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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

📅 appointment by arrangement.

🗣 German, English, Bulgarian, Polish, Russian, Turkish

🌐 www.awo-nuernberg.de

Caritasverband Nürnberg e.V.

📍 Tucherstraße 15, 90403 Nürnberg

☎ +49 (0) 911 2354200

@ migrationsberatung@caritas-nuernberg.de

📅 appointment by arrangement.

🗣 Bosnian, English, Italian, Croatian, Portuguese, Russian, Serbian, Spanish




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

 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

 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

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](#)

 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

 Appointment by appointment.


 English, Russian

 www.caritas-nuernberg.de

Protestant Youth Centre Nuremberg (EJN)

 [Burgstr. 1-3, 90403 Nuremberg](#)


 monika.hopp@elkb.de, jmd.ejn@elkb.de


 English, Russian


 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

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


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 someone 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

 diskriminierungsfragen@stadt.nuernberg.de

 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

☎ 0151 / 21653187

🌐 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



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.

Nuremberg Citizens' Network

 www.buergernetz.nuernberg.de

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/


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

 12/07/2017, 26/07/201

17:00 – 19:00

 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 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

🕒 Monday - Friday 09:00 - 17:00

🌐 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

🌐 <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.

(#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

🌐 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

(#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...

(#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

(#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

(#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

🌐 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

(#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](#)

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](#)

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.

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...](#)

(#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

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

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

(#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

(#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

(#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

🌐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

(#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

(#109)

Girls' football training

SGV Nuremberg e.V.

■ Wednesday, 16:00 - 18:00

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

@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

(#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

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

(#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

(#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

(#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

(#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.


(#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](#)

(#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...

(#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

■ 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 Pfütz-Taler is a financial support programme funded by the Friends of Theater Pfütz e. V., which enables children from low-income families to attend theatre performances. The Pfütz-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

Theatre Pfütz

📍 [Äußerer Laufer Platz 22, 90403 Nuremberg](#)

@ockelmann@theater-pfuetze.de

🌐 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/

(#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

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](#).

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.

(#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...

(#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...

(#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](mailto:sabine_winkler@noa.nuernberg.de)

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](mailto:sabine_winkler@noa.nuernberg.de)

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](mailto:buero@falken-nuernberg.de)

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/

(#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

🌐 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

(#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](#)

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.

(#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...

(#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/

(#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

(#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
🌐 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/

(#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