuthweg@stadt.nuernberg.de

 [Johannisstraße 58, 90419 Nürnberg](#)  
 +49 (0) 911 231-3886 und 231-3887  
 @eb-johannisstrasse@stadt.nuernberg.de




### City Mission (Stadtmission)




Parenting, couples and life-skills advice and counselling

 [Rieterstr. 23, 90419 Nürnberg](#)  
 0911 352400  
 @eb@stadtmission-nuernberg.de

### Caritas

Psychological Advice Centre for Parents, Children and Teenagers

 [Tucherstr. 15, 90403 Nürnberg](#)  
 +49 (0) 911 2354241  
 @erziehungsberatung@caritas-nuernberg.de

 [Giesbertsstr. 67b, 90473 Nürnberg](#)  
 +49 (0) 911 8001109  
 [@erziehungsberatung@caritas-nuernberg-sued.de](mailto:@erziehungsberatung@caritas-nuernberg-sued.de)

An English flyer with information on the parenting and family advice centres of the City of Nuremberg can be found here:»»[Psychological Advice Centres for Parents, Children and Teenagers](#)

## Corona Virus

7 Day Incidence Rate: **3.5** on 2023-06-02

Pull down to refresh.

### Information on the Corona Virus

Here is an appeal from the Nuremberg hospital: Please note and share!

"In order to be able to help, we urgently need your help: Please adhere to the contact restrictions - also to protect yourself and your family. Refrain from all encounters that are not absolutely necessary. Wear a mask that fits tightly around your mouth and nose. And always keep your distance!"

[#HelpUsToHelp #StayHomeSaveLives #NbgTogether](#)

### Vaccination against coronavirus

Vaccination helps protect you, but also helps contain the pandemic.

» [Important information about the Corona vaccination](#)

### How does vaccination work? What do I need to bring with me?

#### How does vaccination work?

The vaccine must be administered twice. There are therefore two appointments per person. Only after both appointments are you protected against the disease for a certain period of time. It is therefore important to attend both appointments.

#### What do I need to bring with me? How can I prepare myself?

- Please bring an FFP2 mask.
- If you have an appointment confirmation, bring it with you (for example, you can show an email on your smartphone).
- Please bring your vaccination card. If you do not have one, that is fine.

- Please bring any medical documents (e.g. medical certificate) or medication you are taking. This way the doctor can check if there is anything that needs to be taken into account.
- Please also bring your ID, passport, residence permit or other proof of your identity (photo, address and name). This way we can check if your name and dates match the appointment.

**1. Registration:** You will have to show the documents you brought with you when you arrive. The information will be checked (for example, name, address, phone number). You will be given the following information sheets and have to sign them.

- Clarification sheet: It is a sheet with lots of information about the vaccination. This must be read through and signed. This was developed by the Robert Koch Institute. Clarification is available in [20 different languages](#).
- [Medical history form](#): This is another sheet that contains information about you (for example, name, health history).

There may also be a film/video that you can watch. The video will explain the most important information about vaccination again. If there are still questions, you can clarify them with the doctor.

## 2. Consultation with the doctor

Everyone who is vaccinated will have a consultation with the doctor. The doctor will talk to you about your questions and your health. When the interview with the doctor is finished, you will have to sign a confirmation (consent form).

## 3. Vaccination

The vaccine will be injected into the upper arm. After that, you will have to wait under observation for about half an hour. The observation is for your own safety in case you do not feel well. After that you can go home.

**Note:** The vaccine must be administered twice. Therefore 2 appointments per person are necessary. Only after both appointments are you protected against the disease for a certain period of time. It is therefore important to attend both appointments.

## Corona-Warn-App

With the Corona-Warn-App on your mobile phone you can protect yourself and others.

Give us a hand: Then possible infections with the corona virus can be quickly checked.

Further infections are thus prevented. Using the app is easy and secure. Because the Corona-Warn-App does not save any personal data!

Of course, the use of the app is voluntary. We can only fight Corona together.

[📱 Here you find the download for Apple devices](#)

[📱 Here you find the download for Android](#)



## How the Corona-Warn-App works

When you meet other users of the app, your mobile phones exchange a random code, i.e. a secret combination of numbers. This happens every time you meet other users with the app. And without you knowing it.

This random code is stored on both phones. Only the fact that you

- met another person,
- the distance you had to this person
- and how long the meeting lasted is stored.

The app does not store which person you met or the location of the meeting. All data of the persons involved remain secret. After 14 days, the codes from each encounter are automatically deleted from the mobile phones.

If a person has a confirmed infection with the corona virus, that person can warn others using the app.

How it works: The infected person releases their random codes with the app. The app then checks on your mobile phone whether you have encountered the infected person in the last 14 days.

If that was the case, the app will provide you with useful information. For example: Should you get tested for Corona or not?

The data of the infected person and also your data will always remain confidential.

## Children, youth and family

Children, young people and families are particularly well protected in Germany. This protection starts during pregnancy and continues until a child has reached 18 years old (adult). In Germany, for example, it is forbidden to beat children. Education in Germany must be managed without violence. All children must attend school. Special authorities make sure that children are not harmed in society (or by their family).

### Leisure Programmes for Children and Teenagers

In Nuremberg, there are many places where you and your children can spend your free time – free of charge.

#### Information

An overview of current leisure offers and events for children and young people can be found on the pages of the Youth Office of the city of Nuremberg:

 [www.nuernberg.de/internet/kinder\\_und\\_jugendliche/](http://www.nuernberg.de/internet/kinder_und_jugendliche/)

On the Nuremberg youth information page there are more ideas on what your child can do in their free time. Youth information is also an information and contact point for young people and young adults aged between 14 and 27 years old.

[www.jugendinformation-nuernberg.de](http://www.jugendinformation-nuernberg.de)

How does the announcement know when the train is coming? How does the cock crow in Japanese? In the "show with the mouse" children find answers to exciting questions. One of the best known German children's programmes with explanations on various things in Germany is also available in English, French, Arabic, Kurdish and Dari.

[www.wdrmaus.de](http://www.wdrmaus.de)

Children also have rights! In order for both children and adults to remember this, a "street of children's rights" is located in the city park. At eight stations, children can learn more about their rights through play. Here is an overview of the stations: [»»Map](#).

### Street of children's rights

Stadtspark

[www.nuernberg.de/internet/kinder\\_und\\_jugendliche/](http://www.nuernberg.de/internet/kinder_und_jugendliche/)

## Playgrounds

Spread over the entire city, there are over 200 public playgrounds. Here your children can play outside in the sand, on slides or swings. Playgrounds are open for everyone and are free of charge.

A map of the Nuremberg playgrounds can be found here: [»» Playgrounds](#).

A list with all of the addresses can be found here: [»» Address list for playgrounds](#).

## Holiday program

Holiday season and nothing planned yet?! With the holiday program for children between 6 and 16 years old, there is no room for boredom during the Easter and summer holidays. The holiday program offers various activities on land and water: Bouldering, learning magic, crafting jewellery, diving course, hunting and animal tracking... Games, fun and excitement guaranteed. From December to March the "Winter in Nuremberg" program offers a diverse program for children between 4 and 16 years old.

The holiday program is subsidised by the Youth Office in order to keep costs low for the participants. In addition, there are other financial support options: [»»Nürnberg Pass](#), [»»Educational and participation package](#).

For more information on the program and for registration please click here:

### Holiday program office

+49 (0) 911 231-8560

[www.nuernberg.de/internet/ferien/](http://www.nuernberg.de/internet/ferien/)

Monday - Friday 08:30 - 12:30

Thursday until 15:30

or appointment by arrangement.

## Sport activities for children and teenagers


Especially for children, there are plenty of opportunities to run riot, play and to try out various sports. In addition to playing, having a kick around and basketball courts, there are around 500 exercise and sporting events organised by sports clubs and the city of Nuremberg. The sports service informs you and helps you to find the right sports activities for your child:»»[Sport Service](#).

## Midnight sports

Do you like sports, you are aged between 16 and 27 and have time on a Friday night? Then take part in midnight sports late on a Friday night! Six different places are open for you and your friends to join in and watch. You can find the dates here: »»[Midnight sport events](#)

More information can be found here:

 [www.nuernberg.de/internet/kinder\\_und\\_jugendliche/](http://www.nuernberg.de/internet/kinder_und_jugendliche/)

 Football is offered for all 16 to 24 year olds and basketball etc. is offered for all 16 to 27 year olds.

## "Kids active" exercise brochure

The brochure provides an overview of sporting activities and exercise activities for children up to 10 years old, as well as an overview of the playgrounds and amateur football fields in Nuremberg:»»[Kids active exercise brochure](#).

## Youth department district library

The district library, in the centre of Nuremberg, also has a youth department. It has its own Wii room, internet workstations, an Xbox 360 (+ Kinect) and a PS4, many DVDs and Blu-Rays, manga, novels, audiobooks, and more. It is free to borrow books and media items.

More information about the city library can be found here: »»[City Library](#).

## Non-Adult Refugees Without Parents

Refugees under 18 years of age who have been admitted to Germany **without the accompaniment of an adult** are called "minor" refugees ( **unbegleitete minderjährige Ausländer/-innen = umA** - this stands for "unaccompanied underage foreign national"). These young people are registered with the Youth Welfare Office. The Youth Welfare Office speaks to these young people and decides how old it thinks they are. The decision on how old the child is determines whether the Youth Welfare Office will take care of the underage person (aged less than 18) and place them in accommodation especially for young people ("custody"). If the Youth Welfare Office thinks the person is an adult (aged over 18), the person will receive a notice of refusal and be treated as an adult. The Youth Welfare Office will bring an interpreter to the appointment.


**Important:** If your arrival certificate says that you are under 18 but the Youth Welfare Office gives you a notice of refusal, Youth Welfare Office will enter a different date of birth on the decision. Only then can you have your documents updated at the Immigration Office and at the Social Welfare Office.

Some minors/persons under the age of 18 travel without their parents, but **with relatives** (for example with an uncle or aunt, with cousins or with older siblings). The administration office at your accommodation centre will tell the Youth Welfare Office about this after your arrival. The Youth Welfare Office will speak to the underage person and their adult relatives and check whether the underage person can stay with them. In addition, the Youth Welfare Office will decide whether to appoint a guardian. The Youth Welfare Office will provide an interpreter for the appointment.

Adult relatives can also go to the Family Court to apply to be the child's official guardian. With guardianship, the relative takes full responsibility for the underage person, in place of the parents.

## School for Children Aged 6 to 15

In Germany, there is something called "Schulpflicht" - this means "school obligation". This means that in Germany, all children aged between 6 and 15 are legally required to go to school. The parents or guardians have a duty to ensure that their children attend school regularly. Going to state and municipal schools is free of cost.

 The school often gives children written information to take home with them and give to the parents. It is important that you read this information. If find it hard to understand these letters, ask your [»»Asylum Advice Centre](#) or your [»»Helper Circle for someone who can help you.](#)

## School Registration


The supervisors of your accommodation will register your child with the State Education Office. You will get a letter inviting you to an appointment at the Education Authority. After that, your child can go to school.

**Important:** Be sure to bring your child with you! Please also bring an interpreter and the following documents:

- Your ID, your birth certificate or your arrival certificate (Ankunftsnachweis)
- Registration certificate from the Immigration Office (Ausländerbehörde)
- All documents concerning your child (ID, birth certificate, certificates, medical certificates, etc.)

### State Education Office in the City of Nuremberg (Staatliches Schulamt in der Stadt Nürnberg)

 [Lina-Ammon-Str. 28 , 90471 Nürnberg](#)

 Registration Monday - Friday 08:00 - 13:00

appointments can also be arranged by telephone

## The Bavarian School System

If required, your child will usually be placed in a transitional class to learn German. If your child can speak German well enough, they will be placed in a normal school class. Sometimes, however, there are not enough places in the transitional classes, so it might be the case that your child is placed straight into a regular class.

Class trips, excursions, school trips, school performances and swimming lessons are part of the lessons and the school day in Germany. Your child should participate in these classes, not just because they can learn a lot of new things, but also because these joint activities improve children's enjoyment of school and strengthen their linguistic abilities.

Here you can find information about the Bavarian school system in [»»German](#) and [»»Arabic](#).

## Do you have any questions about the Bavarian school system?

NEST parent guides helps children and parents to find their bearings in the Bavarian school system.

### Nuremberg Parents' Office for School Success and Participation (NEST)

👤 Magdalena Musial

☎ +49 (0) 911 231-14204

@Magdalena.Musial@stadt.nuernberg.de

🕒 Wednesday 09:00 - 12:00 and 16:00 - 18:00

Thursday 09:00 - 12:00

or by appointment.

During school holidays, the advice centre is closed.

🗣 Advice provided in German and in the families' languages

🌐 [www.nuernberg.de/internet/paedagogisches\\_institut/](http://www.nuernberg.de/internet/paedagogisches_institut/)

## Special Programmes for Refugee Children and Teenagers

There are also special programmes which enable refugee children and teenagers to get started at a secondary school or a "Gymnasium" (an academic high school which focuses on preparing pupils for university):

Entry into high school: The SPRINT programme (intensive language training) is aimed at children and young people who are in transitional classes and have less knowledge of German. After attending a transitional class, the Education Authority can choose school children that it thinks are ready for high school (secondary school). Integration into year group 6 or 7 opens the way for pupils to gain their secondary school diplomas.

### SPRINT (Intensive Language Training)

@[sprint@mb-rs-mittelfranken.de](mailto:sprint@mb-rs-mittelfranken.de)

A Different Path to the Gymnasium (Academic High School): For particularly talented and motivated school pupils aged up to 15, InGym offers a six-month German course which is intended to pave the way to the Gymnasium. Registration takes place via a Gymnasium that is located nearby. The child will initially attend as a guest student and then move on to the Martin-Behaim-Gymnasium.


### InGym


@[mbg@martin-behaim-gymnasium.de](mailto:mbg@martin-behaim-gymnasium.de)

## School Supplies

You will receive confirmation from the school that your child is registered for the school. Upon receiving confirmation, you can apply to the Social Welfare Office for funding for school supplies. This amounts in total to €100, which is paid out either in one or two instalments. This depends on when your child starts school.

### **Sozialamt der Stadt Nürnberg (Social Welfare Office of the City of Nuremberg) Financial Support (Wirtschaftliche Hilfen)**

 [Frauentorgraben 17, 90443 Nürnberg](#)

 +49 (0) 911 231-5513

 Monday - Friday 08:30 - 12:30

Please make an appointment

### **Travel Costs to School**

You can send an application to the Education Authority for your child's bus and train costs to be subsidised. This means that you don't have to pay your child's travel costs yourself. This is only possible if your child's school route is longer than 2km (1st to 4th classes). From the 5th class onwards, the route to school must be longer than 3km. For further information and to download application forms, please click here:

 [www.schulen-in-nuernberg.de](http://www.schulen-in-nuernberg.de)

### **Telling the School that Your Child Is Ill**

Please call the school before 08:00 if your child is ill or if there is another reason that your child can't go to school. Otherwise, the school is obliged to look for your child, if necessary with the police. You may have to pay a fine.

### **Further Support for Pupils in Nuremberg**


It is possible to receive financial support for your child with the [»»Education and Participation Package](#), which covers school lunches, membership fees for cultural or sports clubs or money for participating in school trips. You must submit the application to the Social Welfare Office without delay.


**Important:** You must always submit the application before you pay for something yourself. If you have already paid for something, you will not get the money back.


If you live in the postcode area

90402, 90403, 90408, 90409, 90411, 90419, 90425, 90427, 90429, 90431, 90439, 90443, 90449, 90482, 90489 or 90491, please contact:

### **Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg) Dienstleistungszentrum Bildung und Teilhabe**


 [Frauentorgraben 17, 90443 Nürnberg](#)

 Monday to Friday 08:30 - 12:30


 for information call +49 (0) 911 231-4347

If you live in postcode area  
90441, 90451, 90453, 90455, 90459, 90461, 90469, 90471, 90473, 90475, 90478 or 90480,  
please contact:

**Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg)  
Dienstleistungszentrum Bildung und Teilhabe**

 Reinerzer Str. 12, 90473 Nürnberg

 Monday to Friday 08:30 - 12:30


 for information call +49 (0) 911 231-4347

**Afternoon Care Services**

For school children, there is childcare and lunchtime supervision for after-school care. Daycare placements are offered by the Youth Welfare Office of the City of Nuremberg. For lunchtime supervision, please contact your child's school.

**Youth Welfare Office of the City of Nuremberg (Jugendamt der Stadt Nürnberg)  
Servicestelle Kitaplatz**

 Dietzstr. 4, Erdgeschoss, Zimmer 002, 90443 Nürnberg

 +49 (0) 911 231-10444

**Childcare**

What is a Kita?

"Kita" is a word for a children's daycare centre. Before your child starts school and between the ages of 1 and 12 years old, they can attend a kita. Your child will be supervised by nursery school teachers and will learn a lot of important things.

Why is a kita good for my child?

Here, your child can learn German and discover new things. There they also have contact with other children, make friends and learn about German cultures. Take advantage of this opportunity; it is important for your child's future. Attending a children's daycare centre is also good preparation for school.

Unfortunately, there are not always enough places close to your home or accommodation. To find a place, ask your accommodation's support team or the City of Nuremberg's Youth Welfare Office.

What types of childcare are available?

- If your child is 1-3 years old, the daycare centre is called "**Krippe**".
- If your child is 3-6 years old, the daycare centre is called "**Kindergarten**" (shortened to KiGa in German)
- If your child is 6-12 years old and is going to childcare after school, it is called "**Hort**".


- If your child goes to childcare with mixed aged groups, it is called a "**Haus für Kinder**" (house for children).


Take a look at the film! It shows everyday life in kitas and daycare facilities: [»»\*\*Kitas and Children's Daycare Centres in Germany\*\*](#)


How do I find a place for my child in a children's daycare centre?

To find a place, ask your accommodation centre's support team or the City of Nuremberg's Youth Welfare Office. The Service Centre for Kita Places which is located there will help you find a place. Advice is given in German and English.

### Youth Welfare Office of the City of Nuremberg - Service Centre for Kita Places (Jugendamt der Stadt Nürnberg- Servicestelle Kitaplatz)

 [Dietzstr. 4, 90443 Nürnberg](#)

 +49 (0) 911 231-10444

 Monday - Thursday 08:30 - 12:30, 13:30 - 15.30

Friday 08:30 - 12:30


Please make an appointment in advance.

You can also use the [»»\*\*Online Search Tool \(Kita-Portal Nürnberg\)\*\*](#) to find suitable children's daycare facilities in Nuremberg.

### Daycare centres are provided by:


#### fmf Family Office (fmf FamilienBüro gGmbH)


 [Bahnhofstr. 1, 90457 Stein bei Nürnberg](#)

 +49 (0) 911 255229-0

Nuremberg Day-Care Listings (Tagespflegebörse Nürnberg)

#### Kinderhaus Nürnberg gGmbH

 [Maxfeldstr. 23, 90409 Nürnberg](#)


 +49 (0) 911 353936


As an alternative to the Hort, school children can go to a lunchtime supervision service. Your child will be looked after at the school or close to the school. Please contact your child's school directly.


Financial Support

The fees for the kita or daycare centre are usually covered by the City of Nuremberg. For this reason, you must submit an application to the Youth Welfare Office of the City of Nuremberg.

### Youth Welfare Office of the City of Nuremberg - Youth Financial Support (Jugendamt der Stadt Nürnberg- Wirtschaftliche Jugendhilfe)

 [Dietzstr. 4, 90443 Nürnberg](#)

 +49 (0) 911 231-30 20

 Monday - Friday 8:30 - 12:30




Thursday until 15:30

At the Social Welfare Office, you can apply for financial support payments for your child »»**Education and Participation**. The services there include grants for lunch at school or at the daycare centre.


If you live in postcode area 90402, 90403, 90408, 90409, 90411, 90419, 90425, 90427, 90429, 90431, 90439, 90443, 90449, 90482, 90489 or 90491, please contact us at:



**Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg)  
Dienstleistungszentrum Bildung und Teilhabe**

 Frauentorgraben 17, 90443 Nürnberg

If you live in the postcode area 90441, 90451, 90453, 90455, 90459, 90461, 90469, 90471, 90473, 90475, 90478 or 90480, please contact us at:

**Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg)  
Dienstleistungszentrum Bildung und Teilhabe**

 Reinerzer Str. 12, 90473 Nürnberg

 Monday - Friday 8:30 - 12:30  
 +49 (0) 911 231-4347

For more information on grants and how the City of Nuremberg can pay for your child's kita fees, please visit:

 [www.kita-zuschuesse.nuernberg.de](http://www.kita-zuschuesse.nuernberg.de)

How does kitas in Nuremberg work?

## 1. Settling In

After finding a place in a daycare centre, your child has a “settling in” period at the kita. This is how it works: for a time, the mother and father attend the Kita along with the child. Together they will get to know the teachers, the spaces, the other children and the daily routine. This is so that your child can get used to the new place – as can you as a parent. That's why it's called "settling in". This is very important in Germany and is something that all parents and children do. The settling in period can last two or more weeks.

## 2. Doorway Discussions

Once the settling-in is complete, you bring your child to the kita in the mornings and pick them up in the afternoons or in the evenings, depending on how long you have booked. For this, there are fixed times. Everyone must stick to these times. This is very important for the children, as it means that the childcare workers can “work” with the children without being disturbed. When you bring your child and when you pick them up, you can speak to the childcare workers and tell them what is important for you, or how your child is doing. When picking up your child, the childcare workers will briefly tell you what your child has done at the kita and how your child handled things. And when the kita needs something from you, or is planning a trip, you will be informed about this. This is what is called a 'doorway discussion' (Tür- und Angelgespräch).

### 3. Parents' Meetings

Normally, two parents' meetings are held over the course of a kindergarten year. This applies to all parents and all children. In these meetings, you will be told what your child has learned at the daycare centre, what is going particularly well and where there is room for more development. An interpreter can also come to these appointments so that everyone can understand each other well. Sometimes, there is also something important to discuss outside of these regular dates. You as a parent can also ask for a meeting if you are concerned about anything at the kita or if you want to let the carers know about something important related to your child. If this is the case, the day care-centre will arrange an appointment with you. An interpreter can also come to this appointment so that everyone can understand each other well.

### 4. Parents' Post

In almost every kita, there is a postbox for each child. The kita leaves information for the parents in this postbox. These "letters to parents" contain a lot of information, for example about plans for parties or school trips. The information can also be about new kita regulations that are important for parents, e.g. that drop-off times are changing, or that there are new rules about where to leave pushchairs. It's important that you read the parents' post. If you can't read the parents' post, ask the kita to help you. The letter could be translated by an interpreter, or by other parents.

### 5. Parents' Evenings

It is good if you take advantage of these meetings. The dates of the parents' evenings are posted on signs in the kita, written in the letters to parents, or you will be told about them in person.

### 6. Day-to-Day in the Kita

There is a specific daily routine at each kita. Usually, it goes something like this:

- The children are brought into the daycare centre by their parents in the morning at a certain time. Every nursery has drop-off and pick-up times that are usually complied with.
- In the course of the morning the children have the option
  - to have breakfast. Either the kita makes the breakfast, or the children bring something with them from home.
  - In their "free play time", the children can play together with each other, make and build things, or do gymnastics.
  - In the Morning Circle or Children's Circle groups, all the children get together to discuss important topics, sing songs or learn new games.
  - There are also targeted options and projects: The children can make or build things, get exercise, listen to stories or receive targeted support.
- At least once a day, the children can go into the garden and enjoy nature.
- At noon, everyone has lunch together:
  - Depending on the age, children can have a nap or have a quiet time to play.
- Then it's time to play again.

- The children receive drinks in their daycare centre. In addition, fruit and an afternoon snack are also often provided.
- Finally, the child is collected at the time that you have agreed with the daycare centre.

## 7. Conflicts at the Kita

Sometimes there are misunderstandings between parents and staff. This can happen if parents and staff have different ideas about the child. Sometimes parents find things that the staff do strange, but sometimes the staff find things that parents do strange. In these cases, it's important to talk together and to ask the question: Why are you doing things in this way?

If parents or staff can't agree, you can contact the daycare centre management or the parents' council. If this doesn't solve the problem, you should contact the operator of the kita or the Youth Welfare Office of the City of Nuremberg. There are people who work at the Youth Welfare Office especially to deal with conflicts between kitas and parents.

### Professional Advice for Independent Children's Day-Care Facilities



+49 (0) 911 231-1548 und -3132

or

**Municipal Children's Daycare Facilities**



+49 (0) 911 231-6691 and 231-4105

Family and Career Agency


This agency advises parents on issues such as the compatibility of work and family life, reorientation and getting back into work, and the options for getting an organisation to pay for your childcare costs.


In addition, it helps parents:


- to look for suitable childcare
- to look for school holiday programmes for children and teenagers
- with all issues relating to family and home support

### Family and Career Agency (Agentur Familie und Beruf)

 Meuschelstraße 57, 90408 Nürnberg

 +49 (0) 911 528926-00

 [agentur@kinderhaus.de](mailto:agentur@kinderhaus.de)

 Mon, Wed, Fri 09:00 - 13:00

Tue, Thu 13:00 - 17:00

## Pregnancy and Birth

Pregnant women in Germany get extra support and are entitled to advice, medical care and support for the purchase of new products for their babies. If you are pregnant, the first step is to visit a gynaecologist (women's doctor). You should go there for regular check-ups. You will then receive a maternity record book (Mutterpass). The maternity record book is a document with important information about your pregnancy, your health and the health of your child. Always take your maternity record book with you, just in case there are any emergencies.

All advice centres for pregnancy, childbirth and other situations can be found here: [»»Advice Centres and Support Services.](#)


## Delivery and Post-Natal Care


Your women's doctor (gynaecologist) will refer you to a maternity clinic. After delivery, ask for a midwife for follow-up post-maternity care at your accommodation. If the clinic does not provide a midwife, please contact [»»Early Support \(Frühe Hilfen/KoKi\)](#) (Youth Welfare Office, Coordination Office for Early Support). You will receive a birth confirmation letter from the clinic.

## Initial Baby Supplies

Your maternity record book entitles you (on request) to a voucher for a baby buggy/pushchair from the Social Welfare Office. You can get it six weeks before the birth. After the birth, you will receive support for buying initial baby supplies. To get this support, you need to present the birth confirmation letter. A baby cot will be given to you in your accommodation.

### Social Welfare Office of the City of Nuremberg - Financial Support (Sozialamt der Stadt Nürnberg- Wirtschaftliche Hilfen)

 [Frauentorgraben 17, 90443 Nürnberg](#)

 +49 (0) 911 231-55 13

 Monday - Friday 08:30 - 12:30

Please arrange an appointment.

## Registry Office

Newborn children must be reported to the Registry Office and the management of your accommodation. The maternity hospital reports the birth to the Registry Office. If you show the Registry Office your ID, the birth confirmation letter you got from the clinic, and your marriage certificate (if you have one), they will give you a (possibly provisional) birth certificate. Please provide a copy of the birth certificate to your accommodation management so that your child can be registered.

Note: Please only provide original documents. An officially certified translation into German is required for documents that are in any language other than German.

### City of Nuremberg Registry Office - Birth Department (Standesamt der Stadt Nürnberg- Geburtenabteilung)

 [Hauptmarkt 18, 2. Stock, Zimmer 212-215, 90403 Nürnberg](#)

+49 (0) 911 231-24 23, -31 46, -62 90, -53 79  
 Monday, Tuesday, Thursday 08:30 - 15:30  
 Wednesday, Freitag 08:30 - 12:30  
[www.nuernberg.de/internet/standesamt/](http://www.nuernberg.de/internet/standesamt/)

### Children's Doctor (Paediatrician)

There are ten early-detection check-ups (U1-U9 and J1). Up until the age of 6, children are regularly examined and supported in their 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 children's doctor (paediatrician).

When you apply for a place at a children's daycare centre, they may ask for proof that your child has attended all the early detection check-ups.

### Family Planning, Contraception and Sexual Counselling

You decide for yourself if and how many children you want to have. Nobody can force you to have children. Another way of saying this: You have the right to family planning.

### Contraception

There are various methods for preventing pregnancy and avoiding [»»Sexually Transmitted Infections \(STIs\)](#). There is more information here:

[www.zanzu.de](http://www.zanzu.de)

General Information on Contraception

[»»Kurmanci](#), [»»Pari](#), [»»Croatian](#), [»» Arabic](#), [»»Bulgarian](#), [»»Turkish](#),  
[»»Polish](#), [»»Romanian](#), [»»French](#), [»»English](#), [»»Russian](#), [»»Spanish](#)

You can get personal advice about various methods of contraception here: [»»State-Recognised Advice Centre for Pregnancy and Sexual Counselling](#)

### Sexual Counselling

Sexual self-determination means choosing how to experience your own sexuality, choosing who to experience it with, and not being forced into anything. In a sexual consultation, you can talk about your sexuality in a protected setting. It can be about many topics - questions about the body, sexual orientation, sexual difficulties such as listlessness or erection problems, and also experiences of sexual violence. There is more information here:

[www.zanzu.de](http://www.zanzu.de)

You can arrange a personal sexual counselling session here: [»»State-Recognised Advice Centre for Pregnancy and Sexual Counselling](#)

### Getting Pregnant

How do you get pregnant? Are there any difficulties in getting pregnant? How can you tell if you're pregnant?

More information at:

 [www.zanzu.de](http://www.zanzu.de)

You can get personal advice on pregnancy and unfulfilled desire for children here: [»»State-Recognised Advice Centre for Pregnancy and Sexual Counselling](#)

## Being Pregnant

You can find all the advice centres which can support you with pregnancy here: [»»Pregnancy Advice Centres](#). Further information can be found at:

 [www.zanzu.de](http://www.zanzu.de)

## Unwanted Pregnancy


If you are pregnant and you do not want to have the baby, you can end the pregnancy (get an abortion) in many circumstances. Before you end a pregnancy, you will have to go to an advice session. Make an appointment by telephone with a state-approved pregnancy advice centre. The all-female counsellors will talk to you about your various options and answer all legal and medical questions. The decision whether to end a pregnancy (get an abortion) is of course always yours and yours alone.


Information in Many Languages

 [www.zanzu.de](http://www.zanzu.de)

State-Recognised Pregnancy Advice Centres

### City of Nuremberg Health Administration (Stadt Nürnberg Gesundheitsverwaltung)


 [Burgstraße 4, 90403 Nürnberg](#)


 +49 (0) 911 23 12 288

 [@gh-schw@stadt.nuernberg.de](mailto:gh-schw@stadt.nuernberg.de)

### pro familia Nürnberg e.V.


 [Tafelfeldstr. 13, 90443 Nuremberg](#)


 +49 (0) 911 555525

 [@nuernberg@profamilia.de](mailto:nuernberg@profamilia.de)

### Zentrum Kobergerstraße e.V.

 [Kobergerstraße 79, 90408 Nürnberg](#)

 +49 (0) 911 361626

 [@kontakt@zentrum-koberger.de](mailto:kontakt@zentrum-koberger.de)

### Donum Vitae in Bayern e.V.

 [Königstraße 70/ Eingang Luitpoldstraße, 90402 Nürnberg](#)

+49 (0) 911 9928400  
 @nuernberg@donum-vitae-bayern.de

**Stadtmission Nürnberg e.V.**  
 Kellerstraße 3, 90489 Nürnberg  
 +49 (0) 911 37654121  
 @ssb@stadtmission-nuernberg.de

[»»Information](#), [»»Before and After Pregnancy](#)

## The German Language

Learning German is important for finding work in Germany and for finding your way around. Here you can find options and advice centres for learning German. There are many different ways to learn German. There are different options depending on your residency status. If you don't speak German so well, then you will need support. You can find contact details for the support you need here too.

When you need advice on issues related to education, you can find it in the [»»Database of Education Services for Newly Arrived Migrants](#), which provides educational options for new Nurembergers and a lot of additional supporting information. The database can help your advisor to find the right option for you.

### Integration courses

In the **integration course**, you will learn German up to speaking level B1 across 600 teaching units. Over the course of 100 teaching units, you will gain insights into the culture, politics and social customs of Germany. There are also special forms of the integration course, which in some instances include more or less teaching units. The integration course with literacy training includes, for example, 900 teaching units. The integration courses are free of charge for refugees as well as for other target groups who receive social benefits.

#### You may attend an integration course,

- if you come from an EU country or are a late resettler.
- If you have a temporary residence permit and come from Syria or Eritrea.
- regardless of the country of origin, if you have legal tolerance according to § 60a paragraph 2 sentence 3 of the German Residence Act (AufenthG).
- regardless of the country of origin, if you have a residence permit, meaning if your application for asylum has been accepted (the positive decision is not sufficient).

They may be required to participate in an integration course by the job centre, Social Services or the Immigration Office. If you are not obliged but want to participate in an integration course, you can apply for the integration course at the [»» BAMF](#). If you need assistance with the application, please contact your [»»Asylum Counselling Services](#) or [»»Immigration counselling](#). There you can also be supported in the selection of an integration course sponsor. You can decide in which language school in Nuremberg you want to take the integration course.

This might also be of interest to you:

[»»Places of learning](#)

## Vocational language course (DeuFÖV)

Vocational German language courses help to improve your own German language skills, for example, after having already taken an integration course. The so-called DeuFÖV courses can be attended alongside a job, education or a vocational qualification measure or as preparation for starting a career in Germany.

The basic modules of the **DeuFÖV Courses** are aimed at guiding you to speaking level C2 in three modules of 300 teaching units. Each of these modules includes a certification exam. Prerequisite for participation is a speaking level of at least B1.

However, there are also special modules that only require speaking level A2 or B1. Additional special modules are specifically adapted to specific professional groups.

The offer is open, among others, for

- Persons with an immigration background in measures under SGB III, including: German nationals with an immigration background, EU citizens, other immigrants, including persons in the asylum procedure with [good prospects of permanent residence](#) and tolerated foreigners according to §60a Section 2 Sentence 3 of the German Law on Residence (AufenthG). If you belong to these groups of persons, you must have received the right to participate from the **employment agency**. Refugees from so-called safe countries of origin in the asylum procedure are excluded.
- Persons with an immigration background in respect to the SGB (social code) II, including: German nationals with an immigration background, EU citizens as well as other immigrants and recognised asylum seekers. If you belong to this group of persons, you must hold an eligibility to participate from the job centre.
- Persons obtaining initial qualification, in vocational training or in a recognition procedure or persons who need a certain speaking level for admission to their profession in Germany. If you belong to these groups of persons, you must have received the right to participate from the BAMF (Federal Office for Migration and Refugees).

If you are not employed with social security contributions, participation is free of charge. Employees receiving social security contributions must pay a contribution of €2.07 per teaching unit.

You can get assistance with the selection of a suitable course for you at [»»Immigration Advice Centres](#) and at your [»» Asylum Counselling Services](#).

You might also be interested in:

[»»Places of learning](#)

## Volunteer-Run Language Programmes

In addition to the official German courses, Nuremberg has many other options for practising German.



These groups are run by volunteers. These are mostly people whose first language is German. Sometimes they are retired teachers. Anyone can come to these groups, regardless of their residency status.

You can find an overview of volunteer-run language-learning programmes and German courses here: [»»Language-Learning Programmes and German Courses](#)

## German courses for initial language orientation

The **German courses for initial language orientation** (also initial orientation courses) provide both elementary knowledge of German as well as information about life in Germany. The content constitutes a practical first experience for participants in a new social environment and helps with their orientation in everyday life. One course comprises 300 teaching units, each 45 minutes long. The modules of the course cover topics such as "health/medical care", "work", "kindergarten/school", "housing", "local information/transport/mobility". The focus is on oral communication: Participants should learn as quickly as possible how to find their way around in everyday life. In the case of initial orientation courses, it is also a question of teaching values.

Initial orientation courses are primarily intended for asylum seekers with an unclear prospect of permanent residence. Provided that there are free places on the course, recognised asylum seekers, tolerated foreigners and asylum seekers with good prospects of permanent residence may also participate. However, the initial orientation courses are not intended for persons who are subject to compulsory education (6 to 15 years old) or vocational training (16 to 21 years old). If you are given access to an [»»integration course](#) while participating in an initial orientation course, it is possible to switch. The people on the courses have a very different educational background. Illiterate people can attend the courses as well as graduates. Initial orientation courses are free of charge.

The course language is German - interpreters are not present on the course.

Contact an [»»Immigration Advice Centre](#) or your [»»Asylum Counselling Services](#). They will help you to find a suitable course.

## Learning German Independently

You can, of course, also learn German independently – without attending a course or in addition to a course. Your [»»Helper Circle](#) can support your learning. One great place to learn German independently is in a library:

Nuremberg City Library has many language courses with audio CDs, language-learning software, dictionaries and other materials for learning German.

You have to pay an annual fee to borrow things from the library. Adults aged 18 and over pay €20 for one year. Students, school pupils and Nuremberg Pass holders pay €10 for one year. For children and teenagers under the age of 18, borrowing things is free of charge.

Learning in the library and using the WiFi and the internet-connected PCs are free of charge.

You can take items home with you – books can be kept for 28 days and DVDs for 14 days. After four weeks, you will have to return everything.

**Important:** if you don't take the items back in time, you will have to pay high fines!

This short film talks about libraries as places of learning: [»» Film](#).

In addition to the Central City Library, there are six district libraries in Nuremberg. The six district libraries have also had free Wi-Fi since 2017. Addresses, opening hours and more information can be found for all district libraries here: [»»Central City Library and the District Libraries.](#)

There are also lots of ways of learning German for free on the internet.

The German Volkshochschulverband (DVV) runs the free website IWDL – which stands for [»»I Want to Learn German](#). This online service offers German courses from A1 level up to B1 and uses the integration course learning plan alongside digital learning materials. The website is not only useful for independent learners – the materials and supporting media are also helpful if you're on an integration course or another kind of German course.

The [»»Goethe Institute](#) has a website which is free to use and has lots of practice exercises for learning the German you'll need in the world of work. The exercises are specially adapted to certain job categories.

The radio station [»»Deutsche Welle](#) offers online language exercises that use video clips and video series. They are matched to the language levels A1 to C and are a fun addition to any other German course you might be studying.

On the [»»Tandempartners.org](#) website, you can look for and find language exchange partners. Just enter your first language, the language you want to learn and the name of the place you live in. You can also meet nice people along the way.

[🌐Ankommen \(Arrival\) App](#): In addition to information on life in Germany and on asylum, vocational training and work, the “Ankommen” app also includes a self-study course (starting at level A1) for your first few weeks in Germany.

[🌐Serlo ABC](#): A free app for learning to read, either as self-study or as a supplement to a language course. This app has been approved for use in integration courses.

[🌐Mein Deutschbuch \(My German book\)](#): An extensive resource for learning the German language. This website is designed for learners and teachers, levels A1-B2.

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

[🌐MeinVokabular \(My Vocabulary\)](#): This app from HWK lets you create your own dictionary and vocabulary flash cards using photos.

[🌐AsylPlus Deutsch lernen \(Learning German\)](#): An overview of various German-language learning options.

[🌐„Die Stadt der Wörter“ \(“City of Words”\)](#) An app and website for fun vocabulary learning for those without previous knowledge – in German, English, French and other languages.

[🌐VHS-Lernportal" \(VHS Learning Portal\)](#): Free German language courses. You can also learn to read, write and do arithmetic. There are also resources to help you prepare for the school-leaving exams in German, maths and English.

[🌐Einstufungstest Sprache \(Language Assessment Test\)](#): onSET-online language assessment test for refugees and for officials and volunteers to assess language ability

This might also interest you:

[»»Learning Spots](#)

## Become an interpreter

Do you speak English or even German? Then you can support your compatriots, who do not speak English or German. For example, you can accompany them to government offices or other appointments.

You can register with the Active Citizen Centre and work as a volunteer.

### Active Citizen Centre (ZAB)

Hassan Khalaf

📍 Gostenhofer Hauptstraße 63, 90443 Nuremberg

☎ +49 (0) 911 92971727 or +49 (0) 157 37560391

@khalaf@iska-nuernberg.de

## Education, Jobs and University

To find a good job in Germany, it is important to have done a vocational training course or academic studies. On the following pages, you will find information on training options, getting started with work and studying at university, and contact details for people who can help you along the way.

When you need advice on issues related to education, you can find it in the [»»Database of Education Services for Newly Arrived Migrants](#), which provides educational options for new Nurembergers and a lot of additional supporting information. The database can help your advisor to find the right option for you.

### Access to the Job Market

#### Regulations on Access to the Job Market

If you are looking for work and have moved from the EU, you have full access to the job market, because of freedom of movement for workers. Refugees' rights to work vary according to their residence status. This is explained below. You will also find information on related advice centres below.

#### **An asylum seeker with an arrival certificate or a temporary residency permit:**

If you are still required live in the initial reception facility, you are not allowed to work. After that, the [»»Immigration Office](#) decides whether you are allowed to work. That is why you must always apply for an employment permit from the Immigration Office.

The following conditions are important for deciding whether you are allowed to work:

- Three months after your registration as an asylum seeker in Germany (with an arrival certificate or a temporary residency permit), you will be allowed "inferior" access to the job market. This means that the German Federal Employment Agency (Bundesagentur für Arbeit)

is in the process of checking whether there is/are worker/s with higher-privileged rights for the job. In addition, the employment terms are reviewed.

- After you have been here for 15 months, there will no longer be a "priority check" when you apply for a job. However, the employment terms will still be reviewed.
- After 48 months, you have full access to the labour market. There are no more restrictions. However, you must apply for this access level from the Immigration Office, and it must be included in your temporary residency permit.

Only the Immigration Office can make a decision on your work permit for in-company vocational training. The Federal Employment Agency will not carry out a priority check or review the employment terms and conditions.

### **People with Temporary Postponement of Deportation (Geduldete):**

- For people with a certificate granting temporary postponement of deportation (Duldung), the Immigration Office alone decides on whether they get a work permit. The Immigration Office can use immigration law to completely ban you from working.
- If you haven't been banned from working, then as a person with temporary postponement of deportation (Geduldete) you have low-priority access to the job market from the first day of your certificate granting temporary postponement of deportation (Duldung).
- Otherwise, the same job market conditions as above apply.

### **Refugees with residence permits:**

- If you have been recognised by the Federal Office for Migration and Refugees (BAMF) as a person entitled to asylum, a refugee or a person entitled to subsidiary protection, the Immigration Office will give you a residence permit. This entitles you to do any kind of job and therefore also gives you full access to the job market.



- There are different rules for self-employment!
- A definite job offer is ALWAYS required for any one of the applications mentioned above




### **Advice Centres**

The following people are there specifically for providing refugees with advice and referrals within the job market. Here there are also differences depending on whether your asylum procedure is still ongoing, you have been recognised as a refugee, or you have a certificate granting temporary postponement of deportation (Duldung).

### **The Specialist Team for Migration (Nuremberg Employment Agency)**

This is the point of contact for people whose asylum procedures have not yet been completed and for people with temporary postponement of deportation (Geduldete) who have been granted access to the job market. There you will receive advice on your options for working in Germany.




**Federal Employment Agency Nuremberg (Agentur für Arbeit Nürnberg)**  
**Specialist Team for Migration (Kompetenzteam Migration)**

 [Richard-Wagner-Platz 5, 90443 Nürnberg](#)  
 [@Nuernberg.125-vermittlung@arbeitsagentur.de](mailto:Nuernberg.125-vermittlung@arbeitsagentur.de)  
 Monday - Friday 08:00 - 12:30  
Register for advice at reception/entrance area

## The Flucht Team at Nuremberg Job Centre

There are refugees with residence permits available for you to speak to. The Flucht Team helps you to find work and provides you with suitable training programmes. In addition to helping you learn the German language, the Flucht Team will work with you to find out what knowledge and skills you have and what steps you need to take to get started in the world of work. The advice is offered in the administrative language of German, so will generally need to bring an interpreter with you.



### Team Flucht



 [Platenstraße 46, 90441 Nürnberg](#)  
 [@Jobcenter-Nuernberg-Stadt.992-Flucht-Markt@jobcenter-ge.de](mailto:Jobcenter-Nuernberg-Stadt.992-Flucht-Markt@jobcenter-ge.de)  
 +49 (0) 911 4007-100

## Nuremberg Job Companion

The Job Companion is a service in Nuremberg which acts as a bridge into employment for asylum applicants with good prospects of being granted permission to stay, for refugees, and for people with temporary postponement of deportation (Geduldete). They support you in your integration into the German labour and training market.

### NOA Job Companion (Jobbegleiter NOA)


 [Gewerbemuseumsplatz 1, Raum 010, 90403 Nürnberg](#)  
 [@miriam\\_oppel@noa.nuernberg.de](mailto:miriam_oppel@noa.nuernberg.de)  
[theresa\\_schmitt@noa.nuernberg.de](mailto:theresa_schmitt@noa.nuernberg.de)

[Nataliia\\_Golubieva@noa.nuernberg.de](mailto:Nataliia_Golubieva@noa.nuernberg.de)  
[dilara.yasar-doeller@stadt.nuernberg.de](mailto:dilara.yasar-doeller@stadt.nuernberg.de)  
 +49 (0) 911 5863-113/-125 and +49 (0) 911 231-77521  
 Monday, Thursday 08:30-18:00  
Tuesday, Wednesday, Friday 08:30-15:30

### bfz Job Companion (Jobbegleiter bfz)

 [Fürther Straße 212, 90429 Nürnberg](#)

 [@witte.martin@n.bfz.de](mailto:witte.martin@n.bfz.de)

 +49 (0) 911 93197-812

**Get started! Support Pathways to Work + Shaping the Future**

Support, advice, cultural training and seminars for finding your way around in the world of work, especially in dual education. For employees aged 16 to 27.

### The Bavarian Evangelical-Lutherian Church's Church Ministry in the World of Work (Kirchlicher Dienst in der Arbeitswelt

der Evang.-Luth. Kirche in Bayern)

Get started! (start-ab!)

📍 [Gudrunstraße 33, 90459 Nürnberg](#)

@deinzer@kda-bayern.de

☎ +49 (0) 911 43100220

### Recognition of foreign educational qualifications

In Germany, certificates and diplomas are very important for school, university or work. They show what you have already learnt and achieved. If you have certificates, you can have them recognised in Germany.

The Recognition Counselling Service can help you with this. The counselling is free of charge. They will tell you where to go, what documents you need and what it costs.

The advice centre will support you with the recognition procedure. It will inform you who you need to contact and tell you where you can get financial help. The aim is for you to find a profession that matches your qualifications.

### Specialist advice centre for recognition:

#### City of Nuremberg, Bildungszentrum im Bildungscampus - Central Service Centre for the Recognition of Foreign Qualifications in the Nuremberg Metropolitan Region

Central IQ Advice Centre for the Recognition of Foreign Qualifications (ZAQ+)

📍 [Schoppershofstraße 80, 90489 Nuremberg](#) or 📍 [Theresienstraße 18 \(1st floor\), 90403 Nuremberg](#)

☎ 0911 231-10552

🌐 [Recognition of foreign qualifications - ZAQ+ | Education Centre Nuremberg](#)

If you are planning to study at a college/university, please **contact the "contact persons at the universities"** to have your certificates recognised.

### School (6 to 15 years old)

In Germany, there is something called "Schulpflicht" - this means "school obligation". This means that in Germany, all children aged between 6 and 15 are legally required to go to school. The parents or guardians have a duty to ensure that their children attend school regularly. Going to state and municipal schools is free of cost.

💡 The school often gives children written information to take home with them and give to the parents. It is important that you read this information. If find it hard to understand these letters, ask your [»»Asylum Advice Centre](#) or your [»»Helper Circle](#) **for someone who can help you.**

### School Registration

The supervisors of your accommodation will register your child with the State Education Office. You will get a letter inviting you to an appointment at the Education Authority. After that, your child can go to school.

**Important:** Be sure to bring your child with you! Please also bring an interpreter and the following documents:

- Your ID, your birth certificate or your arrival certificate (Ankunftsnachweis)
- Registration certificate from the Immigration Office (Ausländerbehörde)
- All documents concerning your child (ID, birth certificate, certificates, medical certificates, etc.)

#### State Education Office in the City of Nuremberg (Staatliches Schulamt in der Stadt Nürnberg)

📍 [Lina-Ammon-Str. 28 , 90471 Nürnberg](#)  
 📅 Registration Monday - Friday 08:00 - 13:00  
 appointments can also be arranged by telephone

### The Bavarian School System

If required, your child will usually be placed in a transitional class to learn German. If your child can speak German well enough, they will be placed in a normal school class. Sometimes, however, there are not enough places in the transitional classes, so it might be the case that your child is placed straight into a regular class.

Class trips, excursions, school trips, school performances and swimming lessons are part of the lessons and the school day in Germany. Your child should participate in these classes, not just because they can learn a lot of new things, but also because these joint activities improve children's enjoyment of school and strengthen their linguistic abilities.

Here you can find information about the Bavarian school system in [»»German](#) and [»»Arabic](#).

### Do you have any questions about the Bavarian school system?

NEST parent guides helps children and parents to find their bearings in the Bavarian school system.

#### Nuremberg Parents' Office for School Success and Participation (NEST)

👤 Magdalena Musial  
 📞 +49 (0) 911 231-14204  
 @Magdalena.Musial@stadt.nuernberg.de  
 📅 Wednesday 09:00 - 12:00 and 16:00 - 18:00  
 Thursday 09:00 - 12:00

or by appointment.

During school holidays, the advice centre is closed.

🗣️ Advice provided in German and in the families' languages

🌐 [www.nuernberg.de/internet/paedagogisches\\_institut/](http://www.nuernberg.de/internet/paedagogisches_institut/)

## Special Programmes for Refugee Children and Teenagers

There are also special programmes which enable refugee children and teenagers to get started at a secondary school or a "Gymnasium" (an academic high school which focuses on preparing pupils for university):

Entry into high school: The SPRINT programme (intensive language training) is aimed at children and young people who are in transitional classes and have less knowledge of German. After attending a transitional class, the Education Authority can choose school children that it thinks are ready for high school (secondary school). Integration into year group 6 or 7 opens the way for pupils to gain their secondary school diplomas.

### SPRINT (Intensive Language Training)

[@sprint@mb-rs-mittelfranken.de](mailto:@sprint@mb-rs-mittelfranken.de)

A Different Path to the Gymnasium (Academic High School): For particularly talented and motivated school pupils aged up to 15, InGym offers a six-month German course which is intended to pave the way to the Gymnasium. Registration takes place via a Gymnasium that is located nearby. The child will initially attend as a guest student and then move on to the Martin-Behaim-Gymnasium.

### InGym

[@mbg@martin-behaim-gymnasium.de](mailto:@mbg@martin-behaim-gymnasium.de)

## School Supplies

You will receive confirmation from the school that your child is registered for the school. Upon receiving confirmation, you can apply to the Social Welfare Office for funding for school supplies. This amounts in total to €100, which is paid out either in one or two instalments. This depends on when your child starts school.

### Sozialamt der Stadt Nürnberg (Social Welfare Office of the City of Nuremberg) Financial Support (Wirtschaftliche Hilfen)

📍 [Frauentorgraben 17, 90443 Nürnberg](#)

☎️ +49 (0) 911 231-5513

🕒 Monday - Friday 08:30 - 12:30


Please make an appointment

## Travel Costs to School

You can send an application to the Education Authority for your child's bus and train costs to be subsidised. This means that you don't have to pay your child's travel costs yourself. This is only possible if your child's school route is longer than 2km (1st to 4th classes). From the 5th class



onwards, the route to school must be longer than 3km. For further information and to download application forms, please click here:

 [www.schulen-in-nuernberg.de](http://www.schulen-in-nuernberg.de)

### Telling the School that Your Child Is Ill

Please call the school before 08:00 if your child is ill or if there is another reason that your child can't go to school. Otherwise, the school is obliged to look for your child, if necessary with the police. You may have to pay a fine.

### Further Support for Pupils in Nuremberg


It is possible to receive financial support for your child with the [»»Education and Participation Package](#), which covers school lunches, membership fees for cultural or sports clubs or money for participating in school trips. You must submit the application to the Social Welfare Office without delay.

**Important:** You must always submit the application before you pay for something yourself. If you have already paid for something, you will not get the money back.


If you live in the postcode area

90402, 90403, 90408, 90409, 90411, 90419, 90425, 90427, 90429, 90431, 90439, 90443, 90449, 90482, 90489 or 90491, please contact:

#### Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg) Dienstleistungszentrum Bildung und Teilhabe

 [Frauentorgraben 17, 90443 Nürnberg](#)


 Monday to Friday 08:30 - 12:30


 for information call +49 (0) 911 231-4347


If you live in postcode area

90441, 90451, 90453, 90455, 90459, 90461, 90469, 90471, 90473, 90475, 90478 or 90480, please contact:

#### Social Welfare Office of the City of Nuremberg (Sozialamt der Stadt Nürnberg) Dienstleistungszentrum Bildung und Teilhabe

 [Reinerzer Str. 12, 90473 Nürnberg](#)

 Monday to Friday 08:30 - 12:30

 for information call +49 (0) 911 231-4347

### Afternoon Care Services

For school children, there is childcare and lunchtime supervision for after-school care. Daycare placements are offered by the Youth Welfare Office of the City of Nuremberg. For lunchtime supervision, please contact your child's school.

#### Youth Welfare Office of the City of Nuremberg (Jugendamt der Stadt Nürnberg) Servicestelle Kitaplatz

📍 [Dietzstr. 4, Erdgeschoss, Zimmer 002, 90443 Nürnberg](#)  
 ☎️ +49 (0) 911 231-10444

## Vocational school (16 - 21 years old)

If you are between 16 and 21 years old, you have to go to vocational school (Berufsschulpflicht). This applies to refugees and newcomers from EU countries as well as Germans.

At vocational school, you will first learn German in **professional integration classes** and get further education and support in professional orientation.

If you are undertaking a [»»dual education](#), you should also attend vocational school.

Please register at vocational school in person and a maximum of 2 weeks after arriving in Nuremberg. Bring all documents for your previous school career (for example, certificates) and your ID documents (proof of arrival/permission).

### Registration, Berufliche Schule V

📍 Building F, Room F 235, [Deumentenstraße 1, 90489 Nuremberg](#)

Until you reach 18 years of age, you can get financial support for certain activities at school and in your spare time through the [»»educational and participation package](#).

## Education (dual training and full-time school)

In Germany, it is a great advantage to have a **professional qualification** before starting work. People with professional qualifications earn more money on average over the course of their lives, are less likely to be unemployed, and are less likely to have temporary contracts than those without professional qualifications.

## Dual education

The dual training scheme is unique to Germany. Dual training takes place about one third of the time in the [»»vocational school](#) and about two thirds of the time in a training company. You can simultaneously learn the theory and practice while earning money at a company during your apprenticeship. In this video, dual training is explained in detail: [»»Dual training](#). Here is the link to the video in Arabic: [»»Dual training - Arabic](#).

Depending on the type of profession you would like to learn in dual training, you should turn to the right place:

## Chamber of Commerce (HWK)

The Chamber of Commerce (HWK) is responsible for manual professions. This involves professions such as bakers, bricklayers or painters. The Chamber of Handicrafts has a special contact person for refugees who want to start training in this field. She supports the search for training courses or an initial qualification, which can precede training.

### Chamber of Commerce (HWK)

**Andrea Sitzmann**

☎️ +49 (0) 911 5309-189

@[andrea.sitzmann@hwk-mittelfranken.de](mailto:andrea.sitzmann@hwk-mittelfranken.de)

## Chamber of Industry and Commerce (IHK)

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial manufacturing, trade and services. This is the case, for example, as a plant mechanic or a trader in wholesale and foreign trade. The Chamber of Industry and Commerce of Nuremberg also has special contact persons to offer advice on training, initial qualification and practical training:

### Chamber of Industry and Commerce (IHK)

**Khaled Khouja, M.A.**

+49 (0) 911 1335-225

@[khaled.khouja@nuernberg.ihk.de](mailto:khaled.khouja@nuernberg.ihk.de), [integrationsberatung@nuernberg.ihk.de](mailto:integrationsberatung@nuernberg.ihk.de)

The Chamber of Commerce also has an **open office for refugees** who are seeking training in industry, trade or service. They are available every Tuesday between 14:00 - 15:00. Before coming to a meeting, please fill out the form, which you can download: [»»Form.](#)

## Preschool education at the vocational school

In Germany, however, there is not only dual training, but also full-time school education at a vocational school. Vocational training provides a completed vocational training in theory and practice outside of the dual training system (without an apprenticeship at a company). It usually takes two to three and a half years. The course takes place full-time and includes general subjects in addition to the professional subjects. Since the vocational schools differ greatly in terms of their faculties, admission requirements, training duration and further education possibilities, it is advisable to make enquiries at the school in question. In this flyer, you will find information on the versatile urban vocational schools: [»»Flyer-Berufsfachschulen](#)A list of all Nuremberg vocational schools - including private schools - can be found here: [»»Nuremberg vocational schools.](#)

## Education and participation package (BuT)

If you receive social benefits, you can apply for support for your child from the "education and participation package".

This applies:

For children up to their 18th birthday.

For young adults up to their 25th birthday if they go to school and do not receive a training allowance.

The following benefits are available:

- 15 euros per month: Children and young people up to the age of 18 can receive vouchers for courses, leisure activities or sports.
- Excursions and school trips: Costs for excursions and trips lasting several days (e.g. travel, meals, admission) are covered.


- Lunch: Vouchers are available for shared lunches at school or daycare centres. Snacks from the school kiosk are not paid for.
- School supplies: An amount is paid in two instalments per school year for materials such as exercise books, books or photocopying costs.
- Learning support: If the school confirms it, vouchers for learning support can be provided.
- School transport: In special cases, the costs of travelling to school are covered. Please contact the social welfare office.

You submit the application to the social welfare office:

If your accommodation has the postcode:

90402, 90403, 90408, 90409, 90411, 90419, 90425, 90427, 90429, 90431, 90439, 90443, 90449, 90482, 90489 or 90491, please contact:


### Social Welfare Office of the City of Nuremberg Service Centre for Education and Participation


 [Frauentorgraben 17, 90443 Nuremberg](#)


If your accommodation has the postcode

90441, 90451, 90453, 90455, 90459, 90461, 90469, 90471, 90473, 90475, 90478 or 90480, please contact:


### Social Welfare Office of the City of Nuremberg Service Centre for Education and Participation

 [Reinerzer Str. 12, 90473 Nuremberg](#)

 Monday - Friday 08:30 - 12:30

 0911 231-4347

Further information on the education and participation package in Nuremberg can also be found in several foreign languages at


 [www.bildung-und-teilhabe.nuernberg.de](http://www.bildung-und-teilhabe.nuernberg.de)


**Important:** When you submit your application, you will receive the vouchers for the period of the social benefit notification, this can also be done retrospectively for a maximum of 1 year.

## Places of learning

Are you looking for quiet places where you can study or read? Here you will find various suggestions if you are looking for a retreat.

### Library of the German National Museum

 [Kornmarkt 1, 90402 Nuremberg](#)


 Monday-Friday 09:30 - 18:00

Wednesday 09:30 - 20:00

Saturday, Sunday closed

### District Library

 [Gewerbemuseumsplatz 4, 90403 Nuremberg](#)


 Monday - Friday 11:00 - 19:00

Saturday 11:00 - 16:00

Go to the list with all district libraries: [»»District libraries](#)

### Economic and Social Sciences Library of the FAU

 [Lange Gasse 20, Ebene 3, 90403 Nuremberg](#)

 Monday - Saturday 08:00 - 24:00

Sunday 10:00 - 24:00


### FAU Educational Science Library


 [Regensburger Str. 160, 90478 Nuremberg](#)

 Monday - Friday 09:00 - 20:00

Saturday 09:00 - 14:00

### Central Library Technical College Nuremberg

 [Keßlerplatz 12, 90489 Nuremberg](#)

 Monday - Friday 09:00 - 21:00

Saturday 09:00 - 18:00

## Shelters

### Migration-specific counselling centres


#### Migration Advice Centres for Adults (Ages 27+)


The Migration Advice Centre offers support to all people aged over 27 and who have either a long-term residence permit for Germany; a freedom of movement permit; or right to permanent residence (the keywords here are "recognised refugee"). The advice is given free of charge. There is help, support, information and education available on the following topics:

- Child and partner reunification, family reunification
- Integration courses/language courses (German)
- Recognition of school/university degrees from outside Germany (guidance/initial counselling)
- Educational and social insurance systems (information and education)
- Authorities, e.g. explanation of decisions/procedures;
- Financial support for various things, including help filling out application forms, foundations for non-German national and refugee-specific issues such as residence rights, the Federal Employment Law, and work permits
- Living and Working in Germany

There is a dedicated advice centre for teenagers and young adults aged 12 and 27 years old: [»»Youth Migration Advice Centres](#). There is also the [»»Asylum Advice Centre](#), which primarily offers you its support in the local community accommodation centres.

#### AWO Kreisverband Nürnberg e.V.

 [Gartenstraße 9, 90443 Nürnberg](#)

 +49 (0) 911 27414027

 [@bim@awo-nbg](mailto:bim@awo-nbg)

📅 appointment by arrangement.  
 🌐 German, English, Bulgarian, Polish, Russian, Turkish  
 🌐 [www.awo-nuernberg.de](http://www.awo-nuernberg.de)

### Caritasverband Nürnberg e.V.

📍 Tucherstraße 15, 90403 Nürnberg  
 ☎️ +49 (0) 911 2354200  
 @ [migrationsberatung@caritas-nuernberg.de](mailto:migrationsberatung@caritas-nuernberg.de)

📅 appointment by arrangement.  
 🌐 Bosnian, English, Italian, Croatian, Portuguese, Russian, Serbian, Spanish



[www.caritas-nuernberg.de](http://www.caritas-nuernberg.de)

### Nuremberg City Mission (Stadtmission Nürnberg e.V.)

📍 Krellerstraße 3, EG, 90489 Nürnberg, Beratungszentrum Christine-Greller-Haus  
 ☎️ +49 (0) 911 37654318 or -326  
 @ [migrationsberatung@stadtmission-nuernberg.de](mailto:migrationsberatung@stadtmission-nuernberg.de)

📅 appointment by arrangement.  
 🌐 English, Greek

### BRK KV - Nürnberg-Stadt

📍 Südstadt Forum, Siebenkeesstraße 4, 90459 Nürnberg  
 ☎️ +49 (0) 911 810412 11, -12  
 @ [migrationsberatung@kvnuernberg-stadt.brk.de](mailto:migrationsberatung@kvnuernberg-stadt.brk.de)

📅 Current advice hours can be provided by telephone or by email  
 🌐 English

📍 Sulzbacher Str. 42, 90489 Nürnberg  
 ☎️ 0911 5301 - 187, 0911 5301 - 181  
 @ [migrationsberatung@kvnuernberg-stadt.brk.de](mailto:migrationsberatung@kvnuernberg-stadt.brk.de)

## Youth migration services

The Youth Migration Services (JMD) help young people who have come to Germany. They help them to settle in Germany and learn everything they need to know.

You can ask questions at the JMD, for example:






- How do I find my way around Germany?
- What do I need to know about school, training or work?
- Who can help me if I have worries or problems?
- What should I know about money and rules?

### AWO District Association Nuremberg e.V.





📍 [Gartenstr. 9, 90443 Nuremberg](http://Gartenstr.9,90443Nuremberg)  
 @ [info@jmd-nbg.de](mailto:info@jmd-nbg.de)

📅 Appointments by telephone arrangement.  
 🌐 Arabic, English, Russian, Spanish, Tigrinja, Turkish






### Caritas Association Nuremberg e.V.

 [Tucherstraße 15, 90403 Nuremberg](#)  
 [@jugendmigrationsdienst@caritas-nuernberg.de](mailto:jugendmigrationsdienst@caritas-nuernberg.de)  
 Appointment by appointment.  
 English, Russian  
 [www.caritas-nuernberg.de](http://www.caritas-nuernberg.de)

### Protestant Youth Centre Nuremberg (EJN)

 [Burgstr. 1-3, 90403 Nuremberg](#)  
 [monika.hopp@elkb.de](mailto:monika.hopp@elkb.de), [jmd.ejn@elkb.de](mailto:jmd.ejn@elkb.de)  
 English, Russian  
 [www.jugendmigrationsdienste.de/jmd/nuernbergejn](http://www.jugendmigrationsdienste.de/jmd/nuernbergejn)

### Nuremberg City Mission e.V.

 [c/o Südstadt Forum, Siebenkeesstraße 4, 90459 Nuremberg](#)  
 0911 / 23 98 27 21  
 Appointments by arrangement.  
 English, French  
 [www.jmd-stadtmission-nuernberg.de](http://www.jmd-stadtmission-nuernberg.de)




## Club 402

Under the one roof of the Club 402 Refugee Skills Centre you can find a refugee advice centre run by Gemeinschaftsunterkunft Regensburger Straße, an open child and youth centre, and an intercultural social venue.

These services are available there for you:

- Individual and needs-oriented advice sessions
- Open support services for children and teenagers
- Leisure-time and group-oriented educational services
- Education and training programmes
- Network-building work, outreach work and project work
- Voluntary work and fundraising

### Club 402

 Regensburger Straße 402, 90480 Nürnberg  
 +49 (0) 911 - 80 14 306  
 <http://www.awo-nuernberg.de/migration-und-integration/club-402/>

## North Bavarian Central Repatriation Advice Centre (RZB)

Do you plan on returning to your previous country, before the BAMF has made a decision on your application for asylum? Are you uncertain how to get your passport back or do you need financial help for the journey? The Central Repatriation Advice Centre (ZRB) can advise you on your options on voluntarily returning to your previous country. The advice is provided in an

open-ended way. This means that you yourself decide after your advice session whether or not you will voluntarily go to another country.

### Central Repatriation Advice Centre

📍 Marienstraße 23, 90402 Nürnberg

☎ +49 (0) 911 2352222

📅 Monday - Friday 09:00 - 12:00

Monday, Wednesday, Thursday 13:30 - 15:30

🌐 www.zrb-nordbayern.de

## Important offices

### Citizens' offices

If you are a new resident of Nuremberg, you must register. You can do this at one of the citizens' offices in the city of Nuremberg.

You need an appointment to register in Nuremberg. Please [book](#) this online ([online appointment booking](#)). Under "Meldeangelegenheiten", select "Wohnung anmelden (Zuzug nach Nürnberg)". You will be given the addresses of the citizens' registration offices when you book your appointment online.

All persons aged 16 and over must appear in person for registration. However: If a married couple or a family has come to Nuremberg together, only one of the spouses needs to come to the Citizens' Registration Office. Children under the age of 16 do not need to be present.

The passports of all persons must be available. If there are no passports, an identity card is also sufficient. If you are moving to Germany and are married, please bring your marriage certificate with you. If you have children, please bring their birth certificates. These should be in international form.

### You will need these documents for your appointment:

- All existing identification documents of all parties involved
- Confirmation of residence from your landlord/landlady (you can download this [here](#))

💡 Please bring someone with you to translate if you do not speak or understand German well enough. This is important so that you can understand all the information correctly and make yourself understood.


### Social Welfare Office (SHA)

When you first arrive, you will get an appointment with the Social Welfare Office (SHA). There you will be asked about your financial situation (for example, they will demand to know whether you have valuables such as jewellery or money). You will sign some documents and statements. Please bring all your papers and all the persons named on your **»»Temporary Residency Permit** to this appointment. Do you have an interpreter? Please bring them with you.




You will receive a cheque for your living costs. You can exchange the cheque for cash (euros) at the city treasury (Stadtkasse). Please note that you will need to make this money last until your next appointment at the Social Welfare Office (around one month). You will not get any more money until the next appointment at the Social Welfare Office.


**Office for Living Costs and Social Integration - Social Welfare Office (Amt für Existenzsicherung und soziale Integration - Sozialamt)  
Financial Support - Support Payments for Asylum Applicants (Wirtschaftliche Hilfen - Leistungen für Asylbewerber)**


 Frauentorgraben 17, 90443 Nürnberg

 Monday - Friday 08:30 - 12:30

**Nuremberg City Treasury (Stadtkasse Nürnberg)**

 Theresienstr. 1, 90403 Nürnberg

 Monday - Friday 08:30 - 12:30 Uhr


 Appointments must be arranged in advance!

**The Social Welfare Office is also your point of contact for the following topics:**

- Vouchers for Initial Baby Supplies and for Your Child's School Supplies
- Money for Train Tickets to Interview Appointments Outside Nuremberg
- Sickness Certificates, Approval for Operations and Other Medical Procedures
- [»»Nürnberg-Pass](#)
- [»»Education and Participation Package \(BUT\)](#)

**The Job Centre**

Job Centre is where you go if you are unemployed or need support. It gives you financial support and can also help you to find a job or get qualifications, depending on what you need. Amongst other things, it can help you to find a language course, give you career advice, and help you to get your qualifications recognised in Germany. For more information job advice, support and placements, look here: [»»Access to the Job Market](#).

 If you have a temporary residency permit – meaning that your asylum procedure is still ongoing or your application for asylum has been rejected and you have a certificate granting temporary postponement of deportation (Duldung) – then the [»»Employment Agency \(Agentur für Arbeit\)](#) is where you go for career support.

**Steps to Take After a Positive Decision**

You have received a positive decision from the BAMF, so the asylum procedure has come to a positive end – in other words, you have been recognised as a refugee. These are the steps you take next:


**1. Personal interview**

- You will have to go to the Job Centre during its opening hours.
- You will be registered as a client.

- Your job history will be written down.
- An advice session will be scheduled. One with the service department and then with the Job Placement Service – so you will have two advisers.
- You will be registered as a jobseeker.

### Job Centre

 [Richard-Wagner-Platz 5, Nürnberg](#)

 08:30 – 12:30


## 2. Administration Department

- **Important:** Advice will only be given if you have an appointment.
- Applications for financial support are made during an appointment with your financial support case worker.

## 3. Job Placement Service

- **Important:** Advice will only be given if you have an appointment.
- If you have certificates or letters saying that you are required to attend an integration course or confirming that you have taken part in an integration course, bring them with you.
- If you have documents about school attendance, training, work testimonials/reference letters, recognition of qualifications obtained abroad, etc., please bring them with you.
- Tell your case worker about any special skills you have (trades, crafts, language skills, etc.).
- Before you go, think about what kind of work you want to do.

### Job Centre South - Job Placement Service

 [Platenstraße 46, 90441 Nürnberg](#)

**Note:** The staff at the Job Centre are not allowed to pass information about their clients at the Job Centre to anyone else. As a volunteer, a **>>>Letter of Authorisation (Vollmacht)** is required. It must be filled in and signed by both parties.

## Federal Employment Agency (Agentur für Arbeit)

If your asylum procedure is still ongoing or if you are a tolerated foreigner, the Federal Employment Agency is your point of contact for questions concerning the transition from school to work (career guidance), job placement and counselling on continuing vocational training and for employer advice (employer service).

For more information on counselling and placement in the job market, please click here: **>>>Access to the job market.**

 Are you recognised? Then the **>>>job centre is** your point of contact for counselling and mediation in the job market.

## Registry Office

The Registry Office has several functions. When a child is born, for example, the parents are obliged to report the birth of the child to the Registry Office (birth certificate). And for when you wish to get married, the registry office is responsible for registering your marriage.

### Nuremberg Registry Office (Standesamt Nürnberg)

+49 (0) 911 2310

[www.standesamt.nuernberg.de](http://www.standesamt.nuernberg.de)

## What the Registry Office Does: At a Glance

- Issues birth and death certificates
- Marriages
- Receiving notifications of leaving a church
- Name changes
- Issuing of certificates (birth certificate, death certificate, marriage certificate)

## The Most Important Addresses

### Birth Department - Birth Certificates (Geburtenabteilung - Beurkundung Geburt)

[Hirschelgasse 32, 90403 Nürnberg](#)

Monday, Tuesday, Thursday 08:30 - 15:30  
Wednesday, Friday 08:30 - 12:30

### Death Registration Department - Registering Deaths

[Spitalgasse 1, 4. Stock, Zi. 400, 90403 Nürnberg](#)

### Marriages

[Hirschelgasse 32, 90403 Nürnberg](#)

### Receiving Notifications of Leaving a Church

[Hirschelgasse 32, 90403 Nürnberg](#)

Monday, Tuesday, Thursday 08:00 - 12:30, 13:30 - 15:30  
Wednesday, Friday 08:00 - 12:30.

### Name Changes

[Hirschelgasse 32, 90403 Nürnberg](#)

### Civil Status Documents

[Hirschelgasse 32, 90403 Nürnberg](#)

Monday, Tuesday, Thursday 08:00 - 15:30  
Wednesday, Friday 08:00 - 12:30

## Anti-Discrimination Centre

The Human Rights Office of the City of Nuremberg has an office for people who have experienced discrimination. Discrimination is when someone is excluded, disadvantaged or oppressed. There can be several reasons for this: ethnicity, skin colour, gender, sexual identity. Discrimination can occur in everyday life or at work and can happen in various ways: When some is insulted, abused, ignored, intimidated, treated with hostility, humiliated or degraded or

otherwise treated unjustly or unfairly. If this is the case, get in touch with the Anti-Discrimination Centre. They will support you.

### **Anti-Discrimination Commissioner (Beauftragter für Diskriminierungsfragen)**

 [Fünferplatz 1, 90403 Nürnberg](#)  
 0911 / 2 31 -10 312  
 [@diskrimierungsfragen@stadt.nuernberg.de](mailto:diskrimierungsfragen@stadt.nuernberg.de)  
 [www.menschenrechte.nuernberg.de](http://www.menschenrechte.nuernberg.de)




### **B.U.D. - Counselling. Support. Documentation for victims of right-wing extremist violence**

B.U.D. is a Bavaria-wide counselling centre for victims of right-wing, racist and anti-Semitic violence. B.U.D. counsels and supports people who have been insulted, threatened or attacked by right-wing extremists or racists, or who have witnessed an attack.

There you can talk about your fears and your emotional situation. B.U.D. will explain the course of an investigation and accompany you to the police and to court if you wish to be accompanied. You will also be helped to find lawyers and therapists.

Counselling is free, confidential and outreach. If there are communication problems, an interpreter will be organised. B.U.D. is independent of state authorities. You decide for yourself how B.U.D. can support you.

### **B.U.D. - Counselling. Support. Documentation for victims of right-wing extremist violence**

 [@info@bud-bayern.de](mailto:info@bud-bayern.de)  
 0151 / 21653187  
 [www.bud-bayern.de](http://www.bud-bayern.de)

### **Become active as a volunteer**

#### **Volunteering in Nuremberg**

Many people in Germany do voluntary work. This means that they work voluntarily in their free time because they enjoy it. These people don't get paid for it. They also say: get involved. This means working for other people or for a cause. Anyone can work as much as they want. You have to speak German well for almost all voluntary work. For some activities, speaking German is not so important. In Nuremberg, over 100,000 people do voluntary work without being paid.

There are many opportunities to do voluntary work. For example, you can

- help older people
- help look after children
- work as a sports coach in a sports club
- support people with disabilities

- work as a paramedic
- Helping refugees
- help at an animal shelter
- and many other things

## Volunteering during the asylum procedure in Nuremberg

Even if you are still in the asylum procedure, you can do voluntary work. As a rule, you do not need permission from the Foreigners' Registration Office to do voluntary work.


However, there are exceptions! You can only take up the so-called "Federal Voluntary Service" if you are recognised as entitled to asylum and have a work permit from the responsible immigration authority.


For some voluntary activities (but not all!) you will receive money. This amount is called an "honorary allowance". If you receive benefits in accordance with the AsylbLG, you may receive up to 200 euros per month free of charge. This means that this amount of money will not be deducted from your benefits. Even if you are already recognised, i.e. receive benefits from the job centre, you may keep up to 200 euros per month without your benefits being reduced. It is best to enquire where you would like to do voluntary work as to whether there is an allowance for voluntary work.

## Free advice

If you would like to volunteer in Nuremberg and already speak German well, you can get advice. **Free coun** selling takes place twice a week. Anyone can come!

### Klara - Centre for Advice and Engagement

 [Klaragasse 3](#), 90402 Nuremberg

 Every Wednesday 11:00 - 14:00

Every Thursday 16:00 - 18:00

People who do not yet speak German well can register here:

### Centre for Active Citizens

 0911 9297170 or email [@zab@iska-nuernberg.de](mailto:@zab@iska-nuernberg.de)



[www.iska-nuernberg.de/zab/](http://www.iska-nuernberg.de/zab/)

## Search on the Internet

You can also search the **internet**. There is a site with many job opportunities for people who would like to do voluntary work. The name of the site is **Bürgernetz**. There you can choose in which field you would like to work. For example, "Family", "Sport" or "Life in old age". But there are many more areas. Perhaps you would also like to volunteer near your home. Then simply type the last two digits of the postcode of your place of residence into the field that already contains 904. All postcodes beginning with 904 are in Nuremberg.

## Information on Facebook

You can also find interesting information about volunteering in Nuremberg on the Facebook page "[Nürnberg Engagiert](#)".

## Integration guides

There are integration guides in Bavaria. They support volunteers in order to strengthen integration in Bavaria. Volunteers can contact these people with questions about integration and asylum. In Nuremberg, Katharina Schwartz and Elina Schnürer will be happy to help you.

Every month there is a network meeting on integration and commitment. All interested and committed people can exchange information about living together in Nuremberg. Current topics are discussed together and solutions are sought.

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

## Helper Circles

In many districts, there are groups that volunteer by offering to help you free of charge. The volunteers can help you to find your bearings in your new home environment, participate in leisure and sport activities, and learn your first German language skills. If you have questions about daily life, you can ask the volunteers. They can assist in many ways, such as helping you to understand a letter written in German, letting you know where there are cheap shopping options and sport facilities, or telling you how the bus system works. The volunteers can also help you with opening a bank account. Many Helper Circles also offer assistance when it comes to learning German. You can contact the Helper Circles via email.

Here is a list of all the Helper Circles in Nuremberg: [»»Nuremberg Helper Circles](#)

## Helpful Links

## Helpful Links

## For Your Asylum Hearing

- An information leaflet about the asylum procedure has been put together by the Integration Association for Asylum and Migration: [»»The Asylum Procedure: The Hearing](#)
- The Cologne Refugee Council has published a preparation video for asylum applicants' BAMF hearings. It is available in 14 languages: [»»Asylum in Germany](#).
- Download the [»»Ankommen app](#). It is a useful guide for your first few weeks in Germany.

## Life in Germany


- The German journalist Konstantin Schreiber has put together some 5-minute videos in which she discusses – in Arabic with German subtitles – everyday topics about life in Germany:


 [www.n-tv.de/marhaba/](http://www.n-tv.de/marhaba/)


## Free Legal Advice on Asylum Procedures

- The Refugee Law Clinic Erlangen-Nuremberg e.V. offers free legal advice on the asylum procedure. To get an appointment, you need to register in advance by email.


### Refugee Law Clinic

 Luise, Scharfstrasse 15, 90478 Nürnberg

 [info@rlc-erlangen.de](mailto:info@rlc-erlangen.de)

 12/07/2017, 26/07/201

17:00 – 19:00

 [www.rlc-erlangen.de](http://www.rlc-erlangen.de)


How do you get to the BAMF offices in Munich, Zirndorf or Deggendorf? On request, you can get directions at the Asylum Advice Centre helpdesk.


## First Steps - Integration Centre for Refugees

The First Steps team supports refugees and new Nurembergers. It offers services such as such as discussion rounds, German courses, PC courses and evenings for young men. All the services offered by the team are free.


You can find the current programme here: [»»First Steps Courses](#).


### First Steps - Integration Centre for Refugees (Integrationszentrum für Flüchtlinge)

 Eilgutstraße 7, 90443 Nürnberg

 +49 (0) 911 52851360

 [first.steps.nbg@johanniter.de](mailto:first.steps.nbg@johanniter.de)

 Monday - Friday 09:00 - 17:00

 [www.johanniter.de](http://www.johanniter.de)

## IN VIA KOFIZA Nuremberg e.V.

**KOFIZA - Contact, support and integration centre for non-European women and their families:**

- Advises you on general issues in your new home country.
- Accompanies you to various offices and supports you with translations in Portuguese, English, Tagalog, Sesotho and Spanish.
- Has offers where you can meet and exchange ideas with other women.
- Offers a free conversation course where you can practise your German.
- Supports the [Lebenswirklichkeit project](#) in Bavaria with free programmes for immigrant and refugee women and children. You can find more information on the [homepage](#). Funded by the Bavarian State Ministry of the Interior, Sport and Integration.

## IN VIA KOFIZA Nuremberg e.V.

📍 [Harmoniestraße 16, 90489 Nuremberg](#)

☎ 0911/58 68 69 - 20

@ [kofiza@invia-nuernberg.de](mailto:kofiza@invia-nuernberg.de)

🌐 <https://www.invia-nuernberg.de>

## Help for people from Ukraine

### Information for Ukrainian refugees in Nuremberg

### Welcome to Nuremberg!

Do you need support? Then you can contact these centres:

#### Advice and contact points in Nuremberg

An overview of all counseling and contact points in Nuremberg can be found [here](#).

#### Creative workshop, painting and handicrafts

The offers are generally free of charge and usually do not require registration. If costs are incurred for individual offers or registration is required, we will provide this information in the description text of the respective offer. If you have any questions, please contact the respective organiser directly or discuss them on site.

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(#1)

#### Creative offer for (Ukrainian/refugee) families - free design

Participants are invited to choose their own materials to work with. There are large sheets of paper, chalks and coloured pencils, wet paint, clay and much more. The participants primarily decide what they want to work on, but some creative ideas are also offered. Children aged 8 and over can also come on their own.

#### Protestant Family Education Centre (FBS)

■ Tuesday 14:30 - 16:30

📍 [Creative room U2 in the FBS, Leonhardstraße 13, 90443 Nuremberg](#)

☎ 0911 2747660

@ [info@fbs-nuernberg.de](mailto:info@fbs-nuernberg.de)

🌐 [www.fbs-nuernberg.de](http://www.fbs-nuernberg.de)

(#3)

#### Family creative day

Children of all ages and their parents, grandparents or other accompanying persons are welcome to attend the family creative day on the last Sunday of every month. Each family works on their own creative island. There is a colourful box of materials with inspiration for individual or joint projects. In between, you can stack daring towers, build fantastic cities or create colourful pixel pictures in your building corner with thousands of colourful wooden bricks.



### Children's art room

■ Last Sunday of the month, 14:00 - 16:00  
 📍 [Fürther Straße 244d, 90429 Nuremberg](#)  
 ☎ 0911 23114816  
 🌐 [www.kinderkunstraum.nuernberg.de](http://www.kinderkunstraum.nuernberg.de)

(#4)

### Art support for refugee children and adults with Nadiya Pankova

An open painting course for refugee children, adults and families. I would like to support both the children and their mothers. During this time, the children should be able to better process what they have seen and experienced through painting, distract themselves from the negative events and focus on the positive. While the children are being looked after, the adults can concentrate on organising everyday life in Germany. The workshop leader is Nadiya Pankova, who herself fled Donetsk in 2014 and has been living in Germany since 2017. She speaks Ukrainian, Russian, German and English. The children can choose a language.

### Community centre Langwasser

■ Children: Tuesday, 13:00 - 15:00; Adults: Tuesday, 19:15 - 21:30  
 📍 [Glogauer Str. 50, 90473 Nuremberg](#)  
 ☎ 0911 23115700  
 🌐 [www.nuernberg.de/internet/kuf\\_kultur/gemeinschaft...](http://www.nuernberg.de/internet/kuf_kultur/gemeinschaft...)

(#12)

### Creative arts and crafts class for children and young people in German and Ukrainian

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite refugees from Ukraine - children and adults - to our creative crafting session.

### Dance studio "PASO" and International Club "Magic of Art"

■ will take place again after the summer break!  
 📍 [Gostenhof Neighbourhood House, Adam-Klein-Straße 6, 90429 Nuremberg](#)  
 ☎ 0176 22764541 / 0176 28223063  
 @tanzgruppe.paso@gmail.com  
 🌐 [www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#38)

### Painting courses from the age of 6 for refugee children and young people

#### Haus der Heimat e.V.

■ Tuesday and Thursday, 15:00-18:00, depending on age  
 📍 [Imbuschstr. 1, 90473 Nuremberg](#)  
 ☎ 0911 8002638  
 @info@hausderheimat-nuernberg.de  
 🌐 [www.hausderheimat-nuernberg.de](http://www.hausderheimat-nuernberg.de)

(#66)


### Children's studio at the Germanisches Nationalmuseum

Free painting and design (with art education support) for children aged 4 and over.


#### Germanic National Museum


■ Saturdays, 13:00 - 16:00 and every first Saturday of the month for everyone, no age limit

 [Kartäusergasse 1, 90402 Nuremberg](#)

 0911 1331245

 p.schroeder.kpz@gnm.de

 [www.gnm.de](http://www.gnm.de)


 [www.kpz-nuernberg.de](http://www.kpz-nuernberg.de)

(#91)


### Creative meeting for women

We do handicrafts, paint, glue, draw and sew together - something different at every meeting. Children are welcome to come along. Registration required at the telephone number or email address provided!


#### IN VIA Nuremberg

 Fridays, once a month (dates are announced on the homepage)

 [Harmoniestr. 16, 90489 Nuremberg](#)

 0911 58686920 / 017620456071

 lebenswirklichkeit@invia-nuernberg.de


 [www.invia-nuernberg.de](http://www.invia-nuernberg.de)


(#96)

### Knitting Sunday

Knitting brings people together. That's exactly why Knitting Sunday was created! Generations and cultures meet here to exchange ideas about the most beautiful hobby in the world and let the needles rattle together! Anyone who enjoys knitting is welcome. So pack your needles and come to our intercultural & intergenerational knitting get-together! You generally have to bring your own knitting projects. However, refugees, for example, can obtain needles and wool on a donation basis.

#### St Matthew's parish hall

 Sunday, 2.00 pm (every fortnight)


 [Rollnerstr. 104, 90408 Nuremberg](#)

(#105)


### Offers of the Russian-German Cultural Centre


Language and art courses for children and young people from Ukraine (German and English language courses, dance and painting courses). Children can also take part in all regular courses free of charge until the end of July.

#### Russian-German Cultural Centre

 Opening hours: Tuesday-Thursday, 09:00 - 18:00, Friday 09:00 - 12:00

 [Röthenbacher Hauptstraße 74, 90449 Nuremberg](#)

 0911 6497616

 info@rdkev.de

 [www.rdkev.de](http://www.rdkev.de)

### Sport, movement and dance

Further information on regular cultural and leisure activities in Nuremberg can be found here:

[""Leisure activities for children and young people](#)

## ""Leisure and sports

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In principle, the offers are free of charge and mostly without registration. If costs are incurred for individual programmes or registration is required, we will provide this information in the description of the respective programme. If you have any questions, please contact the respective organiser directly or discuss them on site.

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### **Children and young people:**

(#34)

#### **Ballet for children aged 4-6 years**

Registration required by calling the telephone number below!

##### **Cultural workshop at AEG**

■ Monday, 14:00 - 15:00

📍 [Kulturwerkstatt auf AEG, Fürther Str. 244d, 90429 Nuremberg; U1 stop Eberhardshof](#)

☎ 0176 61110684

🌐 [www.nuernberg.de/internet/kuf\\_kultur/kulturwerkst...](http://www.nuernberg.de/internet/kuf_kultur/kulturwerkst...)

(#39)

#### **Dance courses from the age of 7 for refugee children and young people**

##### **Haus der Heimat e.V.**

■ Monday, 16:00 - 20:00 (depending on age)

📍 [Imbuschstr. 1, 90473 Nuremberg](#)

☎ 0911 8002638

@ [info@hausderheimat-nuernberg.de](mailto:info@hausderheimat-nuernberg.de)

🌐 [www.hausderheimat-nuernberg.de](http://www.hausderheimat-nuernberg.de)

(#15)

#### **Dance group: Children 3-5 years**

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to join our dance groups. Children's dance, standard and Latin dance, as well as modern dance.

Classes are held in German and Russian. Costs: Children up to the age of 18 pay €20 per month. There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

##### **TSC Rot-Gold-Casino Nuremberg e.V.**

■ Tuesday, 16:00

📍 [TSC Rot-Gold-Casino Nürnberg e.V., Venusweg 7, 90763 Fürth](#)

☎ 0176 22764541 / 0176 28223063

@ [tanzgruppe.paso@gmail.com](mailto:tanzgruppe.paso@gmail.com)

🌐 [www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#22)

#### **Dance group: Children 5-6 years**

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to

join our dance groups. Children's dance, standard and Latin dance, as well as modern dance.

Classes are held in German and Russian. Costs: Children up to the age of 18 pay €20 per month. There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

### **TSC Rot-Gold-Casino Nuremberg e.V.**

■ Tuesday, 16:45

📍 [TSC Rot-Gold-Casino Nürnberg e.V., Venusweg 7, 90763 Fürth](#)

☎ 0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

🌐 [www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#23)

### **Dance group: Children 7-10 years**

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to join our dance groups. Children's dance, standard and Latin dance, as well as modern dance. Classes are held in German and Russian. Costs: Children up to the age of 18 pay €20 per month. There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

### **Gym Sperberschule Nuremberg**

■ Saturday, 10:00 am

📍 [Sperberschule, Sperberstraße 85, 90461 Nuremberg \(entrance to the gym: Normannenstraße\)](#)

☎ 0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

🌐 [www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#24)

### **Dance group: children aged 11-15 years**

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to join our dance groups. Children's dance, standard and Latin dance, as well as modern dance. Classes are held in German and Russian. Costs: Children up to the age of 18 pay €20 per month. There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

### **Gym Sperberschule Nuremberg**

■ Saturday, 11:30 am

📍 [Sperberschule, Sperberstraße 85, 90461 Nuremberg \(entrance to the gym: Normannenstraße\)](#)

☎ 0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

🌐 [www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)





(#79)

### **JugendKinderKultur Quibble**

Open activities such as playing football, basketball, billiards, video games and much more. Meet young people and friends or just chill out - you can do it all here. All offers for children and young people aged 8-27 and young mothers.

### **YouthKidsCulture Quibble**

■ Open meeting place: Wednesday and Thursday, 18:00-21:00, Friday, 18:00-22:00

 [Augustenstraße 25, 90461 Nuremberg](#)  
 0911 8102290  
 [kontakt@quibble.de](mailto:kontakt@quibble.de)  
 [www.quibble.de](http://www.quibble.de)

(#95)

### Ballet classes

Group classes take place twice a week (1.5 hours each). There is also the possibility of private lessons. Rehearsals are organised for performances. Enrolment is required!

#### **Ballet School "Elena" Nuremberg**

■ Tuesday, 17.30 - 19.00 and Saturday, 11.00 - 12.30

 [Vordere Cramergasse 13, 90478 Nuremberg](#)


 [elena.ballett@gmail.com](mailto:elena.ballett@gmail.com)

(#106)

### Football club & football training (children)

#### **VFL Nuremberg e.V.**

■ Monday and Friday, 16:00 - 17:00

 [Salzbrunner Straße 38, 90473 Nuremberg](#)

 [sportintegration@stadt.nuernberg.de](mailto:sportintegration@stadt.nuernberg.de)

(#109)

### Girls' football training

#### **SGV Nuremberg e.V.**

■ Wednesday, 16:00 - 18:00

 [Bertha-von-Suttner-Str. 32, 90439 Nuremberg](#)

 [sportintegration@stadt.nuernberg.de](mailto:sportintegration@stadt.nuernberg.de)


(#110)

### Football training U9

#### **SGV Nuremberg e.V.**

■ Tuesday and Thursday, 17:30 - 19:00

 [Bertha-von-Suttner-Str. 32, 90439 Nuremberg](#)

 [sportintegration@stadt.nuernberg.de](mailto:sportintegration@stadt.nuernberg.de)


(#115)


### Karate training

#### **Sports club 04**

■ Children's training, 5 - 8 years: Monday, 17:00 - 19:00

Children's training, 9 - 15 years: Wednesday, 17:00 - 19:00

 [Rollnerstr. 99, 90408 Nuremberg](#)

 [sportintegration@stadt.nuernberg.de](mailto:sportintegration@stadt.nuernberg.de)

## Adults:

(#26)

### Yoga: Adults

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to join our dance groups. Children's dance, standard and Latin dance, as well as modern dance.

Classes are held in German and Russian. Costs: Adults pay €36 per month (Ukrainian refugees receive a discount). There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

#### Dance studio "PASO" and International Club "Magic of Art"

Monday, 18:00 hrs

Gostenhof Neighbourhood House, Adam-Klein-Straße 6, 90429 Nuremberg

0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

[www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#25)

### Dance group: adults

Tanzstudio "PASO" and Internationaler Club "Magie der Kunst" invite children and adults to join our dance groups. Children's dancing, standard and Latin dancing, as well as modern dance. Classes are held in German and Russian. Costs: Adults pay €36 per month (Ukrainian refugees receive a discount). There is also a one-off registration fee of €20 (not applicable for Ukrainian refugees).

#### Gym Sperberschule Nuremberg

Wednesday, 20:00 and Sunday, 10:00

Sperberschule, Sperberstraße 85, 90461 Nuremberg (entrance to the gym: Normannenstraße)

0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

[www.apastern2.wixsite.com/tanz-paso](http://www.apastern2.wixsite.com/tanz-paso)

(#69)

### Yoga for (Ukrainian) women

From May, women can relax with yoga for an hour from 10.30 am. This programme is run by a trained yoga teacher who caters to the needs of women. Registration is required!

#### Gym Sperberschule Nuremberg

Thursday, 10:30 - 11:30 am

Eilgutstraße 7, 90443 Nuremberg

0172 6215936

@kathrin.klahn-elgamal@johanniter.de

[www.johanniter.de](http://www.johanniter.de)

(#101)

### Yoga class(online)

Mrs Köne offers a yoga class via Zoom every Wednesday from 6 to 7 pm. The language of the course can be English by arrangement. The link for the Zoom room will be sent to the e-mail address provided after registration. You can find a recorded yoga class on Youtube [here](#).

**Silke Köne**

■ Wednesday, 18:00 - 19:00

📍 Zoom (online)

@skoene@web.de

🌐 [www.silkekoene.de](http://www.silkekoene.de)

(#106)

**Football club & football training (adults)**

**VFL Nuremberg e.V.**

■ Friday, 19:30 - 21:00

📍 [Salzbrunner Straße 38, 90473 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#107)

**Open football club from 16 years of age**

**SportService Nuremberg**

■ Sunday, 14:00 - 17:30

📍 [Luitpoldhain sports complex, Ludwig-Frank-Str. 40, 90478 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#108)

**Football club**

**SGV Nuremberg e.V.**

■ Wednesday, 17:00 - 18:00

📍 [Bertha-von-Suttner-Str. 32, 90439 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#111)

**Beach volleyball**

**Post SV**

■ Saturday, 10:00 - 13:00

📍 [Paul-Moor-Schule sports ground, Schafhofstr. 27, 90411 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#112)

**Football**

**Post SV**

■ Saturday, 10:00 - 13:00

📍 [Paul-Moor-Schule sports ground, Schafhofstr. 27, 90411 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#113)

**Basketball**

### Post SV

■ Saturday, 10:00 - 13:00

📍 [Paul-Moor-Schule sports ground, Schafhofstr. 27, 90411 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#114)

### Open foosball meeting

#### ASN Pfeil Phönix e.V.

■ Saturday, 10:00 - 12:00

📍 [Marienbergstr. 41, 90411 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#115)

### Karate and boxing training from the age of 16

#### Sports club 04

■ Friday, 17:00 - 19:00 and

Saturday, 13:00 - 14:00

📍 [Rollnerstr. 99, 90408 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

(#116)

### Indoor football

#### Kick Factory

■ Monday, 14:00 - 15:30

📍 [Kickfabrik, Ferdinandstraße 21-23, 90429 Nuremberg](#)

@sportintegration@stadt.nuernberg.de

## Music, culture and leisure

The offers are generally free of charge and usually do not require registration. If costs are incurred for individual offers or registration is required, we will provide this information in the description text of the respective offer. If you have any questions, please contact the respective organiser directly or discuss them on site.

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(#8)

### Piano practice

There is a slightly smaller piano in the multi-generation house. If anyone wants to practise the piano, they are welcome to make an appointment with us. Registration under 0911 45060167.

#### Multi-generation centre AWoThek

■ by appointment

📍 [Karl-Bröger-Straße 9, 90459 Nuremberg](#)

☎ 0911 45060167



@MGH-Assistenz@awo-nbg.de

[www.mgh-awothek.de](http://www.mgh-awothek.de)

(#61)

### Field of experience for the development of the senses

Focus topic: Man and nature

Target group of the offer Families, children's groups from 5 years of age

Admission prices as with Nuremberg Pass:

Children from 3 years: € 4.00

Adults: € 4.75

Groups of 10 or more: 1 to 2 accompanying persons free of charge

Field of experience in general:

The Field of Experience for the Development of the Senses is an "action trail for sensory perception", which offers tasks, games, exercises, experiments and information on the individual senses at the individual stations. The Nuremberg Field of Experience is characterised by its annually changing focus. The 100 or so experience stations are complemented by workshops and an extensive supporting programme.

Field of Experience 2022:

With the motto "Man and Nature", the Field of Experience will open its doors again on 1 May 2022 on the Wöhrder Wiese. This season, everything revolves around sustainability, the environment, climate and how people can live in harmony with nature. New experience stations, which focus on the considerate and responsible treatment of our planet, take a look at the relationship between humans and nature.

Once again this year, more than 100 adventure stations invite visitors to marvel, discover and try things out in the midst of city and meadow dwellers. The spirit of research and thirst for action are playfully fuelled here.

Thematically appropriate classics such as a baking station and bee tent are complemented by a tree course, body percussion with "Man - Nature - Rhythm", an environmental laboratory ... and these are by no means all the new stations. And the best thing is: everything can be tried out.

#### Office for Culture and Leisure KUF

■ 1 May to 11 September, daily 14:00 - 18:00

📍 [Field of experience of the senses, Wöhrder Wiese](#)

☎ 0911 2315445

@erfahrungsfeld@stadt.nuernberg.de

🌐 [www.nuernberg.de/internet/kuf\\_kultur/erfahrungsfeld...](http://www.nuernberg.de/internet/kuf_kultur/erfahrungsfeld...)

(#58)

### Gardening with Ukrainian children

Gardening brings light-heartedness to children. I would like to enable refugee children to experience a bit of normality with a little gardening in a safe and suitable place in Nuremberg. Initial contacts have been made with the city garden and the Bluepingu e.V. city meadow. All new gardeners are welcomed with open arms.

#### Bluepingu e.V.

■ Friday, 16:00 - 18:00 (weather permitting)

📍 [Corner of Schloßstraße and Gottfriedstraße, 90480 Nuremberg](#)

🌐 [https://www.nuernberg.de/internet/kuf\\_kultur/zeltnerschloss\\_nachbarschaftsgarten.html](https://www.nuernberg.de/internet/kuf_kultur/zeltnerschloss_nachbarschaftsgarten.html)

■ Wednesday, 18:00 - 19:00 (weather permitting)

📍 [Garten beim Z-Bau, Frankenstr. 200, 90461 Nuremberg](#)

<https://gnn.life/garten/znack-zity/>  
 ☎017645505182 (Stephanie Biener)

(#73)

### PFÜTZE-TALER for refugees

The Pfütze-Taler is a financial support programme funded by the Friends of Theater Pfütze e. V., which enables children from low-income families to attend theatre performances. The Pfütze-Taler is also available for refugee children and young people.

We would be happy to provide you with more information at [hallo@theater-pfuetze.de](mailto:hallo@theater-pfuetze.de)

#### Theatre Pfütze

📍 [Äußerer Laufer Platz 22, 90403 Nuremberg](#)  
 @ockelmann@theater-pfuetze.de  
 🌐 [www.theater-pfuetze.de](http://www.theater-pfuetze.de)

(#80)

### Luise-Cultfactory

Many different cultural events for young people take place at LUISE: Concerts, exhibitions, theatre, readings, poetry slams, film evenings, etc. Perhaps you would like to come along to an event? The open programme group is made up of young volunteers who meet once a week and organise such events together. First we cook and eat together, then we plan. You can find all events here: <https://luise-cultfactory.de/veranstaltungen/>

#### Luise-Cultfactory

■ Meeting of the open programme group: Monday, from 18:00 (open end)  
 Freestyle hip hop dancing: Monday, 19:00-21:00  
 Rap studio recordings: Monday, 19:00-21:00  
 📍 [Scharrerstraße 15, 90478 Nuremberg](#)  
 ☎0911 9464760  
 @a.lang@luise-cultfactory.de  
 🌐 [www.luise-cultfactory.de/](http://www.luise-cultfactory.de/)

(#92)

### Cultural programmes and excursions for women

We visit museums and cultural events in Nuremberg, go on neighbourhood walks and excursions. Children are welcome to come along. Registration required at the telephone number or email address provided!

#### IN VIA Nuremberg

■ Depending on the date of the event (dates are announced on the homepage)  
 📍 [Harmoniestr. 16, 90489 Nuremberg](#)  
 ☎0911 58686920 / 017620456071  
 @lebenswirklichkeit@invia-nuernberg.de  
 🌐 [www.invia-nuernberg.de](http://www.invia-nuernberg.de)

### Educational programmes, German language

In the flyers you will find information on access to language courses for people who have fled from Ukraine in [German](#), [Ukrainian](#) and [Russian](#).

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The courses are generally free of charge and usually do not require registration. If costs are incurred for individual offers or registration is required, we will provide this information in the description text of the respective offer. If you have any questions, please contact the respective organiser directly or discuss them on site.

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(#33)

### Maths for children aged 10 to 12

The language of the programme is Russian. Registration required at the telephone number below!

#### Cultural workshop at AEG

Monday, 10:00 - 10:50 a.m.

[Kulturwerkstatt auf AEG, Fürther Str. 244d, 90429 Nuremberg; U1 stop Eberhardshof](#)

☎0176 61110684

🌐[www.nuernberg.de/internet/kuf\\_kultur/kulturwerkst...](http://www.nuernberg.de/internet/kuf_kultur/kulturwerkst...)

(#35)

### Maths for children aged 13 to 15

The language of the programme is Russian. Registration required at the telephone number below!

#### Cultural workshop at AEG

Monday, 11:00 - 12:00

[Kulturwerkstatt auf AEG, Fürther Str. 244d, 90429 Nuremberg; U1 stop Eberhardshof](#)

☎0176 61110684

🌐[www.nuernberg.de/internet/kuf\\_kultur/kulturwerkst...](http://www.nuernberg.de/internet/kuf_kultur/kulturwerkst...)

(#47)

### Language and learning café

At the NOA language café, you can learn your first words and sentences in German with teachers and volunteers, practise grammar, talk about pictures and texts or prepare for an exam.

#### NOA

Monday and Friday 14:00 - 16:00; Tuesday and Thursday 9:00 - 11:00

[Siebenkeestraße 4; 90459 Nuremberg \(underground station Aufseßplatz\)](#)

☎0911 58630

@sabine\_winkler@noa.nuernberg.de

🌐[www.noa-nuernberg.de/](http://www.noa-nuernberg.de/)

(#48)

### Using the PC and digital learning

#### NOA

Monday, 9:00 - 11:00 a.m., Tuesday, 2:00 - 4:00 p.m.

[Language café in the Lernwerkstatt, Allersberger Straße 130, 90461 Nuremberg \(2nd floor\)](#)

☎0911 58630

@sabine\_winkler@noa.nuernberg.de

[www.noa-nuernberg.de/](http://www.noa-nuernberg.de/)

(#76)

### Learning café SJD - Die Falken

Learning café at the Falkentreff AMIKARO in Gostenhof for children and young people aged 10 and over. We cook, play, do handicrafts and do homework together.

#### Falcon office

■ Thursday, 14:00 - 17:00 and once a month on Tuesdays 14:00-17:00 for Minta\*/girls

📍 [AMIKARO, Adam-Klein-Str. 20 in 90429 Nuremberg](#)

☎ 0911 443709

@buero@falken-nuernberg.de

🌐 [www.stadtteilforum.org/einrichtungen/einrichtunge...](http://www.stadtteilforum.org/einrichtungen/einrichtunge...)

(#81)

### Project: DRUZI

With the "DRUZI" project, we want to bring a bit of normality into the lives of those who have had to leave their homes, families and friends, their school life and hobbies all at once. A total of 25 children from Ukraine aged between 5 and 15 will take part in our project. The project includes lessons and workshops and takes place weekly from Monday to Friday. There will also be a weekend programme later on.

#### Luise - The Cultfactory

■ Monday to Friday, 10:00 - 15:00

📍 [Scharrerstraße 15, 90478 Nuremberg](#)

☎ 0176 20751849

@e.rusliakova@gmail.com

🌐 [www.luise-cultfactory.de/](http://www.luise-cultfactory.de/)

(#86)

### Online German courses

For all those who can and want to learn online, the "Nürnberger Haus" offers online German courses at various levels. Due to the war, the course instructors are scattered and only some of them are still in Kharkiv. Nevertheless, the team spirit is there. The programme is aimed equally at Ukrainian refugees in Nuremberg and those who have remained in Ukraine. Registration required via the link provided.

#### Nuremberg House in Kharkiv

■ different (see registration forms)

📍 Online registration

🌐 [Registration for A1 at this link](#)

🌐 [Registration for A2-B2 at this link](#)

(#102)

### Signpost courses: Living in Germany

Information course in Russian "Life in Germany".

Contents are:

- Society, basics of living together in Germany
- Education for children and adults in Germany
- Medicine, doctors, medication
- Everyday life: money, bank, insurance, housing, transport, shopping etc.
- Opportunities to learn German.

Each course comprises 15 units of 45 minutes, spread over 2 to 3 days. Registration is required at the telephone number, e-mail address or via the link!

Course 98606: 2 dates (15 units)  
Friday, 29.07.2022 and Saturday, 30.07.2022

Friday 10:00 am - 5:15 pm, Saturday, 9:00 am - 3:30 pm

[Click here to register!](#)

Course 98609: 3 dates (15 units)  
Friday, 22.07.2022 to Sunday, 24.07.2022

Friday, 4:00 pm - 7:15 pm, Saturday and Sunday 10:00 am - 3:00 pm

[Click here to register!](#)

Course 98610: 3 dates (15 units)  
Friday, 29.07.2022 to Sunday, 31.07.2022

Friday, 4:00 pm - 7:15 pm, Saturday and Sunday, 10:00 am - 3:00 pm

[Click here for the enrolment!](#)

#### South point

■ Dates: see description text!

📍 [Room 209, Pillenreuther Straße 147, 90459 Nuremberg](#)

☎ 0911 231 32 80 / 0911 231 22 420 / 0911 231 78132

@stamatia.stamati@stadt.nuernberg.de / svenja.strobel@stadt.nuernberg.de /  
barbara.wolf@stadt.nuernberg.de

🌐 <https://bz.nuernberg.de/>

(#104)

#### Learning support for children from Ukraine

Children often experience their new living situation far from home as stressful. Concentration problems, behavioural problems or withdrawal are signs of this. Our Ukrainian employee uses tried and tested educational material (Nikitin). The wide variety of exercises makes it possible to train the children in many areas of daily life and to achieve learning goals!

#### nehemia team e.V. in cooperation with the Lutheran Church

■ Wednesday, 16:30 - 18:30

📍 [Parish hall of the Luther Church, Ingolstädterstr. 126, 90461 Nuremberg \(yellow building next to Hasenbuck underground station\)](#)

@e.feld@nehemia-team.de

🌐 [www.nehemia-team.org](http://www.nehemia-team.org)

🌐 [www.lutherkirche-nuernberg.de](http://www.lutherkirche-nuernberg.de)

(#105)

#### Offers of the Russian-German Cultural Centre

Language and art courses for children and young people from Ukraine (German and English language courses, dance and painting courses). Children can also take part in all regular courses free of charge until the end of July.

### Russian-German Cultural Centre

■ Opening hours: Tuesday-Thursday, 09:00 - 18:00, Friday 09:00 - 12:00

📍 [Röthenbacher Hauptstraße 74, 90449 Nuremberg](#)

☎ 0911 6497616

@info@rdkev.de

🌐 [www.rdkev.de](http://www.rdkev.de)

(#121)

### Beginners' course for Ukrainian refugees

Due to the great demand, the partnership association Kharkiv-Nuremberg is offering another German language course for adult Ukrainian refugees from 5 July 2022 in cooperation with Noris Arbeit gGmbH. It takes place twice a week in the afternoon for 3 lessons and lasts 5 weeks. You will learn to understand and use familiar expressions and simple sentences that are useful in everyday life. The course covers information about yourself, your family, orientation in the city, shopping and dealing with the authorities. The costs for the course are covered by the partnership association, the textbook is provided. A continuation is possible. The 3 G rule applies to course attendance. Registration is required at the e-mail address provided!

#### NOA

■ Monday and Thursday, 14.15 - 16.30 (05.07.2022 - 04.08.2022)

📍 [Allersberger Straße 130, 90461 Nuremberg \(Room 3.04\)](#)

@beatrix\_tausmann@noa.nuernberg.de

(#123)

### German accompanying course in the morning

If you would like to learn German, our course can help you. It is run by people for whom German was once a foreign language. You will learn things you need in everyday life and receive support in preparing for the A1 exam. Registration required at the telephone number or e-mail address provided! Fee: 40 €

#### Caritas-Pirckheimer House

■ Tuesday 25.10.2022 to Tuesday 20.12.2022, 11.00-14.30 hrs

📍 [Königstraße 64, 90402 Nuremberg](#)

☎ 0911 208111

@info@keb-nuernberg.de

(#124)

### German accompanying course in the evening

If you would like to learn German, our course can help you. It is run by people for whom German was once a foreign language. You will learn things you need in everyday life and receive support in preparing for the A1 exam. Registration required at the telephone number or e-mail address provided! Fee: 40 €

#### Caritas-Pirckheimer House

■ Tuesday 25.10.2022 to Tuesday 20.12.2022, 16.00-19.30 hrs

📍 [Königstraße 64, 90402 Nuremberg](#)

☎ 0911 208111

@info@keb-nuernberg.de

### General counselling and psychological support

A list of psychosocial and psychological support and counselling services can also be [found here](#).

Further information on migration counselling in Nuremberg can be found here: ["Migration counselling centres](#)

["Youth migration counselling](#)

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The counselling services are generally free of charge and usually do not require registration. If costs are incurred for individual offers or registration is required, we will provide this information in the description text of the respective offer. If you have any questions, please contact the respective organiser directly or discuss them on site.

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(#43)

### Individual Ukrainian/Russian-speaking volunteer accompaniment

A relaxed walk in the fresh air is fun and strengthens the immune system - in any weather and at any age (with or without walking aids)! In pairs or small groups - in compliance with the current corona rules - you can also experience the community and exchange ideas in your own native language. We therefore cordially invite you to register with us for short walks in pairs or in small groups, e.g. in Schweinauer Lochner Park or along the Alte Allee. Registration and information under the telephone numbers given.

#### Schweinau multi-generation centre

■ The time and meeting point for the walks are arranged individually.

📍 [Schweinauer Hauptstraße 31, 90441 Nuremberg](#)

☎ 0911/9298360 / 0171/2932964

@olesya.reis@awo-nbg.de

🌐 [www.mgh-awothek.de](#)

(#14)

### Psychological support

Dance studio "PASO" and International Club "Magic of Art" invite refugees from Ukraine - children and adults - to our groups (psychological support).

#### Dance Studio "PASO" and International Club "Magic of Art"

■ Tuesday at 16:00 and 17:30

📍 [Neighbourhood House Gostenhof, Adam-Klein-Straße 6, 90429 Nuremberg](#)

☎ 0176 22764541 / 0176 28223063

@tanzgruppe.paso@gmail.com

🌐 [www.apastern2.wixsite.com/tanz-paso](#)

(#65)

### Help in case of pregnancy loss

Hello mum!

You are a refugee who came to Germany recently and you lost your baby during or after the run to Germany? We want to let you know that you are not alone and that we offer help

and support for women during/after pregnancy loss. Instagram: pregnancyloss\_help\_ukr.

**Pregnancy loss - help for refugee- An initiative of the Network Women for Women after miscarriage**

by appointment

Patricia Reese, Albersdorf 10, 93482 Pemfling

015154783113

@netzwerkfrauenfuerfrauen@gmx.de

[www.pregnancy-loss-help-for-refugees.jimdosite.co...](http://www.pregnancy-loss-help-for-refugees.jimdosite.co...)

(#74)

**Safety information for women from Ukraine**

Due to current events, JADWIGA has launched a prevention and information campaign for women and girls travelling alone. War and flight make children and women in particular vulnerable and therefore at risk of becoming victims of human trafficking and other crimes. We inform refugees from Ukraine about human trafficking and provide safety and behavioural tips. To this end, we are active in various refugee centres, contact points and arrival points, such as Munich Central Station.

If you suspect that a woman is in a predicament, you need help yourself or your organisation is interested in information material such as posters or flyers, please contact us!

**Specialist counselling centre Jadwiga Nuremberg**

Dammstr. 4, 90443 Nuremberg

089 38534455 or 0911 4310656

@nuernberg@jadwiga-online.de

[www.jadwiga-online.de/](http://www.jadwiga-online.de/)

(#41)

**Counselling for (Russian-speaking) young refugees aged 12 to 27**

Target group: Young refugees and young people with a migration background aged between 12 and 27.

Offer:

- Counselling on school, career, financial, residence and personal issues
- Support in dealing with authorities
- Online counselling
- Language training: competent help with improving grammar and communication skills
- Referral to other specialist services and facilities Registration required by calling the telephone number or e-mail address provided!

**Youth Migration Service of the Caritas Association Nuremberg e.V.**

Monday - Friday, by prior appointment

Tucherstr. 15, 90403 Nuremberg

0911 2354251 / 0911 2354252 (Russian)

@jugendmigrationsdienst@caritas-nuernberg.de

[www.caritas-nuernberg.de](http://www.caritas-nuernberg.de)



(#40)

### Counselling for refugees from Ukraine

Information support for refugees from Ukraine on the following topics: Registration, social, psychological and medical help, language integration courses, education for children and adults, steps to finding accommodation and work, leisure activities for children. Registration is required at the telephone number given or via the homepage!

#### Haus der Heimat e.V.

Monday to Friday, opening hours:


Monday 14:30 - 18:00


Tuesday 13:00 - 16:30

Wednesday 13:00 - 16:30


Thursday 09:30 - 12:00

Friday 09:00 - 12:30

 [Imbuschstr. 1, 90473 Nuremberg](#)

 0911 800 99 537 / 0159 06353698 (Mrs Glushko)

@maryna.glushko@ukraine-beratung-hdh.de

 <https://www.ukraine-beratung-hdh.de/>

(#99)

### Counselling for refugees from Ukraine

Counselling for refugees from Ukraine on all issues relating to their stay in Germany. Registration required at the telephone number given or via the homepage!

#### Haus der Heimat e.V.

Monday to Friday, opening hours:

Monday 09:00 - 12:30 and 14:30 - 18:00


Tuesday 09:00 - 12:30 and 13:00 - 16:30

Wednesday 09:00 - 12:30 and 13:00 - 16:30


Thursday 09:00 - 12:30 and 13:30 - 17:00

Friday 09:00 - 12:30 and 13:30 - 17:00

 [Office 1 OG 03, Imbuschstr. 1, 90473 Nuremberg](#)

 091180099537 (Mrs Yakuba)

@anna.yakuba@ukraine-beratung-hdh.de

 <https://www.ukraine-beratung-hdh.de/>

(#100)

### Counselling for refugees from Ukraine

Counselling for refugees from Ukraine on all issues relating to their stay in Germany. Registration required at the telephone number given or via the homepage!

#### Haus der Heimat e.V.

Monday to Friday, opening hours:

Monday 08:00 - 15:00

Tuesday 08:00 - 19:00

Wednesday 08:00 - 15:00

Thursday 08:00 -16:00

Friday 08:00 - 14:00

📍 [Office 2 OG 04, Imbuschstr. 1, 90473 Nuremberg](#)  
 ☎️ 0159 06353704 (Mrs Steba)  
 @julia.steba@ukraine-beratung-hdh.de  
 🌐 <https://www.ukraine-beratung-hdh.de/>

(#103)

### Low-threshold psychosocial counselling

Children miss their father, mothers are overwhelmed by the situation of flight and adjustment, homesickness is palpable and questions about the future are unanswered. There is a great need for dialogue. This is why the nehemia team e.V. offers low-threshold counselling for Ukrainian families from a social education worker. Translation assistants are also on site to accompany the counselling. On site (in the contact café) there are also sports, games and handicrafts for children as well as help with life in Germany.

#### nehemia team e.V. in cooperation with the Luther Church

■ Wednesday, 16:30 - 18:30  
 📍 [Parish hall of the Luther Church, Ingolstädterstr. 126, 90461 Nuremberg \(yellow building next to Hasenbuck underground station\)](#)  
 @e.feld@nehemia-team.de  
 🌐 [www.nehemia-team.org](http://www.nehemia-team.org)  
 🌐 [www.lutherkirche-nuernberg.de](http://www.lutherkirche-nuernberg.de)

(#117)

### Educational counselling

Counselling is available in Russian or Ukrainian on request. The service is aimed at Russian and Ukrainian families with underage children. A telephone appointment is required for counselling.

#### Caritas Association for the Diocese of Eichstätt e.V.

📍 [Giesbertsstr. 67b, 90473 Nuremberg](#)  
 ☎️ 0911 8001109  
 @erziehungsberatung@caritas-nuernberg-sued.de  
 🌐 [www.erziehungsberatung-caritas-eichstaett.de/](http://www.erziehungsberatung-caritas-eichstaett.de/)

(#119)

### Resilience training (LIFE-coach programme)

- "What's next?"  
 How to find/restore your power?  
 -Gratitude as a method of opening the heart;  
 Practice: how to act in panic attacks and sticking in negative thoughts.  
 Practice for accepting feelings (any: sadness, anger, aggression, hatred, etc.), analysis of techniques that improve falling asleep.

## MGH-AWothek

■ Thursday, 16:00 - 17:30

📍 [Karl-Bröger-Str. 9/EG, Nuremberg](#)

☎ 380931240007

## Everyday life

Are you new in Germany?! Moving to a foreign country brings with it a lot of questions and a lot of work. Everyday life or some German ways of life must be foreign to many refugees and migrants. In order for it to be a little easier to get around in your everyday life, here are a few practical tips.

### Work opportunities (AGH) for asylum seekers

### Work opportunities (AGH) for asylum seekers

#### What are work opportunities?

Work opportunities in accordance with Section 5 of the Asylum Seekers' Benefits Act (AsylbLG) are intended to promote integration into society. At the same time, they make it possible to earn money independently. Occupational health and safety regulations apply and there is accident insurance cover.

The work opportunity is not an employment relationship subject to social security contributions.

A work permit is not required.

#### Who can take up a work opportunity?

Recipients of benefits under the Asylum Seekers Benefits Act (not under SGB II, Job Centre) who are able to work and are not of compulsory school age.

#### What activities are possible?

The activities can be carried out with state, municipal or non-profit organisations.

#### Examples:

- Clearing weeds and leaves or cleaning paths,
- cleaning rooms and buildings,
- helping elderly people or helping others with translations.

💡 If you need special clothing, such as helmets or sturdy shoes, these are provided by the provider.

## How many hours can the work opportunities last?

You can work a maximum of 20 hours per week.

## How much is the payment?

You get 80 cents for every hour. The social welfare office pays the extra money by posting it to the payment card.

## Do I have to do a work opportunity?

Anyone who wants to volunteer can register.

Anyone who has registered is then obliged to do the work for a certain period of time. Then the work must be done until the agreed end. Only if you fall ill or have another important reason can you stop doing the work before then.

If you simply stop without a good reason, you will receive less money from the social welfare office (benefits under the Asylum Seekers' Benefits Act (AsylbLG) may be reduced).

## Are you interested in AGH?

Then talk to your asylum social counselling service in your accommodation.

💡 All information can be [found here](#).

## Payment card

### What is a payment card?

- The payment card is like a bank card.
- Benefits under the Asylum Seekers' Benefits Act (AsylbLG) are transferred to the payment card as a credit balance.
- You can use the payment card to pay in shops and withdraw cash.
- You can only spend as much money as is on the card.

💡 You can also find information about the payment card in several languages [here](#).

### Who gets a payment card?

- All persons aged 14 and over who receive benefits under the Asylum Seekers' Benefits Act (AsylbLG) receive a payment card.
- In benefit communities (e.g. families), each family member aged 14 and over receives their own payment card.

### Where can I get my payment card?

- If you receive benefits, the social welfare office will send you a letter with all the information and an appointment to collect it.
- You don't have to do anything else to get the payment card.
- If you are applying for benefits for the first time and they are approved, you will receive a payment card right from the start.

### **Which benefits go onto the payment card?**

- Benefits under the Asylum Seekers' Benefits Act (AsylbLG) are paid onto the payment card

💡 Do you receive other benefits (e.g. child benefit) or wages from an employer? Then you also need a [current account](#).

### **How much money do I have on the card?**

- Benefits under the Asylum Seekers' Benefits Act (AsylbLG) are paid onto the payment card.
- You can view your balance online at [meine.bezahlkarte.eu](https://meine.bezahlkarte.eu) and in the payment card app.
- You will need your card ID and PIN to do this.

💡 You will find the card ID and PIN in the letter you receive with your payment card.

### **Where can I use the payment card?**

- You can pay with the payment card in all shops that accept Mastercard.

💡 Look out for the orange / red Mastercard® symbol.

### **Are there any problems with certain transactions?**

- Yes, certain transactions are not possible.
- For example, you cannot use the payment card with money transfer services such as Western Union, MoneyGram or PayPal.
- In special cases, contributions (e.g. for mobile phone contracts, VAG or Deutsche Bahn) can be transferred or collected if you provide the necessary proof in good time.

### **Can I withdraw cash from the payment card?**

- Yes, you can withdraw cash.
- Each person in your benefit community can withdraw up to €50.00 per month.
- You can withdraw cash free of charge from ATMs or at the till in many shops.
- Withdrawals are only possible twice a month.
- After that, the card is blocked for further withdrawals.

### **I have lost my payment card. What do I have to do?**

- You can block your payment card online at [my.paymentcard.eu](https://my.paymentcard.eu).
- You can also block the card by telephone at  [116116](tel:116116). This is possible in German or English.

- If you find the card again, you can reactivate it online at [my.paymentcard.eu](https://my.paymentcard.eu).

💡 Please note that the card is not unblocked by the Social Welfare Office (e.g. due to an incorrect PIN entry), but by the PayCentre!

## Where can I get help?

- There is a support chat online at [meine.bezahlkarte.eu](https://meine.bezahlkarte.eu) and in the payment card app. This is available in several languages.
- A telephone bot is also always available for you in over 100 languages.  
☎ [+49 \(0\) 81619654300](tel:+49081619654300)

## Public Holidays and Opening Times

Most major food shops in Nuremberg are open from Monday to Saturday from 08:00 to 20:00. Most shops in the city centre are open from 10:00 to 20:00. In smaller shops these times are often shorter. Sometimes there is also a lunch break. On Sundays almost all shops are closed. Except at the central station, where some shops are open.

On a public holiday people don't work and all shops are closed. There are public holidays across Germany and holidays that vary from state to state. Bavaria has 13 public holidays. Most of them are ecclesiastical.

💡 Buses and trains run at different times on Sundays and public holidays!

## Public holidays 2024 in Nuremberg

### January

Monday 01 January 2024 (New Year)

Saturday 06 January 2024 (Epiphany)

### March

Friday, 29 March 2024 (Good Friday)

### April

Monday 01 April 2024 (Easter Monday)

### May

Wednesday 01 May 2024 (Labour Day)

Thursday 09 May 2024 (Ascension Day)

Monday 20 May 2024 (Whit Monday)

Thursday 30 May 2024 (Ascension Day)

### August

Thursday 15 August 2024 (Assumption Day)

### October

Thursday 03 October 2024 (German Unity Day)

### November

Friday 01 November 2024 (All Saints' Day)

### December


Wednesday 25 December 2024 (Christmas Day)


Thursday 26 December 2024 (Boxing Day)


## Lost property office

Have you lost your key or purse? Perhaps it has been handed over to the lost property office. Lost items are kept there for some time. If you have found something, you should also hand it in to the lost property office or [»»citizen information](#). Use the [»»online search](#).

### Lost Property Office of the city of Nuremberg

 im Südstadtforum Service und Soziales, Siebenkeesstraße 4, 90459 Nuremberg

 +49 (0) 911 810097-70

 Monday, Tuesday 09:30 - 16:00

Closed Wednesday

Thursday 09:30 - 18:00

Friday 09:30 - 12:30

 [www.fundbuero-nuernberg.de](http://www.fundbuero-nuernberg.de)

Several times a year, there is a bazaar of lost property. This is where objects that nobody has claimed are auctioned. More information is available on the homepage of the lost property office.

## Getting around

All relevant places in Nuremberg and the surrounding areas can be easily reached by public transport (bus, tram and underground). A healthy, economical and environmentally friendly alternative to getting from A to B is by bicycle.

### Public transport

Public transport is available so that you can get where you want to go in Nuremberg. The options are bus, tram and underground. In order to move around Nuremberg, there are regional trains (R-Bahn) and the city railway (S-Bahn). For other routes, there are long distance trains and long distance buses.

A timetable for Nuremberg and the region can be found at any stop, on the internet at [»»www.vgn.de](#) or on the VGN app.

The VAG has summarised all important information in a multilingual flyer: [»»Welcome to Nuremberg with the VAG](#).

**Important:** Travelling without a ticket, or dodging the fare, will be punished! A valid ticket is required for each trip. Otherwise you pay a penalty of €60.

- You can buy a ticket at the ticket machine. Ticket machines can be found at every underground and suburban railway station. You can also buy a ticket from the driver on the bus and the VAG customer centre at the main station.
- If you use public transport more frequently, you can find out about cheaper tickets. For example, you can buy a T10 ticket, a day ticket or a monthly ticket. With the [»»Nuremberg pass](#) you can also get a monthly ticket at a reduced price.
- You do not have to pay full price for children. Children up to and including 5 years old can travel for free and there are discounted tickets for children between 6 and 14 years old.
- You can also change between several means of transport (bus, underground, suburban train) with a single ticket. Exception: Short distance (underground: 2 stations, suburban train and bus: 4 stops)

## Bicycle

If you know that you will be living in Nuremberg for a longer period, it is worth buying a bike. This is cheaper than the underground, bus and tram.

### Important road rules for cyclists (selection)

- Always cycle on the right side of the road
- Do not cycle side by side but rather one behind the other
- If there is a cycle path, you must ride along the cycle path (only on the right side of the road in the direction of travel)
- Only children up to 11 years old are allowed to cycle on footpaths
- It is dangerous if you end up on the tram lines with your tyres
- It is forbidden to cycle while using a mobile phone.

Further information: [www.adfc-muenchen.de/adfc-muenchen/arbeitsgruppen...](http://www.adfc-muenchen.de/adfc-muenchen/arbeitsgruppen...)

### Purchase and repairs

When buying, make sure that your bike is fitted with the following safety equipment. Otherwise, you will have to pay a fine when subject to a police check:

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

### Addresses of used bicycle shops and repair workshops

#### Open bike workshop in the Künstlerhaus

Carry out all bike repairs by yourself with guidance. Some used parts are available. Please bring your own (cost €2.50).

##### Artists' House in the KunstKulturQuartier

📍 Königstreue 93, 90402 Nuremberg

✉ [betriebsbuero.kukuq@stadt.nuernberg.de](mailto:betriebsbuero.kukuq@stadt.nuernberg.de)


🕒 Thursday 18:00 - 20:30

🌐 [www.kunstkulturquartier.de/kuenstlerhaus/programm.../](http://www.kunstkulturquartier.de/kuenstlerhaus/programm.../)

#### Mobility flea market

Every year in the spring, a mobility flea market takes place at three locations in Nuremberg. If you are looking for a cheap bike, the "Mobifloh" is exactly the right place to find one!





The exact dates are provided here:  
 [www.intelligent-mobil.nuernberg.de](http://www.intelligent-mobil.nuernberg.de)

## NOA-Fahrradwerkstatt

There you will find used and new bicycles.

### Noa-Fahrradwerkstatt

 Gutenstetter Straße 20, 90449 Nuremberg

 +49 (0) 911 5863483/74

 [@fahrradwerkstatt@noa.nuernberg.de](mailto:fahrradwerkstatt@noa.nuernberg.de)

 Monday - Friday 10:00 - 17:00

### More addresses


You can find a bicycle dealer directory on the website of the [»»ADFC Nürnberg](#).

## Personal liability insurance

Even if you unintentionally cause harm to a person in Germany, you must pay damages according to the law. This applies to personal injury, material damage and property damage in the private sector. For example, if you cause a traffic accident or if your child breaks a window with a ball.

In Germany, you can take out personal liability insurance that will pay for this damage to you and your family/children. You can decide for yourself if you want to take out insurance. However, we strongly recommend it. Your help centre can assist you in finding a good offer for personal liability insurance.

More information:

 [www.verbraucherzentral.de](http://www.verbraucherzentral.de)

## Internet/Wi-fi

As an asylum seeker in Germany you unfortunately have no legal right to internet access (Wi-Fi) in your accommodation. That is why there is normally no Wi-Fi in the accommodation.

If there is a telephone connection in the accommodation, it is possible that you can sign up for a Wi-Fi contract. Ask your help centre to advise you in choosing a good contract. Speak with the people living in the accommodation about the payment. Consider whether a contract that you can always cancel is better than a contract that applies for a long time (for example 2 years).

**Important:** Talk to your accommodation management first and ask **before** entering into a contract, whether or not Wi-Fi is technically possible and how you can give the technician access to the infrastructure.

## Public, free Wi-Fi hotspots in Nuremberg

Free Wi-Fi is available in several locations (hotspots) in Nuremberg. There you can surf the internet with your own device.

## Public hotspots

- [BayernWlan](#)
- [mobicconnect](#)
- [Freifunk Franken](#)
- Adlerstraße
- Adlerstraße / Ebracher Gäßchen
- [Albrecht-Dürer-Flughafen Nürnberg](#)
- Ammanstraße / Landgrabenstraße
- Franken-Center, Glogauer Str.
- Frauengasse / Krebsgasse
- Hallplatz 23
- Hauptmarkt
- Hohfederstraße 4
- Hutergasse 10
- IHK Akademie, Walter-Braun-Str. 15
- Karl-Grillenberger-Straße 4
- Kleecenter, Kleestr. 21
- Lorenzer Straße / Peter-Vischer-Straße
- Obere Krämersgasse 24
- Obstmarkt 10
- Peter-Henlein-Straße 59
- Pillenreuther Straße 38
- Rathausplatz
- Schustergasse 3
- Trödelmarkt 3
- Untere Söldnergasse 1

You do not have your own device?! Use the public computers at the district library. More information is available here: »»[Stadtbibliothek \(District Library\)](#). In addition to the district library of the city centre, there are six district libraries in Nuremberg. The six district libraries will also receive free Wi-Fi in 2017.

## Current account (Girokonto)

A current account is an account for people who want to make payments via the bank. Your money is available in your current account at any time.

With a current account you can:

- transfer money,
- receive cashless payments (disbursements from agencies/authorities (social benefits) are often made cashless, in other words, transferred to a personal current account),
- set up standing orders,
- use direct debiting,

- cash a cheque, pay cashless with an EC/Maestro card,
- withdraw money at the bank counter or an ATM
- and print your bank statements.

**Important:** Make sure that you always have money in your bank account.

**Tip:** Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month and what services the bank offers.

## Opening an account



Decide which bank you want to have an account with. Make an appointment to open the account. You must bring the confirmation from Social Services and your ID or your proof of arrival to the appointment. Please bring one of your identity documents with you: Proof of arrival, residence permit, ID card. If no current address is recorded on the identity document, please provide a registration certificate or similar document.

**Important:** If you do not speak German or English, please take an interpreter along with you.

### Important to note:

- Once your bank account has been opened, you will receive an EC debit card and a four-digit PIN code. Sign the back of the EC card and memorise your PIN code. You will need the PIN code for cashless payments and to withdraw money from ATMs. **Make sure you keep your card and your PIN code separate.**
- If you want to withdraw cash, you should use the ATMs of the bank where you have your account. Then the withdrawal is free. If you enter the PIN code at the ATM incorrectly 3 times, the EC card will be confiscated by the machine and blocked. In this case, you must ask your bank.

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

 116 116  
 Available around the clock.

If you need assistance with using the EC card correctly, ask your help centre.





## Shopping

### Clothes, Shoes etc.


There are many second-hand shops in Nuremberg. There you can buy used items in good condition and at affordable prices.


Additional tips for second-hand shopping, current flea market dates as well as environmental tips can be found in the Second-hand Guide for Nuremberg and the region. There, the interactive map can help you to find a suitable shop in your area.

 [www.secondhandguide.org/nuernberg/](http://www.secondhandguide.org/nuernberg/)

## Second hand shops


### Allerhand


 Rothenburger Str. 168, 90439 Nuremberg

 +49 (0) 911 8103108

 Tuesday - Friday 11:00 - 16:00


### BRK clothes shop


 Sulzbacherstrasse 42, 90489 Nuremberg

 Monday - Friday 09:00 - 17:00

Saturday 09:00 - 14:00

### Kleiderladen des Paritätischen (clothes shop) Langwasser

 Trebnitzer Str. 7, 90473 Nuremberg


 +49 (0) 911 890670


 Tuesday - Saturday 10:00 - 13:00

Tuesday - Friday 15:00 - 18:00

### Kleiderladen des Paritätischen Nürnberg-Gärten (clothes shop)


 Innere Koberger Straße 3, 90408 Nuremberg


 +49 (0) 911 359911

 Tuesday, Thursday, Friday 14:00 - 17:00

Wednesday, Saturday 09:00 - 12:00


### Kleiderladen des Paritätischen (clothes shop) Nürnberg-Röthenbach/Schweinau


 Ellingstraße 2, 90449 Nuremberg


 Tuesday - Friday 14:00 - 17:00

Wednesday, Saturday 09:00 - 12:00




### Liliths second-hand shop

 Jakobstr.21, 90402 Nuremberg




 +49 (0) 911 2446777

 Monday - Friday 11:00 - 18:00  
Saturday 11:00 - 16:00




### OXFAM

 Dr.-Kurt-Schumacher-Str. 16, 90402 Nuremberg  
 +40 (0) 911 2029510  
 Monday - Friday 10:00 - 19:00  
Saturday 10:00 - 15:00




### Rauschgold

 Martin-Richter-Str. 29, 90489 Nuremberg  
 +49 (0) 911 8011892  
 Monday - Friday 10:00 - 18:00  
Saturday 10:00 - 14:00

### Vinty's Nürnberg





 Fürther Str. 74/76, 90429 Nuremberg  
 +49 (0) 911 92919439  
 Monday - Friday 11:00 - 18:30  
Saturday 11:00 - 16:00

### Zweite Chance



 Gostenhofer Hauptstr.53, 90429 Nuremberg  
 +49 (0) 911 28731201  
 Monday - Thursday 09:00 - 11:00 and 13:00 - 16:00

## Second-hand for children



### Flora

 Evang. Familien-Bildungsstätte GmbH, Leonhardstr. 13, 90443 Nürnberg  
 0911 2747660  
@info@fbs-nuernberg.de  
 Tuesday 15:00 - 17:00  
Wednesday 11:00 - 13:00 and 15:00 - 17:00  
Thursday 15:00 - 17:00  
(Closed during school holidays)  
 [www.fbs-nuernberg.de](http://www.fbs-nuernberg.de)


### Kinder Zuerst

 Klargasse 3, 90402 Nuremberg  
 Monday to Friday 10:00 - 18:00  
Saturday 10:00 - 14:00

### Kinderreich

 Innerer Kleinreuther Weg 24-26, 90408 Nuremberg  
 +49 (0) 911 7425820  
 Monday, Friday, Saturday: 09:00 - 13:00  
Tuesday, Wednesday 09:00 - 15:30  
Thursday 09:00 - 19:00

### Kleiderkammer "Klamottenkiste"

 Leyher Str. 31 - 33, 90431 Nuremberg



 +49 (0) 911 310780  
 @info@skf-nuernberg.de  
 Tuesday 09:00 - 12:00  
 Wednesday 14:00 - 16:00  
 [www.skf-nuernberg.de](http://www.skf-nuernberg.de)

## Furniture, crockery and co.

If you are looking for furniture, crockery, furnishings or household goods, you will find them in Nuremberg's second-hand shops. Nuremberg has several second-hand shops. There you can buy used items in good condition and at a reasonable price.

In Nuremberg there is a for-free-shop. There you have a selection of clothes, books, kitchen utensils, toys and much more. Nothing has to be paid, but there is the option of donating something. Everyone can take up to three items without having to bring anything.

### **Umsonstladen Nürnberg**





 Rothenburger Straße 51, 90443 Nuremberg  
 Saturday 09:00 - 11:00

## Second-hand shops

### **BRK second-hand shop**




 Beuthener Straße 43, 90471 Nuremberg  
 +49 (0) 911 4244769  
 @gebrauchtwarenhalle@kvnuernberg-stadt.brk.de  
 Monday - Friday 09:00 - 15:00

### **BRK Möbellager**




 Sulzbacher Str. 42, 90489 Nuremberg  
 +49 (0) 911 5301296  
 @moebellager@kvnuernberg-stadt.brk.de  
 Monday - Friday 09:00 - 17:00

(Flea market, third Saturday every month between April and October, 08:00 - 13:15)




### **Gebrauchtwarenhof Nürnberg/Altenfurt**

 Saganer Str. 13 - 15, 90475 Nuremberg / Altenfurt  
 +49 (0) 911 4008800  
 Monday - Friday 09:00 - 18:00  
 Saturday 09:00 - 16:00

### **Gebrauchtwarenhof Nürnberg/Höfen**

 Burgbernheimer Str. 12 (Hinterausgang OBI Leyher Str.), 90431 Nuremberg / Höfen  
 +49 (0) 911 4008800  
 Monday - Friday 09:00 - 19:00  
 Saturday 09:00 - 16:00

### **NOA Laden**

 Allersberger Straße 130, 90461 Nuremberg  
 +49 (0) 911 58630  
 Monday - Friday 10:00 - 17:00

## Food

### Buying food

In Germany, there are many cheap discount shops and possibly slightly more expensive supermarkets (where mainly branded products are sold). In discount shops and supermarkets you can buy food for everyday needs. Food from specific countries or regions of the world can be found in a well-stocked supermarket or in smaller stores in the district. There are also smaller specialty shops, such as bakeries and butchers, which are spread throughout the city. In drugstores, you find hardly any food, but different toiletries and household products. For example, you can buy nappies and cleaning supplies.

Different halal products and kosher food are available in a well-stocked supermarket. However, there are also food stores that specialise in this. More information: [»»Halal and kosher](#)


In the video from the "Marhaba - arriving in Germany" series, a Lebanese cook talks about the similarities and differences of German and Arabic cuisine: [»»Food& Drink - German cuisine is so different.](#)

### Nürnberger Tafel e.V.

The Nürnberger Tafel e.V. helps people in Nuremberg, who do not have a lot of money. You can also pick up food and hygiene items at the Nürnberger Tafel e.V. free of charge if you do not earn money yourself or do not earn enough money.

Before you can go spending, you need an identification sheet. This can be issued at the central office. To obtain this, you need a "proof of need". You will receive this with your temporary resident permit/ID card and the asylum-seekers' notice from Social Services (this is the letter from Social Services, which tells you how much money you get for one month).


#### Nürnberger Tafel e.V.


 Kreutzerstr. 82, 90439 Nuremberg

The places and times can be found here:

### Disbursement


#### Monday from 13:00

 Geisseestraße 6 / corner of Kreutzerstraße

 U-Bahn 2, St. Leonhard or Schweinau stop Omnibus Line 68 station Schweinau or Kreutzerstraße

#### Tuesday from 13:00

 Geisseestraße 6 / corner of Kreutzerstraße

 U-Bahn 2, St. Leonhard or Schweinau stop

Omnibus Line 68 Schweinau or Kreutzerstraße stop

### Wednesday from 13:00

📍 Glogauer Straße 50 in Kulturtreff (Culture meeting)  
 🚶 U-Bahn 1, Gemeinschaftshaus (Community House) stop

### Thursday from 13:00

📍 Ernst-Sachs-Straße 18  
 🚶 Omnibus Line 65 - Industriestraße stop

S-Bahn Line 2, Sandreuth station

### Friday from 13:00

📍 Geisseestraße 6 / corner of Kreuzerstraße  
 🚶 U-Bahn 2, St. Leonhard or Schweinau stop

Omnibus Line 68 Schweinau or Kreuzerstraße stop

### Friday from 14:00

📍 Konradstraße 10  
 🚶 U-Bahn 1, Muggenhof stop

## Halal and Kosher

### Kosher food

#### Israeli religious community Nuremberg (IKGN)

📍 Arno-Hamburger-Str. 3, 90411 Nuremberg

📅 Summer opening times:

Tuesday 16:00 - 18:00

Friday 15:00 - 18:00

Winter opening times:

Tuesday 16:00 - 18:00

Friday 14:00 - 16:00

🌐 [www.ikg-nuernberg.de](http://www.ikg-nuernberg.de)

### Halal products

💡 What are the different halal certificates in the EU? Is ritual slaughter allowed in Germany?  
 The Consumer Advice Centre helps you: [»»When is a “halal” product?](#)

## Galgenhof

#### Anadolu Markt

📍 Bulmannstr.19, 90459 Nuremberg

🌐 [www.anadolumarkt.com](http://www.anadolumarkt.com)

#### Omas Laden - Modar Bozorg

📍 Tafelfeldstraße 51, 90443 Nuremberg



## Gostenhof

### Halabja Markt

📍 Gostenhofer Hauptstraße 35, 90443 Nuremberg

### Plärrer Supermarkt

📍 Am Plärrer 2, 90429 Nuremberg

🌐 [www.plaerrer-supermarkt.chayns.net](http://www.plaerrer-supermarkt.chayns.net)

## Hasenbuck

### Can Supermarkt

📍 Ingolstädter Straße 53, 90461 Nuremberg

🌐 [www.can-supermarkt.de](http://www.can-supermarkt.de)

## Nordostbahnhof

### Za-ra Markt

📍 Leipziger Platz 1-3, 90491 Nuremberg

🌐 [www.zaramarkt.com](http://www.zaramarkt.com)

## Muggenhof

### Za-ra Markt

📍 Fürther Str. 301-303, 90429 Nuremberg

🌐 [www.zaramarkt.com](http://www.zaramarkt.com)

## Schweinau

### Üstel Supermarkt

📍 Maybachstr.29, 90441 Nuremberg

## Südstadt

### Za-ra Markt

📍 Wölckernstr.50, 90459 Nuremberg

🌐 [www.zaramarkt.com](http://www.zaramarkt.com)

## Mobile phones

In Germany, there are generally two different types of mobile phone (“Handy”) contracts: **Pre-paid contract** and **term contract**. The prepaid contract does not have a fixed term. The fixed-term contract has a minimum contract period. This contract will be renewed automatically if it is not terminated. If you do not want this contract to be renewed automatically you have to make this known in writing. Make sure to observe the notice period.

Ask your help centre for help, so that you can choose and finalise a good contract.

### 10 important questions about taking out a contract:

1. What is the monthly fee? Does the fee increase after a certain period?
2. Is there a minimum monthly fee?
3. How long is the contract period (e.g. 12 or 24 months)?
4. If I don't terminate the contract, will it be renewed automatically? When do I have to terminate the contract if I do not want it to be renewed?
5. How much are the fees for setting up, changing or deactivating?
6. What is the charging period (60/1, 10/10)?
7. How much does a minute cost (different/own network)?
8. What are the costs for buying a mobile phone with and without a contract?
9. How much does Internet access cost?
10. How much does it cost to call abroad?


## Debt counselling


### General debt counselling


Is your account overdrawn and the bank won't pay out any more money? Is the bailiff at the door? Do you have financial problems? The debt counselling office advises and informs you on these matters and many others. The advice is free and confidential.

#### ISKA debt counselling

 Untere Krämersgasse 3, 90403 Nuremberg

 +49 (0) 911 24463 0

 Monday, Tuesday, Thursday, Friday 09:00 - 15:00  
and by appointment.

 The counselling is offered in German. If you need a language specialist, please contact ZAB: [»»How do I find an interpreter?](#)


### Energy debt

Are you having problems paying bills for household utilities, electricity, heating, gas, hot water or community heating due to ongoing money problems? This means that you have energy debts. These are so-called primary debts. This includes debts that can directly endanger your livelihood and that of your household members. For this purpose, there are special advice centres:


#### Energy debt counselling


 [www.nuernberg.de/internet/esp/](http://www.nuernberg.de/internet/esp/)

Obtaining SGB II benefits


 Your personal contact person or case manager at the job centre

Families with children and young people without a claim to Hartz IV benefits

 District social pedagogues at Child Welfare Services at the General Social Service (ASD)

 +49 (0) 911 231-2686

Individuals and households, all over 21 years of age

 Social pedagogy at the social pedagogical specialist service (SFD)

+49 (0) 911 231-8103

Advice on how to avoid energy debt can be found here:

## Nuremberg pass

### What is the Nuremberg pass?

The Nuremberg Pass is an offer by Social Services of the city of Nuremberg to support people in Nuremberg who do not have much money. Many offers in the fields of education, culture, leisure and sport as well as bus, underground and tram all cost less. In addition, certain pharmacies offer discounts on non-prescription medicines.

### Who can apply for the Nuremberg Pass?

Anyone who receives benefits from the job centre, Social Services, the Housing Office (housing allowance) or Child Welfare Services (subsidies on fees for children's day-care facilities, etc.).

### Where to apply for it?

To apply for this, you need an ID card or passport and a letter from one of the official authorities (Child Welfare Services, Social Services, Housing Office).

Responsible for the following post codes:

90402, 90411, 90425, 90431, 90443, 90482, 90491, 90403, 90419, 90427, 90439, 90449, 90489, 90408, 90429, 90409

#### Service centre education and participation - Innenstadt

[Frauentorgraben 17, ground floor, 90443 Nuremberg](#)

Responsible for the following post codes:

90441, 90451, 90461, 90471, 90480, 90453, 90469, 90473, 90455, 90475, 90459, 90478

#### Service centre education and participation - Langwasser

[Reinerzer Straße 12, 90473 Nuremberg](#)

+49 (0) 911 231-4347

Monday - Friday 08:30 - 12:30

[www.nuernberg.de/internet/sozialamt/](http://www.nuernberg.de/internet/sozialamt/)

A [multilingual information](#) flyer can be found here: »»[Arabic](#), »»[Russian](#), »»[English](#).

Take a look at »»[the film You Are Here!](#) There, all important information about the Nuremberg Pass is summarised.

## Consumer Advice Centre

What is private liability? How do I cancel my broadcast license fee? When is a product in Germany "Halal"? The Consumer Advice Centre will help you. Consumer Advice Centres are located in every federal state. Here, consumers receive current, reliable information and independent advice. The aim of their work is to provide consumers with information, advice and support for private consumption. They provide an overview in case of confusing offers and

transparency in complex market conditions. And they point out health or environmental issues that can influence purchasing decisions. Information is also available in many languages:

»»[Arabic](#), »»[Farsi](#), »»[Turkish](#)

### Consumer Centre Bavaria Counselling Centre Nuremberg

📍 Albrecht-Dürer-Platz 6, 90403 Nuremberg

✉️ [nuernberg@vzbayern.de](mailto:nuernberg@vzbayern.de)

☎️ +49 (0) 911 2426501 (no counselling)

🌐 [www.verbraucherzentral.de](http://www.verbraucherzentral.de)

💡 The Consumer Advice Centre does not provide advice on asylum and employment law. If you have any questions on asylum or employment law, please do not hesitate to contact us »»[Asylum Counselling Services](#), the »»[Immigration Advice Centre](#) or with regard to legal matters the »»[Refugee Law Clinic](#).

## Concluding contracts

**Very important:** Never sign **something that** you have not understood or been able to read. Otherwise, you may sign a contract or an agreement that requires you to pay something afterwards. It is sometimes very difficult to undo this. Always check and compare several offers and decide calmly. Do not let anyone pressure you to sign. Ask your Help Centre for help and advice.

The KJR offers free legal advice for children and teenagers:

### KJR RECHTzeitig

📍 Luise - The Cultfactory, [Scharrerstr. 15, 90478 Nuremberg](#)

🕒 17:00 - 19:00 | 13.01.2021 | 27.01.2021 | 10.02.2021 | 24.02.2021 | 10.03.2021 |

24.03.2021 | 14.04.2021 | 28.04.2021 | 12.05.2021 | 26.05.2021 | 09.06.2021 | 23.06.2021

| 14.07.2021 | 28.07.2021 | 22.09.2021 | 13.10.2021 | 27.10.2021 | 10.11.2021 |

24.11.2021 | 08.12.2021 | 22.12.2021

🌐 [www.jugendinformation-nuernberg.de](http://www.jugendinformation-nuernberg.de)

## Housing

Around 8,000 refugees currently live in Nuremberg. In 2015, Germany received about one million refugees. Unfortunately, it sometimes takes several months to find a suitable place to live in Nuremberg. It is important to be patient if everything does not work as desired.

Further information: <https://www.nuernberg.de/internet/sozialamt/wohnk...>


### Looking for Somewhere to Live


### Housing Allowance Payments

If you and your household (this means family, partner or children - not roommates/housemates) earn a lower amount of money, you can apply for a subsidised flat or house. You need a Public Housing Certificate to be eligible for this. Under certain conditions, you are also entitled to housing allowance payments. If you get money from the state for

yourself and your family, you usually will not have to apply for housing allowance payments.

### Nuremberg Social Welfare Office - Housing Listings and Housing Allowance Payments (Sozialamt Nürnberg- Wohnvermittlung und Wohngeld)

 [Marienestr. 6, 90402 Nürnberg](#)

 +49 (0) 911 231-2195 or -2517

## Nuremberg Housing Association (Wohnungsbaugesellschaft Nürnberg)

On the website of the State Housing Association (wbg) you can find several rental offers for housing.


### State Housing Association (wbg)

 [www.wbg.nuernberg.de](http://www.wbg.nuernberg.de)

## Rooms in Shared Flats and Homes

Are you looking for a room in a shared flat or house? There is a wide range of rooms in Nuremberg on the WG-Gesucht website.

### WG-Gesucht

 [www.wg-gesucht.de](http://www.wg-gesucht.de)

## Important abbreviations

- 1. OG = Erstes Obergeschoss (first floor)
- App. = Appartement (apartment/flat)
- DB/D`bad = Duschbad (shower)
- EG = Erdgeschoss (ground floor)
- EBK = Einbauküche (built-in kitchen)
- HK = Heizkosten (heating costs)
- inkl. = inklusive (inclusive)
- Kaut. = Kaut. (deposit)
- MM = Miete pro Monat (monthly rent)
- NK = Nebenkosten (additional costs)
- sof. frei = sofort frei (immediately available)
- teilmb. = teilmöbliert (partially furnished)
- WG = Wohngemeinschaft (shared flat/apartment/house)
- Whg. = Wohnung (flat)
- Wohnfl. = Wohnfläche (living space, usually in square metres)
- Zi. = Zimmer (bedroom)
- ZKB = Zimmer-Küche-Bad (bedroom-kitchen-bathroom)

## Moving into Your Own Home

As soon as you have a residence permit, you are usually obliged to move out of your community accommodation/decentralised accommodation. You will need to find your own place to live. If you don't have a job and thus aren't earning money, the [»»Job Centre](#) will pay your rent. But it will only do this if you need help paying your rent.

**Important:** once you have found an apartment, you should not sign the lease immediately. The Job Centre has to check and approve the rent contract before you sign it. The rental contract must include the following points:

- "Cold" monthly rent: The rental costs for the living space per month, excluding service and utility costs such as heating
- Additional costs: this includes operating costs like stairwell cleaning, waste collection charges, caretaker costs, cable connection etc.
- Heating costs: Costs for heating and hot water (note: you always have to pay electricity and heating costs yourself!)
- Size of apartment, number of rooms, address, landlord

💡 The "warm" rent is included everything mentioned above. It is therefore significantly higher than the monthly rent.

### **Deposit, initial living supplies, one-off payments for fixtures and fittings, and cancellation fee**

The deposit is a security payment you make to the landlord. The amount of the deposit is a maximum of 3 months' rent. When you move out of the property, you get the money back.

**Important:** You must not leave any damage if you move out of the property.

You are not allowed to take the furniture from your asylum accommodation. That's why you need new furniture. You can submit a request for initial supplies to the **Job Centre**. You will then receive a flat-rate amount from the Job Centre. This amount can vary according to the number of people and the size of the property. Find cheap and used furniture or other furnishings here: [»»Furniture, Crockery etc..](#) If the person who was previously living in the home leaves fixtures and fittings there, you can buy those things. In German, this is called "Ablöse".

**Attention:** It may take a few weeks for the money to be paid by the Job Centre!

Please remember to re-register, in other words you need to re-register your new address (in person) at the [»»Residents' Registration Office](#).

### **House rules**

There are certain regulations for living together that are defined as house rules. These apply to all persons who live in shared accommodation or an apartment. The most important content is:

**Noise:** Everyone in the house is responsible for keeping the noise level to a minimum. Special care must be taken between 13:00 and 15:00 and between 22:00 and 06:00, which are rest periods. On Sundays and public holidays the whole day is considered as a rest period.

**Waste disposal:** Waste must be disposed of in the designated bin. There are different bins for plastic, paper and cardboard, fruit and vegetables (organic waste) and other waste. Please respect the correct rubbish separation, because the majority of rubbish is recycled and it is an important part of environmental protection.

You can see an overview of the waste that belongs in each bin here: [»»Waste separation in pictures.](#)

**Ventilation:** You should regularly open the windows to let fresh air in. This prevents mould from forming.

## Support for energy costs

**Energy costs are rising and you need support? Here you will find tips and help!**

### Tips for saving energy

We explain here how you can save energy. Saving energy is not only good for the environment, but you also save money.

### What is energy anyway?

- Heating
- Electricity
- Water

**Please click on heating, electricity or water to get detailed tips.**

💡 You will find much more valuable information on saving energy on the following pages:

[Consumer advice centre: Energy saving tips in simple language](#)

[Brochures for download: Saving energy in the household in German, English, Arabic, Kurdish and Dari](#)

[Energy-saving check: Energy-saving tips](#)

## Heating tips

### Save heating

💡 Set the heating less warm and ventilate properly.

### Heat less warmly:

💡 The rooms in your home do not all have to be equally warm. This will save you money.

### What should you do during the day?

- In the living room, 20 degrees is good.
- In the bedroom, 16 degrees is good.

- In the bathroom 23 degrees is good.

💡 Are you in some of the rooms only rarely? Then 16 degrees is also good here.

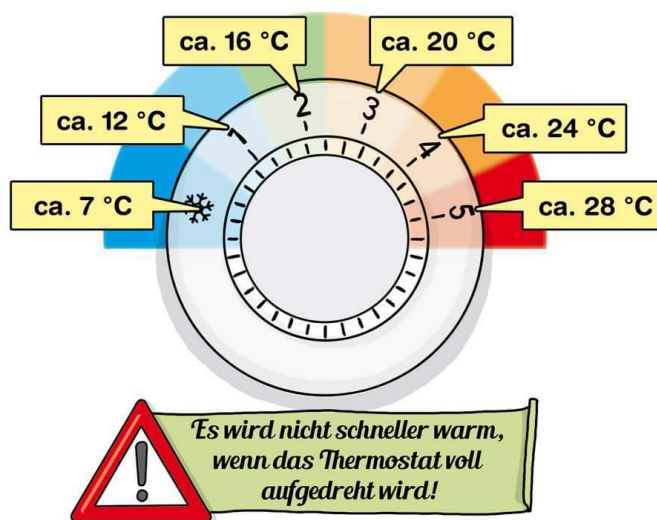
### What should you do at night?

- Set the heating to a lower temperature.
- Then 16 degrees is good in all rooms.

### What else can you do?

- Do not put things in front of the heating.
- Do not hang curtains in front of the heating.
- In winter it gets dark early outside. Then lower the blinds. That way the warm air stays in the room better.

## Achten Sie auf die richtige Einstellung der Thermostate



Picture source: Thermostats - Numbers and their meaning (heizsparer.de)

### Ventilate properly

💡 Do not keep tilting the window. Otherwise the walls of the room will get cold and you will have to heat more afterwards.

### How do I ventilate properly?

- Open the window all the way.
- Leave the window open for 5 to 10 minutes.
- Repeat this 2 or 3 times a day. This will bring in fresh air.

💡 Always turn off the heating when airing. This will save you energy and money.



## What is important in winter?

- In winter, you do not have to ventilate for as long.
- Only open the window for 2 to 3 minutes.

## Power tips

### Save electricity

💡 You can save electricity on many everyday tasks such as cooking or washing clothes.

#### Cooking:

- Use a lid when cooking.
- If you cook with a small pot or pan, use a small cooker top.
- If you cook with a large pot or pan, use a large hotplate.
- Turn off the cooker a little earlier. The heat will stay a little longer and you will continue cooking without electricity.

### Do you have an old cooker?

💡 Look at the electricity consumption of your cooker. It might be a good idea to buy a new cooker. A new cooker uses much less electricity.

### Do you need hot water?

💡 Then make the water hot in the kettle. The kettle uses less electricity than the cooker. Only make as much water hot in the kettle as you need.

### Use the oven properly:

- Do not preheat the oven.
- Do not open the oven door too often.
- Turn off the oven 10 minutes earlier.

### Electrical appliances:

💡 Turn off the TV, computer, radio or electric toothbrush completely. To do this, turn off the switch or pull the plug completely out of the socket.

### Lamps and lights:

- Old light bulbs consume a lot of electricity.
- Energy-saving bulbs or LED bulbs consume much less electricity and do not break down as quickly.
- If you don't need light at the moment, turn the lamps off.

## Save electricity in the refrigerator:

- Set the fridge to 7 degrees. 7 degrees is enough for food.
- Don't open the fridge so often. Otherwise the inside of the fridge will get too warm and consume more electricity.
- Do not put warm food in the refrigerator. Otherwise the inside of the fridge will get too warm and use more electricity.
- Do not put the refrigerator next to a dishwasher, next to a heater or in a sunny place. Otherwise, the refrigerator will have to cool much more and will consume more electricity.
- The refrigerator has a grille at the back for ventilation. Clean the grille regularly or the ventilation will not work as well and the refrigerator will consume more electricity.

## Saving electricity with the freezer:

- Set the freezer to minus 18 degrees.
- Do not open the freezer so often. Otherwise the freezer will get too warm inside and use more electricity.
- Do not put warm food in the freezer. Otherwise the inside of the freezer will get too warm and use more electricity.
- Remove thick layers of ice. Otherwise the freezer will use more electricity.

💡 Look for the EU energy label (EU label). There are different letters on the label. These letters stand for the power consumption. A means the appliance consumes very little electricity. The letter G means the appliance consumes a lot of electricity.

## Water tips

### Save water

#### Here's what you can do:

- Shower more.
- Bathe less.
- Use a special shower head to save water.
- Use a special flush button on the toilet.
- Fix a broken tap.
- Wash the dishes properly.
- Water the garden with rainwater.

## Financial aid and advice

### Where can I get advice or financial support if I can no longer pay my increased heating costs?

💡 Click [here](#) .

If you get your electricity or gas from "N-Ergie", [here is](#) information on how to get support.

## With or without a job - support from the Job Centre for heating costs

### **Did you know? Despite having a job, many people can get money from the Job Centre for their heating costs. Caritas Germany shows how.**

It is not true that only people who already receive unemployment benefit II are supported by the Job Centre. There are many people with a job who are also entitled to a heating allowance from the Job Centre. This is because the entitlement to financial support from the Job Centre always refers to the month in which a bill is due. If you or a friend will soon receive a high utility bill, you may be entitled to support in that month.

It sounds complicated and it is a bit. Therefore, we will show how the whole thing works with an example.

**Alex lives alone and earns 2,950 euros gross/month. After deducting taxes, social security contributions, health insurance and church tax, he still has 1,970 euros left over. Of this, 900 euros still have to be paid in rent (warm). In March 2023, there will be an additional heating cost payment of 800 euros.**

**So much for the exemplary facts, now the calculation. First, the need under social law must be calculated. This is made up of the current standard need for Hartz4, the rent and the heating cost arrears. So: 449 euros plus 900 euros plus 800 euros. The socio-legal need is therefore 2,149 euros.**

**Since Alex earns money, the net salary must be deducted from this. This is used to see whether the socio-legal need above 2,149 euros can be covered by the monthly salary itself. However, the net salary above 1,970 euros is not taken for this, but only 1,670 euros. This is because in the so-called income adjustment, a basic allowance of 100 euros and an earned income allowance of 200 euros are deducted.**

**Now for the exciting part of the calculation. So we have to deduct the adjusted net income of 1,670 euros from the social need of 2,149 euros. So: 2,149 euros minus 1,670 euros. The result: 479 euros. In this case, Alex would be entitled to 479 euros from the Job Centre in March.**

**For this to happen, however, it is absolutely necessary for Alex to apply for support from the Job Centre in the month in which she received the utility bill, i.e. in March in our example. In April, the bill would look different again. Because then the 800 euros for the heating cost arrears would be omitted from the socio-legal need and would amount to 1,349 euros. Alex can cover these needs himself with his monthly salary of 1,670 euros after deducting the allowances.**

Anyone who is not sure whether they could be entitled can get information from the many [advice centres in Nuremberg](#) and throughout Germany.

**Source:** [Facebook Caritas Germany](#)

## Leisure activities und sport

### Sport and exercise


Fun in movement is one option. But sport offers you another chance: Sport is a good and proven way to settle in and integrate into a new environment. The rules of sport do not know any cultural or national boundaries and are usually understood without a common language. Sport offers a good and informal possibility to make contact with locals through personal contacts.


#### Sport service

Would you like to learn to swim? Or play football? Or dance? Or are you still looking for the right sport? Then contact the city of Nuremberg sports service. It informs you and helps you to find the right club or the right offer. Sporting activities range from mother and child courses, swimming to martial arts and team sports. Find out more information here:

##### City of Nuremberg - sport service

 Marientorgraben 9 (4th floor), 90402 Nuremberg

 +49 (0) 911 231-2521


 Monday, Tuesday, Thursday 08:30 - 15:30  
Wednesday, Friday 08:30 - 12:30

Additional sports offers for children and teenagers can be found here: [»»Activities for children and teenagers](#)

### Pools and lakes

#### Outdoor and indoor swimming pools

There are four indoor pools in Nuremberg. They are heated and open all year round. Outdoor swimming pools are only open in summer and are open air. In all of the indoor and outdoor swimming pools, you have to observe the bathing rules.

 Prices may vary. School children, students, holders of [»»Nuremberg passes](#) and severely handicapped persons pay a discounted price.

#### Addresses of the indoor and outdoor swimming pools

##### Dutzensteich

###### Stadion outdoor swimming pool

 Hans-Kalb-Straße 42, 90471 Nuremberg

##### Erlenstegen

### Naturgarten outdoor swimming pool

📍 Schlegelstraße 20, 90491 Nuremberg

## Galgenhof

### Südstadtbad (indoor swimming pool)

📍 Allersberger Straße 120, 90461 Nuremberg

## Katzwang

### Katzwang indoor swimming pool

📍 Katzwanger Hauptstraße 21, 90453 Nuremberg

## Langwasser

### Langwasser indoor swimming pool

📍 Breslauer Straße 251, 90471 Nuremberg

## Mögeldorf

### Langsee outdoor swimming pool

📍 Ebenseestraße 25, 90482 Nuremberg

## Schoppershof

### Nordost indoor swimming pool

📍 Elbinger Straße 85, 90491 Nuremberg

## St. Johannis

### West outdoor swimming pool

📍 Wiesentalstraße 41, 90419 Nuremberg

## Tullnau

### Bayern 07 outdoor swimming pool

📍 Am Pulversee 1, 90402 Nuremberg

## Zerzabelshof

### Clubbad (outdoor swimming pool)

📍 Valznerweiherstraße 200, 90481 Nuremberg

More information can be found on the website for [»»Sport Services](#) for the city of Nuremberg.

## Rivers and lakes

There are many lakes and rivers in and around Nuremberg, where you can swim in summer. **Very important: If you cannot swim, do not go deeper than knee height into**

**the water!** Many people drown each year, because they cannot swim. They do not know that it is very dangerous to go into a river or lake.

## Would you like to learn to swim?


Make an enquiry with [»»Sport Services Nuremberg](#).

## Exercise parks

Exercise parks offer a wide range of sport and exercise possibilities, such as strengthening exercises on the leg exerciser and even balance training on the wooden bridge. Training equipment is located in public areas and is freely accessible to everyone. They are suitable for all age groups, but especially for older people.

[www.nuernberg.de/internet/sportservice\\_nbg/](http://www.nuernberg.de/internet/sportservice_nbg/)


### Exercise park in Eibach

 Hinterhofstraße, 90451 Nuremberg


### Exercise park in Langwasser

 Breslauer Straße südl. Salzbrunner Str. 26, 90471 Nuremberg

### Exercise park in Stadtpark

 Am Stadtpark (near Schiller-Denkmal), 90409 Nuremberg


### Exercise park Wöhrder See

 Wöhrder Wiesenweg (near Norikerstraße), 90402 Nuremberg


### Exercise park in Reichelsdorf

 Thomas-Kolb-Brücke, 90453 Nuremberg

### Exercise park in Pegnitztal West

 Süßheimweg (near Freibad West), 90419 Nuremberg

### Exercise park at the centre for the elderly Martha-Maria

 Stadenstraße 93, 90491 Nuremberg

Here you will find the exercise parks displayed on a map: [»»Exercise park overview](#).

## Parks and Green Spaces

Around 417 hectares of Nuremberg are devoted to public parks and green areas. Across the city can be found walkways, cycle paths, amateur sports pitches and recreational lawns. These include Volkspark Marienberg in the north of the city, the centrally located Wöhrder Wiese, and the Stadtpark in Maxfeld..

More information on the parks and green spaces in Nuremberg can be found here:

[www.nuernberg.de/internet/stadtportal/parks.html](http://www.nuernberg.de/internet/stadtportal/parks.html)

## North Nuremberg

 [Volkspark Marienberg](#)


### South Nuremberg

 [Volkspark Dutzendteich](#)

 [Luitpoldhain \(Ludwigsfeld\)](#)

 [Hummelsteiner Park \(Hummelstein\)](#)


### The Old City and the Inner City

 [Wöhrder Wiese \(Marienvorstadt\)](#)

 [Stadtspark \(Maxfeld\)](#)

 [Rosenaupark \(Himpfelshof\)](#)

 [Kontumazgarten \(Himpfelshof\)](#)

 [Hallerwiese \(St. Johannis\)](#)


 [Cramer-Klett-Park \(Wöhrd\)](#)

### Further out from the centre

 [Tullnaupark \(Tullnau\)](#)

 [Veit-Stoß-Platz \(Bärenschanze\)](#)

 [Marie-Juchacz-Park \(St. Leonhard\)](#)

 [Pegnitzauen \(Sandberg, St. Johannis, Westfriedhof\)](#)

### North

 [Archivpark \(Pirckheimerstraße\)](#)

 [Kobergerplatz \(Uhlandstraße, Nordbahnhof\)](#)

### West

 [Westpark \(Sündersbühl, Gaismannshof\)](#)

Here you can find all of Nuremberg's public barbecue areas: [»»Barbecue Areas](#)

### Open Meeting Places and Meetup Cafés

Meetup cafés, Café International, multicultural cooking evenings, language café – whatever you want to call them, there are many options in Nuremberg to meet people (with and without refugee experiences) and share experiences. Please note that the list is not updated daily. So it's a good idea to get in contact with the programme operators before you visit for the first time.

Here is a list of all the open programmes and meetup cafés: >> [Open Programmes and Meetup Cafés](#)

## Open workshops

In open workshops you can do various handicraft activities. If you do not have any previous knowledge, there is a contact person who will provide you with advice and support. You pay for the entrance fee (between 2 and 4 Euros) and the material.


## Open workshops in the KunstKulturQuartier

### Artists' House in the KunstKulturQuartier

 Königstr. 93, 90402 Nuremberg


 [www.kunstkulturquartier.de](http://www.kunstkulturquartier.de)

### Bicycle repair shop


 Thursday 18:00 - 20:30

Except in September during school holidays.

@ [fahrradk4@gmx.de](mailto:fahrradk4@gmx.de)

 €2.50, please bring new parts

### Forge


 Tuesday 19:00 - 22:00

Wednesday 18:00 - 21:00


Thursday 18:30 - 21:30

Closed on holidays.

@ [betriebsbuero.kukuq@stadt.nuernberg.de](mailto:betriebsbuero.kukuq@stadt.nuernberg.de)


 €4 (€3 reduced), extra for material

### Carpentry


 Wednesday, Thursday 18:30 - 21:30

Closed in the holidays and on public holidays.

@ [betriebsbuero.kukuq@stadt.nuernberg.de](mailto:betriebsbuero.kukuq@stadt.nuernberg.de)

 €2, extra for material

### Screen printing

 Wednesday, Thursday 18:00 - 21:30

Every first Saturday of the month: 13:00 - 18:00

Closed on public holidays.

@ [xirva@web.de](mailto:xirva@web.de)



€2, extra for material

### Stonemason

Thursday 18:00 - 21:00

Wednesday, Friday on demand

Closed on holidays.

@ [betriebsbuero.kukug@stadt.nuernberg.de](mailto:betriebsbuero.kukug@stadt.nuernberg.de)

€2, extra for material

### Photo lab

Wednesday - Friday 17:30 - 21:30

Closed in the holidays and on public holidays.

Wednesdays only after announcement on the previous date

@ [fotolab-k4@gmx.de](mailto:fotolab-k4@gmx.de)

€4 (€3 reduced), extra for material

### Ceramics

Wednesday 18:00 - 21:00

Thursday 19:00 - 21:00

Seniors ceramics: Wednesday 15:00 - 17:00

@ [mawels@hotmail.de](mailto:mawels@hotmail.de)

€2, extra for material

## Gostenhof Neighbourhood House

### Wood shop

Gostenhof Neighbourhood House, Adam-Klein-Str. 6, 90429 Nuremberg

Wednesday from 18:00 - 21:30

Every last Saturday of the month 14:00 - 18:00

Closed in the school Holidays and on public holidays.

[www.holzwerkstatt-gostenhof.de](http://www.holzwerkstatt-gostenhof.de)

€5 with machine work, extra for material

### BBQ areas

The smell of grilled meat or crunchy vegetables on a hot grate is simply a part of the summer. Grilling is only permitted on marked, public BBQ areas. There are five such BBQ areas in Nuremberg.

## Marked BBQ areas in Nuremberg

### Dutzenteich

Between Silbersee and the small Dutzenteich

## Pegnitztal West

📍 West of the Theodor-Heuss-Brücke and west of the Lederersteg

## Marienbergpark

📍 Two possible BBQ areas: In the central area at Kilianstraße and in the northern area at Marienbergstraße.

## Rednitztal Ost

📍 An der Ellwanger Straße.

## Stadionbad

💡 Please always take your rubbish with you. The charcoal remains can be thrown into the BBQ container provided.

For further information on Nuremberg's BBQ areas, please visit the city's website:

🌐 [www.nuernberg.de/internet/stadtportal/grillplaetze](http://www.nuernberg.de/internet/stadtportal/grillplaetze)

## Culture

### Culture ticket

If you have a **»»Nuremberg pass**, you can get free entry to many cultural events. There is a maximum of 2 tickets per Nuremberg Pass for each event. This offer is called KulturTicket (culture ticket). It is abbreviated to KTN (Kultur-Ticket-Nürnberg) (Culture Ticket Nuremberg). You have to register if you want to take advantage of this great offer.

A personal consultation is available every Thursday from 11:00 to 14:00 in the foyer of the Kunsthaus:

### KunstKulturQuartier

📍 [Königstraße 93, 90443 Nuremberg](https://www.kunsthaus-nuernberg.de/), First Floor

More information at:

🌐 [www.buergerstiftung-nuernberg.de/kulturticket/](http://www.buergerstiftung-nuernberg.de/kulturticket/)

### How do I register?

1. Complete the registration form: **»»KTN registration**.
2. Sign and complete the registration form and return it together with a copy of your own Nuremberg pass to:
  - 📄 Bürgerstiftung Nürnberg, Nordring 98, 90409 Nuremberg or by e-mail:
    - 📧 [info@kulturticket-nuernberg.de](mailto:info@kulturticket-nuernberg.de) or in person:
      - 📍 KulturInformation, Königstraße 93, 90443 Nuremberg
3. Following successful registration, you will be called if tickets are left, if you are still interested and want to attend, you can confirm this.

4. Tickets can then be collected at the box office before the start of the event.

## Culture shops



### Culture shops

A wide range of cultural and recreational events, courses, concerts, lectures and much more can be found in culture shops. In Nuremberg there are eleven culture shops in various districts. Here it is very easy for people of different origins to meet. Cultural diversity is reflected not least in a well-chosen range of cultural events.



 [www.kuf-kultur.nuernberg.de](http://www.kuf-kultur.nuernberg.de)

You can also go to a concert or to another cultural event together with the culture guides. More information: [»»Culture guides.](#)



#### Almoshof Castle culture shop

 [Almoshofer Hauptstraße 49-53, 90427 Nuremberg](#)  
 [+49 \(0\) 911 93449470](tel:+49(0)91193449470)



#### Vischers culture shop

 [Hufelandstraße 4, 90419 Nuremberg](#)  
 [+49 \(0\) 911 231-4142](tel:+49(0)9112314142)



#### Gartenstadt culture shop

 [Frauenlobstraße 7, 90469 Nuremberg](#)  
 [+49 \(0\) 911 482318](tel:+49(0)911482318)



#### Zeltnerschloss culture shop

 [Gleißhammerstraße 6, 90480 Nuremberg](#)  
 [+49 \(0\) 911 472945](tel:+49(0)911472945)



#### KUF in the south

 [Pillenreuther Straße 147, 90459 Nuremberg](#)  
 [+49 \(0\) 911 231-14340](tel:+49(0)91123114340)



#### Gemeinschaftshaus (Community House) Langwasser

 Glogauer Straße 50, 90473 Nuremberg  
 +49 (0) 911 998030



### KUF Cultural Office Muggenhof

 in the cultural workshop on AEG  
 Fürther Str. 244 d, Hof D, 90429 Nuremberg  
 Office 3.11 and 3.12 on the second floor in the main foyer  
 +49 (0) 911 23179550



### Culture store Röthenbach

 Röthenbacher Hauptstraße 74, 90449 Nuremberg  
 +49 (0) 911 645191



### Villa Leon

 Schlachthofstraße/Philipp-Koerber-Weg 1, 90439 Nuremberg  
 +49 (0) 911 231-7400

### Loni-Übler-Haus

 Marthastraße 60, 90482 Nuremberg  
 +49 (0) 911 541156

### Ziegelstein culture shop

 Ziegelsteinstraße 104, 90411 Nuremberg  
 +49 (0) 911 525462

### City Library

The City Library and District Libraries are places where you can borrow various media. There's a lot on offer: you can borrow books for children, teenagers and adults, learning aids, resources for learning German, cassettes, CDs, CD-ROMs and DVDs along with books in different languages. The Central City Library also has many cosy seating areas for learning ([»»Learning Spots](#)) and for reading.

To borrow something, you need a library card. You have to bring your temporary residence permit or your certificate granting temporary postponement of deportation (Duldung). You also have to pay an annual fee to borrow things. Adults aged 18 and over pay €20 for one year. Students, school pupils and **Nuremberg Pass holders** pay €10 for one year. For children and teenagers under the age of 18, borrowing things is free of charge.

💡 You can take books home with you for 28 days and DVDs for 14 days. After four weeks, you have to return everything. **Important:** If you do not bring the items back in time, you will have to pay high fees!

**Further information** on how to use the library and how to register can be found here as a PDF [»»German](#), [»»English](#), [»»French](#), [»»Persian](#), [»»Arabic](#), [»»Russian](#) and [»»Turkish](#).

In addition to the Central City Library, there are six district libraries in Nuremberg. As of 2018, all libraries have free Wi-Fi. Learning in the library and using the Wi-Fi are free of charge.

Take a look at You Are Here's film about the City Library: [»»You Are Here - City Library](#).

## Addresses and Opening Times

### Central City Library

📍 [Gewerbemuseumsplatz 4, 90403 Nürnberg](#)

☎ +49 (0) 911 231-7565

📅 Monday - Friday 11:00 - 19:00

Saturday 11:00 - 16:00

🌐 [www.nuernberg.de/internet/stadtbibliothek](http://www.nuernberg.de/internet/stadtbibliothek)

## District Libraries

### Gostenhof

📍 [Fürther Straße 77b, 90429 Nürnberg](#)

📅 Tuesday, Thursday 14:00 - 18:00

### Langwasser

📍 [Glogauer Str. 50, 90437 Nürnberg](#)

📅 Tuesday - Friday 11:00 - 18:00

### Maxfeld

📍 [Maxfeldstr. 27, 90409 Nürnberg](#)



📅 Tuesday, Thursday, Friday 11:00 - 18:00

### Schoppershof



📍 [Merseburger Str. 6, 90491 Nürnberg](#)

📅 Tuesday, Friday 14:00 - 18:00

## St. Leonhard (Villa Leon)

 [Philipp-Koerber-Weg 1, 90439 Nürnberg](#)  
 Tuesday - Friday 14:00 - 18:00

## Südstadt

 [Pillenreuther Str. 147, 90459 Nürnberg](#)  
 Tuesday - Friday 14:00 - 18:00

## Culture pilots

Would you like to get to know Nuremberg's cultural scene? Would you like to go to a concert, but you don't want to go alone? - Then go with the culture pilots! These are committed people from Nuremberg who will pick you up at the community accommodation, go with you to a concert or to another cultural event and then accompany you back again.

Do you want to know more? Then take a look at the film of [You Are Here](#) about the culture pilots: [»»Film You Are Here - culture pilots.](#)

## Museums

### Museums in the City of Nuremberg

If you have a [»»Nuremberg Pass](#), you only have to pay an entrance fee of €1.50 to visit several municipal museums on one day. On International Museum Day, you can get a day ticket for all museums in Nuremberg for €3.00. There are also many things to do for children.


 [www.museen.nuernberg.de](http://www.museen.nuernberg.de)

The museums of the City of Nuremberg include:


### Albrecht-Dürer-Haus

 [Albrecht-Dürer-Straße 39, 90403 Nürnberg](#)

### Tucherschloss and Hirsvogelsaal Museum

 [Hirschelgasse 9-11, 90403 Nürnberg](#)<

### Fembo-Haus City Museum

 [Burgstraße 15, 90403 Nürnberg](#)


## Museum of Industrial Culture (Museum Industriekultur)

 [Äußere Sulzbacher Straße 62, 90491 Nürnberg](#)

## School Museum (Schulmuseum)

 [Äußere Sulzbacher Straße 62, 90491 Nürnberg](#)

## Toy Museum (Spielzeugmuseum)

 [Karlstraße 13-15, 90403 Nürnberg](#)

## Documentation Centre at the Former Nazi Party Rally Grounds (Dokumentationszentrum Reichsparteitagsgelände)

 [Bayernstraße 110, 90478 Nürnberg](#)

## Nuremberg Trials Memorial (Memorium Nürnberger Prozesse)


 [Bärenschanzstraße 72, 90429 Nürnberg](#)

## Other Museums in Nuremberg

In addition to the municipal museums in Nuremberg, there are other museums in the city:

### Germanic National Museum (GNM)


The Germanic National Museum is the largest museum of German art and culture and can be visited free of charge every Wednesday from 17:30 - 20:30.

 [Kartäusergasse 1, 90402 Nürnberg](#)

 [www.gnm.de](http://www.gnm.de)

### Neues Museum Nuremberg (NMN)


The Neues Museum in Nuremberg is a state museum for art and design. Every Sunday the entrance fee is only €1. Entrance is free for children and teenagers up to 18 years old!


 [Luitpoldstraße 5, 90402 Nürnberg](#)

 [www.nmn.de](http://www.nmn.de)

## DB Nuremberg

DB Museum is the oldest railway museum in the world. Entrance is free for children aged under 6!


 [Lessingstraße 6, 90443 Nürnberg](#)

 [www.dbmuseum.de](http://www.dbmuseum.de)

## Children's and Youth Museum Nuremberg

Here, children can do more than just look – they can also join in and have a hands on experience. Children under 3 years old can enter for free.


 [Im Kachelbau, Michael-Ende-Straße 17, 90439 Nürnberg](#)

 [www.kindermuseum-nuernberg.de](http://www.kindermuseum-nuernberg.de)

## Nuremberg Museum of Communication

The Nuremberg Museum of Communication shows the history of post and news transmission in Bavaria, from the Middle Ages to the present day. Entrance is free for children aged under 6!

 [Lessingstraße 6, 90443 Nürnberg \(DB Museum\)](#)

 [www.mfk-nuernberg.de](http://www.mfk-nuernberg.de)

For more information and tips in several languages, please visit the [»»You Are Here website:](#)

 [www.refugees-nuernberg.de](http://www.refugees-nuernberg.de)

## You Are Here

You Are Here is a group of volunteers, local cultural workers and asylum seekers. They have created a multilingual online culture guide. It is intended to provide an overview of the cultural life of Nuremberg to everyone who is new to the city, thus helping them in their social integration.

The guide is currently available in five languages: German, English, Arabic, Persian and Kurdish. It will include clubs, museums, cultural associations and cultural locations. There are also event tips as well as video reports on topics like city life to German customs (such as the whimsical carnival crash course "How to Fasching").

 [www.refugees-nuernberg.de](http://www.refugees-nuernberg.de)

## Theatre, opera and event venues

### State Theatre Nuremberg Opera house



If you have a [»»Nuremberg pass](#), you only pay half the entry price. You can also get tickets for free with the [»»culture tickets](#).

📍 [Richard-Wagner-Platz](#)  
 🌐 [www.staatstheater-nuernberg.de](http://www.staatstheater-nuernberg.de)

### Nuremberg Symphony Orchestra

The symphony orchestra are partners of the [»»culture tickets](#) and you only pay half of the entry price with the [»»Nuremberg pass](#).

🌐 [www.nuernbergersymphoniker.de](http://www.nuernbergersymphoniker.de)

### Gostner Hoftheater

The Gostner Hoftheater is Nuremberg's oldest private theatre. With the [»»Nuremberg pass](#) you pay less for admission and you can get tickets with [»»culture tickets](#).

📍 [Austrage 70, 90429 Nuremberg](#)  
 🌐 [www.gostner.de](http://www.gostner.de)

### Theater Salz und Pfeffer

The puppet and figure theatre offers a colourful programme for adults and children. With the [»»Nuremberg pass](#) you pay less for the entry price.

📍 [Frauentorgraben 73, 90443 Nuremberg](#)  
 🌐 [www.salzundpfeffer-theater.de](http://www.salzundpfeffer-theater.de)

### Theater Pfütze

Exciting theatre plays for both young and old are on offer in the Theater Pfütze programme. With the [»»Nuremberg pass](#) you pay less for the entry price.

📍 [Äußerer Laufer Platz 22, 90403 Nuremberg](#)  
 🌐 [www.theater-pfuetze.de](http://www.theater-pfuetze.de)



### Theater Mumpitz

The Theater Mumpitz is a children's theatre, but it also impresses adults. With the [»»Nuremberg pass](#) you only pay half the entry price.

📍 [Michael-Ende-Straße 17, 90439 Nuremberg](#)  
 🌐 [www.theater-mumpitz.de](http://www.theater-mumpitz.de)



## Theater Rootslöffel

The Theater Rootslöffel mainly offers its own productions, which are suitable for four years old and upwards.

 [Troststraße 6, 90429 Nuremberg](#)  
 [www.rootsloeffel.de](http://www.rootsloeffel.de)



## Burgtheater

The Nuremberg Burgtheater exclusively shows cabaret, satire, and comedy. With the [»»Nuremberg pass](#) you pay a reduced entry price.

 [Füll 13, 90403 Nuremberg](#)  
 [burgtheater.de](http://burgtheater.de)



## Meistersingerhalle

Here you can find concerts, balls, theatre shows and much more.

 [Münchener Straße 21, 90478 Nuremberg](#)  
 [www.nuernberg.de](http://www.nuernberg.de)

## Z-Bau

Nowadays the former barracks is a cultural location with many offerings. From the beer garden and concerts to art exhibitions and activities to take part in.

 [Frankenstraße 200, 90461 Nuremberg](#)  
 [z-bau.com](http://z-bau.com)

## Festivals

Every year, many free festivals take place in Nuremberg. Everyone can attend!

### Africa Festival

Once a year, there's an African theme under the [Theodor-Heuss-Brücke](#) in the heart of Nuremberg. Relax in the African market, take a stroll surrounded by African products, or indulge yourself at one of the many food stalls. Taking place once a year to the sound of a range of bands, the festival is free to attend.

 [www.afrikafestivalnuernberg.de](http://www.afrikafestivalnuernberg.de)

## Old Town Festival

Get together in the cosy settings of beer huts, drink a little with friends and acquaintances and hear a little of music too – right in the middle of the city. During 10 days of September, the [Insel-Schütt](#) turns into a large bar. The Old Town Festival welcomes everyone.

 [www.altstadtfest-nbg.de](http://www.altstadtfest-nbg.de)

## Bardentreffen

The Bardentreffen takes place in the city centre in late July/early August. Over the weekend, about 100 artists and bands perform across nine stages. For children, there's an extra stage on the [Insel Schütt](#). Entrance to all the concerts is free.

 [www.bardentreffen.nuernberg.de](http://www.bardentreffen.nuernberg.de)

## Brückenfestival

Local and international bands perform under the [Theodor-Heuss-Brücke on Brückenfestival weekend](#). In addition to the music, there are a variety of hands-on activities and a play area for children. At the Pegnitzauen, everyone is invited to join in the celebration.

 [www.bruecken-festival.de](http://www.bruecken-festival.de)

## Die Blaue Nacht

The Blaue Nacht is all about art, and there's always a guiding theme too. At various points in the city, performances and installations are held from 19:00 to midnight in various parts of the city. Blaue Nacht always takes place in May. Some of the performances are free – these include the large installation at the castle and the performances at the church.

 [www.blauenacht.nuernberg.de](http://www.blauenacht.nuernberg.de)

## Classic Open Air

for the Classic Open Air, the [Luitpoldhain](#) at Dutzendteich is transformed into a concert hall twice a year. You can take a picnic along with you and listen without distraction to classical music performed by various Nuremberg orchestras – and at the end, you can marvel at the huge firework display. This event is free.

 [www.klassikopenair.nuernberg.de](http://www.klassikopenair.nuernberg.de)

### Südstadtfest

Once a year, Südstadt hosts a celebration with the motto Eat, Party, Encounter and Get Informed. For one long weekend, [Annapark](#) is transformed into a multicultural meeting place with music, dance and much much more. Entry is also free.

 [www.suedstadtfest.de](http://www.suedstadtfest.de)

### NN-Rockbühne

The battle for a place at Rock im Park involves 16 bands and lasts a whole year. There are bands of all genres, so you can always look forward to the amazing mix of sounds at the pre-qualification rounds that take place at [Quibble](#). The concerts are free to attend.

 [www.quibble.de](http://www.quibble.de)

## Film Festivals

Nuremberg's [Cinecitta](#) is one of the largest cinema complexes in Europe.

### Turkish Film Festival Germany

At this festival, Turkish and German films are shown in the original language. Directors or actors are often there to talk about their films.

 [www.fftd.net](http://www.fftd.net)


## Nuremberg International Human Rights Film Festival

This film festival takes place every two years. It shows films with political and social themes.

 [www.nihrff.de](http://www.nihrff.de)

## Summer Night Film Festival

During the month of August, there are many venues where you can watch films in the open air.


 [www.sommernachtfilmfestival.de](http://www.sommernachtfilmfestival.de)

Many films are also shown in the original language.

 [www.mittelmeerfilmtage.de](http://www.mittelmeerfilmtage.de)

## Spanish Film Days

At this festival, films from Spain are shown in Spanish in the open air.

 [www.facebook.com/SpanischeFilmtageNuernberg](https://www.facebook.com/SpanischeFilmtageNuernberg)

## Greek Film Days

As well as film screenings, guests are also invited for discussions.

 [www.griechische-filmtage-nbg.de](http://www.griechische-filmtage-nbg.de)

## Polish Film Weeks

Films from our neighbouring country of Poland are shown at the Polish Film Weeks. Concerts are held too.

 [www.polnische-filmwoche.de](http://www.polnische-filmwoche.de)

## Central Franconia Youth Film Festival (Mittelfränkisches JugendFilmFestival)

At this festival, young filmmakers and teenagers showcase their own video clips and short films. Entry is free.

 [www.jugendfilmfestival.de](http://www.jugendfilmfestival.de)

For more information and tips in several languages, please visit the [»»You Are Here website:](#)

 [www.refugees-nuernberg.de](http://www.refugees-nuernberg.de)