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## Welcome to the Oberbergischer Kreis



Moving or even fleeing to another country can mean a big change. We have compiled information and contacts for you in this app to make it easier for you to get started and find your way around. You will find contact points on the topics of residence, access to the labour market and language courses. You will also find information on healthcare, childcare, leisure activities and much more.

You will find an information centre (citizens' office) in your town hall. Here you can find out which local authorities you should contact first and where they are located. You can find addresses and telephone numbers here:  [Towns and municipalities](#).

### Brief information:

The Oberbergische Kreis (Oberbergische Kreis) is a district in the south of North Rhine-Westphalia. It belongs to the administrative district of Cologne. Geographically, the district makes up about half of the Oberbergisches Land  [Oberbergischer Kreis homepage](#)

### Shopping (food, clothing, furniture)

#### Shops in the Oberbergischer Kreis


You can buy **groceries (Lebensmittel)** and articles for your daily needs in a **discounter (Discounter)** or **supermarket (Supermarkt)** .


**Drugstores (Drogerien)** offer a very large selection of hygiene products for all ages.

**Discounters, supermarkets and drugstores** are available throughout the Oberberg district.

You can easily reach them by [public transport](#).

**Furniture (Möbel)** , **clothing (Kleidung)** and **electronics (Elektronik)** can be bought in specialised shops.

 In Germany, opening hours are regulated by law for each federal state. Shops usually open from Monday to Saturday between 7:00 am and 8:00 am and close between 7:00 pm and 10:00 pm.

 The quickest way to find the addresses of all shops is on the Internet. For easy searching, we have left the German term in the text ().

### Do you and your family have very little money?

There are **food banks** in Germany for people on low incomes (**Tafeln**). **They collect surplus food in good condition from shops and pass it on to people in need.** Many [volunteers](#) and sponsors make this possible.

You can receive food during the distribution times of the food banks. To do so, you must prove that you receive social benefits from the [job centre](#) or [social welfare office](#).

### **You can obtain an overview of the food banks in the Oberberg district from**

Oberbergische Tafel e.V.

📍 [Karlstr. 12, 51643 Gummersbach](#)

☎ [+49 \(0\) 2261549080](#)

🌐 [Oberberg food bank \(oberbergische-tafel.de\)](#)

Do you need baby equipment, toys for children and clothes? There are several **second-hand shops** in the Oberberg district (**Second Hand Läden**). **There you will find a small selection at a favourable price.**

Inexpensive clothing, furniture and other consumer goods can also be found in social department stores. You can also buy used electrical appliances very cheaply there. The Caritas department stores' and Caritas Wohnwelten are projects run in close cooperation between Caritas and the Job Centre. For more information, please contact your local [job centre](#) or [social welfare office](#).

### **Overview of social department stores in the Oberberg district:**

Caritas - Wohnwelten

📍 [Mühlenstr. 24 - 26, 51643 Gummersbach](#)

☎ [+49 \(0\) 22618162906](#)

CaritasKaufhaus

📍 [Wilhelmstr. 13, 51643 Gummersbach](#)

☎ [+49 \(0\) 2261600914](#)

Kaufhaus für Alle

📍 [Brölbahnstrasse 1-5, 51545 Waldbröl](#)

☎ [+49 \(0\) 2291901235](#)

💡 At ökumenischen Initiative in Wipperfürth you will find furniture, electrical appliances and lamps in good condition. You can also buy many household items and clothes there. You can also find bicycles, books or compact discs, for example.

### **Ecumenical Initiative e.V.**

📍 [Wupperstraße 6, 51688 Wipperfürth](#)

☎ [+49 \(0\) 2267680831](#)

🌐 [Ökumenische Initiative e.V.](#)

**Keywords: cheap, food, clothes,**

## Mobility

### Driving licences and driving cars

#### A driving licence can be very useful


Especially if you live in a village or a small, remote town. There is often little or no public transport in these places. So a driving licence is helpful. And you will usually have to buy a car. Would you like to get a German driving licence? Or do you have a driving licence from your home country and now want to transfer it? Transferring your licence means that it will also be valid in Germany. This page provides the information you need.

#### Is my driving licence valid in Germany?

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


Do you want to continue driving after six months? Then you must get your licence transferred.

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

💡 During your asylum procedure, all your documents remain with the  [Federal Office for Migration and Refugees](#). You will usually only get these documents back once your asylum process is complete. As long as your driving licence is there, you are not allowed to drive yourself.

#### How do I renew my driving licence?

Contact your local driving licence authority or driving licence office. It may take some time for them to respond to you. Sometimes this office receives lots of applications at once. You should contact this office before your six-month driving licence expires. You will have to visit the driving licence office in person. And you must present various documents:

- ID card or passport
- Confirmation of registration (from the police)
- Biometric passport photo
- Confirmation that you have passed an eye test (from an optician)
- Proof that you have taken a first aid course. You can find a course in your area, for example, at  [Website First aid courses](#)
- The original of your foreign driving licence (an international driving licence is not sufficient). You will usually have to bring a certified German translation of this licence too.


- A declaration that your foreign driving licence is still valid.

The driving licence office will decide whether your driving licence can be transferred without taking a test. Otherwise, you will first have to take the theory test and practical test. This depends on the country where you obtained your driving licence.

💡 It is a good idea to attend a driving school before the test. There are lots of traffic regulations and road signs in Germany. However, unlike those people learning to drive for the first time, you don't need to have driving lessons.

## How can I get a German driving licence?

To get your first driving licence, do the following:

- Contact a driving school. In large towns and cities there are driving schools with instructors who speak Arabic, Farsi and other languages. You can find driving schools near you at  [fahrschulen.de](https://www.fahrschulen.de) to find one.
- Take a first aid course. You can find a course at the Arbeiter-Samariter-Bund (Workers' Samaritan Federation – ASB) or at the Johanniter organisation.
- Visit an optician to get an eye test. Eye tests cost about 7 euros. Some opticians also offer free eye tests.
- Get a biometric passport photo.

## Can my driving licence be revoked?

If you do not follow important traffic regulations, you may lose your driving licence. There is a difference between a driving ban (Fahrverbot) and having your licence withdrawn (Entzug des Führerscheins).

- If you get a driving ban, you must give your driving licence to the fine payment office (Bußgeldstelle) for several months. You are not allowed to drive during this time. Once this time has elapsed, you can get your driving licence back.
- If your licence is withdrawn, that means it is no longer valid. So you are no longer allowed to drive, and you are also not allowed to get a new driving licence for a certain period of time (this time is called the Sperrfrist).

Have you caused a traffic hazard? Have you driven a car while drunk? Have you collected 8 penalty points? These are reasons to withdraw your driving licence.

Penalty points (Strafpunkte) are given for various traffic violations, such as if you drive too fast. Penalty points are also colloquially known as "Punkte in Flensburg".

💡 Have you just passed your driving test? Then you are in a probationary period for two years. Have you violated traffic regulations during this probationary period? Then you must attend a course. You may also be required to get psychological counselling. And your probationary period will be extended for another two years. If you do not attend the course or the counselling, your driving licence will be taken away from you. Examples of traffic violations are driving through a red light, driving at night without switching on your lights, and driving while drunk. Parking illegally is not a traffic violation. In this case, you will only have to pay the fine.

## Public transport


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

## Public transport


To get to your destination in the Oberberg district, you can use public transport.

💡 You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.

**You can find an overview of tickets and fares at**  [OVAG](#) and  [VRS](#).

With **monti**, OVAG offers you additional connections, as flexible as a transport service. In this way, **monti** completes the public transport offer where there were previously few direct connections. And in a completely new, flexible way: you can book your journey conveniently via app or by phone at  [+49 \(0\) 2261911271](tel:+49(0)2261911271). **monti** takes care of the rest and picks you up from over 800\* fixed and virtual stops. This gets you to your destination quickly and easily.

The system recognises journeys in the same direction and can take up to six people to their destination at the same time. **monti** travels in such a way that as many passengers as possible arrive as quickly as possible. The distances saved also protect the environment. And what's more: **monti** is hybrid, mainly electric.

You can find more information at:  [ovag-monti website](#)

## Refugee Guide

### Initial orientation for living together in Germany

New arrivals face many questions during their first time in Germany: How is social life organised? What are the usual manners? What norms provide orientation? The REFUGEE GUIDE provides answers and offers initial help with tips and information on life in Germany.

The partly illustrated orientation guide is available online in several languages and can also be printed out.

Click here to go to the website  [REFUGEE GUIDE](#)

## Living

### Do you need help finding accommodation?

The [Job Centre](#) will advise you on what options you have for finding accommodation and what size of accommodation and housing costs are appropriate in your case.

You can also find help under [Further advice centres](#).

## Rent and rental agreement

## Have you found a flat?

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

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

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

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

## Do you want to cancel your tenancy agreement?

Germany protects tenants and landlords. You **cannot** simply cancel your tenancy agreement overnight. You must give your landlord or landlady at least three months' notice. Always give notice of cancellation in writing. Have your cancellation confirmed. Do you need help? Then go to the [refugee initiative](#). The tenants' association can also help. But you will have to pay money.

## Are you in housing difficulties or are you afraid of losing your flat?

Are you homeless? You have no income, no health insurance and can't see a doctor? Do you have debts and don't know how to get rid of them? Do you feel overwhelmed with all the applications for the job centre or other authorities? Or are you in another emergency situation? 📞 [Wohnhilfen Oberberg](#) can advise and support you!

☎️ +49 (0) 22619690620

@[wohnhilfen-oberberg@diakonie-michaelshoven.de](mailto:wohnhilfen-oberberg@diakonie-michaelshoven.de)




## Housing benefit

### Do you and your family have little money?

Then you can get a subsidised flat. You will need a certificate (Wohnberechtigungsschein). You can get this from the [social welfare office](#). You can also obtain information from [advice centres](#). Counselling is available in several languages. Counselling is anonymous and free of charge. Your data remains secure.

Under certain conditions, you are also entitled to Wohngeld. If you already receive money from the state for yourself and your family, you do not usually need to apply for housing benefit. You will then receive the certificate directly.

Refugees with a Anerkennungsbescheid from the  [Federal Office for Migration and Refugees](#) can generally receive a Wohnberechtigungsschein. Even if they have not yet received a residence permit.

You must apply for a Wohnberechtigungsschein at the place where you are looking for social housing (Sozialwohnung )

You can find the contacts here: [Social welfare offices](#).

## Volunteering

### Volunteer support

Voluntary work (Ehrenamtliche Arbeit) is a voluntary activity. This work can be done for a non-profit organisation. For example, you can get involved in sports clubs([sports programmes](#)). Some people help to look after children or senior citizens. This work is also important in youth work. As well as in culture or environmental protection.

Volunteering allows you to contribute your skills and talents. You also make new contacts. And become an active member of society.

Volunteering can be a regular activity. It is carried out in your free time. Your employer will give you time off as agreed.

You do not receive any money for voluntary work. As a rule, however, you will receive compensation for your time and effort.

### Do you need support yourself?

You can find support and help from [refugee initiatives](#). These are groups of people who support refugees.

Some authorities and organisations offer interpreting support. If you make an appointment, please always ask whether someone will be provided free of charge.

### Would you like to volunteer?

- Would you like to get actively involved in integration work? Then contact the [social welfare office](#) in your town. The office can network you. And it can provide training, support and qualifications.
- There are also projects that you can help directly on a voluntary basis. Simply get **in touch with the following contacts, depending on your interests:**
  - **Are you multilingual and have a good knowledge of German?** Then you can help others. You can find more information here:  
[Oberbergischer Kreis website: The language mediation project](#)  
[@sprachmittler@obk.de](mailto:sprachmittler@obk.de)  
see also [Language mediation](#)
  - **There are multilingual learning and play groups** (these are called Griffbereit, Rucksack-KiTa and Rucksack-Schule). Multilingual mothers or fathers support families there. This support is an accompaniment for the parents. For example, in a parent-child group. Or a parent group in the day-care centre or primary school. You and your family can also take part in these groups yourself.  
You can find more information here:  
Kommunales Integrationszentrum Oberbergischer Kreis  
[Erika Waedt](#)  
[Schützenstr. 13, 51463 Gummersbach](#)  
[02261881246](tel:02261881246)  
[@erika.waedt@obk.de](mailto:erika.waedt@obk.de)
  - **Ehrenamtsinitiative Weitblick des Oberbergischen Kreises**  
Do you want to get involved in your local communities? Then this initiative is for you.  
**Contact:**  
[Christine Bray](#)  
[02261881271](tel:02261881271)  
[Bismarckstr. 9a, 51643 Gummersbach](#)  
[@weitblick@obk.de](mailto:@weitblick@obk.de)
  - **Repair Cafés der Ehrenamtsinitiative Weitblick**  
Repairing instead of throwing away is the motto. At the meetings, volunteers repair broken electrical appliances free of charge. Clothes with holes can also be sewn there. You can find a list of Repair Cafés and further information here:  
[Website Oberbergischer Kreis: Repair Café](#)
  - **Ehrenamts-Akademie**  
To support volunteers, the district's Ehrenamts-Akademie offers free seminars. The current programme and more information can be found here: [Website Oberbergischer Kreis: Ehrenamts Akademie](#)

## Responsible offices

### Immigration office

#### Would you like to live in Germany but come from another country?

There are certain rules for entry and residence. The foreigners authority (Ausländerbehörde) is responsible for implementing these rules. There are various regulations. These depend on whether



- You are seeking asylum
- you are travelling from a third country
- you come from an EU country.

💡 Have you fled Ukraine because of the war? Then special regulations apply.

### Asylum

**Asylum** is a protected right in Germany. Its purpose is to offer people from other parts of the world protection from violence, war and terror. The Federal Office for Migration and Refugees (BAMF) decides in the asylum procedure whether you are entitled to such protection.



You can find more information here:

-  [Website of the BAMF - Asylum](#)
-  [Service portal of the Oberbergischer Kreis](#)

### Entry as a member of a third country

Are you from a **third country**? Are you not a citizen of Germany or an EU country? Then you must have a national visa when you enter Germany. Would you like to stay in Germany permanently? Then you must apply for a residence permit after entering the country. To do this, register at the [Citizens' Service](#) Centre with your main place of residence.



You can find more information here:

-  [BAMF website - Immigrants from third countries](#)
-  [Service portal of the Oberbergischer Kreis](#)

### Entry as an EU citizen

Are you a citizen of an **EU member state**? Would you like to work, study or do an apprenticeship in Germany? The rules of the EU allow you to come to Germany for three months without a visa. You will need a valid passport or identity card to enter the country.

You can find more information here:


-  [Website of the BAMF - Immigrants Europe](#)
-  [Service portal of the Oberbergischer Kreis](#)

### Entry from Ukraine

Have you fled **Ukraine** because of the war? Then you will receive a temporary humanitarian residence permit. After entering the country, you must apply for a residence permit and register your main place of residence at the [Citizens' Service](#) Centre.  
You can find further information here:

 [Service portal of the Oberbergischer Kreis](#)

#### Contact details:

 [Stahlstraße 5, 51645 Gummersbach](#)

 [+49 \(0\) 2261883202](#)

#### Federal Employment Agency Gummersbach

### Is your asylum procedure still ongoing? Or are you a tolerated person?

Then the Federal Employment Agency (Bundesagentur für Arbeit) is your point of contact. They will help you with questions about the transition between school and work (careers advice). They will place you in work. And they provide advice on further vocational training.

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

**Important: There is no counselling without an appointment!**

#### Contact us:

 [Singerbrinkstraße 43, 51643 Gummersbach](#)

 [+49 \(0\) 8004555500](#)

### Are you recognised?

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

#### Health department

Here you can find help on various health issues:

 [Health department](#)

#### Job centre

### Are you recognised and looking for work?

The job centre (Jobcenter) is your contact if you don't have a job. The centre will help you financially. It will place you in jobs and training programmes.

Make an appointment at the job centre where you live.

- They will register you as a customer there.
- They will record your background.
- Make an appointment with the benefits department there.
- There you make an appointment with the job centre.
- They will register you as a jobseeker.

Have you already attended an integration course? Bring your certificate with you. If not, bring the commitment to the course with you.


Do you have documents relating to school attendance or training? Do you have job references?

Have your foreign qualifications been recognised? Please bring these with you.


Tell us about any special skills you have (crafts, language skills).

The employees will treat your data confidentially. Before the appointment, think about which area of work interests you.

Do you have a volunteer companion? Then you must give them a power of attorney. This must be completed in full and signed by both parties.

 On some days you can drop in without an appointment. On the websites you will find the current opening hours and all telephone numbers depending on where you live:


### **Jobcenter Bergneustadt**

 [Otheistr. 2a, 51702 Bergneustadt](#)

 [+49 \(0\) 2261501850](#)

 <https://www.jobcenter-oberberg.de/bergneustadt.php>


### **Jobcenter Engelskirchen**


 [Engelsplatz 8, 51766 Engelskirchen](#)

 [+49 \(0\) 2263968780](#)

 <https://www.jobcenter-oberberg.de/engelskirchen.p...>

### **Jobcenter Gummersbach**


 [Fabrikstraße 2-4, 51643 Gummersbach](#)

 [+49 \(0\) 226181560](#)

 <https://www.jobcenter-oberberg.de/gummersbach.php>

### **Jobcenter Hückeswagen**


 [Marktstraße 2, 42499 Hückeswagen](#)


 [+49 \(0\) 2192936780](#)

 <https://www.jobcenter-oberberg.de/hueckeswagen.php>


### **Jobcenter Lindlar**

 [Borromäusstraße 1, 51789 Lindlar](#)

 [+49 \(0\) 2266805950](#)

 <https://www.jobcenter-oberberg.de/lindlar.php>


### **Jobcenter Marienheide**

 [Jahnstraße 13, 51709 Marienheide](#)

 [+49 \(0\) 2264200970](#)


 <https://www.jobcenter-oberberg.de/marienheide.php>

### **Jobcenter Morsbach**

 [Wisseraue 1, 51597 Morsbach](#)

 [@Jobcenter-Oberberg.Morsbach@Jobcenter-ge.de](mailto:Jobcenter-Oberberg.Morsbach@Jobcenter-ge.de)

 [+49 \(0\) 2294993780](#)

 <https://www.jobcenter-oberberg.de/morsbach.php>

### **Jobcenter Nümbrecht**


 [Wiesenstraße 16a, 51588 Nümbrecht](#)

 [@Jobcenter-Oberberg.Nuembrecht@Jobcenter-ge.de](mailto:Jobcenter-Oberberg.Nuembrecht@Jobcenter-ge.de)


 [+49 \(0\) 2293816780](#)

 <https://www.jobcenter-oberberg.de/nuembrecht.php>

### **Jobcenter Radevormwald**


 [Carl-Diem-Straße 5, 42477 Radevormwald](#)

 [@Jobcenter-Oberberg.Radevormwald@Jobcenter-ge.de](mailto:Jobcenter-Oberberg.Radevormwald@Jobcenter-ge.de)


 [+49 \(0\) 2195927740](#)

 <https://www.jobcenter-oberberg.de/radevormwald.php>

### **Jobcenter Reichshof**


 [Hauptstraße 12, 51580 Reichshof](#)


 [@Jobcenter-Oberberg.Reichshof@Jobcenter-ge.de](mailto:Jobcenter-Oberberg.Reichshof@Jobcenter-ge.de)


 [+49 \(0\) 2296999000](tel:+49(0)2296999000)

 <https://www.jobcenter-oberberg.de/reichshof.php>

### **Jobcenter Waldbröl**


 [Vennstr. 13a, 51545 Waldbröl](#)

 [+49 \(0\) 2291909420](tel:+49(0)2291909420)

 <https://www.jobcenter-oberberg.de/waldbroel.php>


### **Jobcenter Wiehl**

 [Weiherplatz 1, 51674 Wiehl](#)

 [+49 \(0\) 2262999470](tel:+49(0)2262999470)


 <https://www.jobcenter-oberberg.de/wiehl.php>

### **Jobcenter Wipperfürth**

 [Gladbacher Str. 51, 51688 Wipperfürth](#)

 [+49 \(0\) 2267872710](tel:+49(0)2267872710)

 <https://www.jobcenter-oberberg.de/wipperfuerth.php>

 Here you can find additional information and advice: [Access to the labour market.](#)

Is your asylum application still pending? Or your application has been rejected?  
Then contact the [Federal Employment Agency](#).

**Keywords: work, unemployment, citizen's allowance, financial aid, money, finding work, job seeker**

### **Youth welfare offices of the Oberbergisch district**

### **Children's rights are important**

Every child deserves to be respected and loved. That's why parenting in accordance with children's rights is important for the child and for the whole family.  
Children's rights are rights to which every child and young person under the age of 18 is entitled.

If a child is in danger or living in neglect in their family or with another person, the youth welfare office can take this child into its care.

The youth welfare office (Jugendamt) is responsible for "public youth welfare" and in this sense should

- Promote people in their individual and social development and help to avoid or reduce disadvantages.
- advise and support them in their upbringing.
- help to maintain or create positive living conditions for young people and their families.
- protect children and young people from dangers to their well-being.

💡 If you have a child, the Youth Welfare Office will contact you after a few weeks to visit you. This allows you to get to know the Youth Welfare Office and receive important information and services. The visit is voluntary and free of charge.

**Important:** Children and young people can contact the Youth Welfare Office without their parents knowing!

👤 Unaccompanied refugee minors are subject to youth welfare law. The Youth Welfare Office is also responsible for this.

Anyone can contact the Youth Welfare Office free of charge.

**How to find the youth welfare office in your town:**

**Kreisjugendamt (Bergneustadt, Engelskirchen, Hückeswagen, Lindlar, Marienheide, Morsbach, Nümbrecht, Reichshof und Waldbröl)**

📍 [Am Wiedenhof 5, 51643 Gummersbach](#)

☎ [+49 \(0\) 2261885198](#)

**Jugendamt Gummersbach**

📍 [Rathausplatz 1, 51643 Gummersbach](#)

☎ [+49 \(0\) 2261871218](#)

**Jugendamt Radevormwald**

📍 [Kaiserstraße 140, 42477 Radevormwald](#)

☎ [+49 \(0\) 21956060](#)

**Jugendamt Wiehl**

📍 [Bahnhofstraße 1, 51674 Wiehl](#)

☎ [+49 \(0\) 226299401](#)



## Jugendamt Wipperfürth

📍 [Wupperstraße 12, 51688 Wipperfürth](#)

☎ [+49 \(0\) 226764501](#)

### Police

The police are there to protect us from danger. They also solve crimes. It has nothing to do with the secret service or politics.

Is there a danger? Then you can contact the police at any time at ☎ [110](#) . The call is free of charge.

### Police stations in the Oblerberg district:

#### **Polizei Bergneustadt, Gummersbach, Engelskirchen, Marienheide, Wiehl**

📍 [Hubert-Sülzer-Straße 2, 51643 Gummersbach](#)

☎ [+49 \(0\) 226181993421](#)

#### **Polizei Hückeswagen, Lindlar, Radevormwald, Wipperfürth**

📍 [Lüdenscheider Straße 10, 51688 Wipperfürth](#)

☎ [+49 \(0\) 226181993621](#)

#### **Polizei Morsbach, Nümbrecht, Reichshof, Waldbröl**

📍 [Brölbahnstraße 17 a, 51545 Waldbröl](#)

☎ [+49 \(0\) 226181993521](#)

### Rights in relation to the police

#### What can the police do?

The police are allowed to ask for your ID. If you are not suspected of any specific offence, or there is no proof that there is another suspicious person with you, the police are not allowed to search you. This also applies to your home: Your home may only be searched if you are suspected of an offence, or if the police believe there is a suspicious person in your home. However, if the police say they want to search you or your home, you must say that you do not consent. If you say nothing, you are considered to have given consent. Did you say no? Did the police search your home anyway? Then the police have committed an offence. In this case, contact an advice centre or a lawyer. You have the right to make phone calls during a search. You can also ask someone to come to you. This person can then be a witness and can help you. The police usually need a warrant from a judge.

💡 Women are permitted to ask for a female police officer if they are to be searched.

If you are travelling with a vehicle, the police are permitted to ask for your ID, driving licence and vehicle registration document. The police can also require you to stop and get out of your vehicle. The police are also allowed to check if you have a warning triangle and a first aid kit in your vehicle. However, the police are not permitted to search your vehicle or to test if you are fit to drive (e.g. by asking you to walk in a straight line) if there is no clear evidence that you have alcohol or drugs. If the police do this or demand this from you anyway, you must refuse to consent. If the police force you to do this, they are committing an offence.

💡 If you say nothing, you are considered to have given consent.

The police are only allowed to carry out a blood or urine test if you are accused of an offence. The police usually require permission from a judge for this. The police can only act without a judge's permission if they need to respond immediately (for example, if they will not be able to prove drug or alcohol consumption later on). However, it is important that there really are indications of alcohol consumption or drug use. The police are not allowed to carry out these tests at random. If a police officer tries to carry out a blood or urine test without a plausible reason, you can refuse to consent.

The police are not allowed to take you to a police station if they don't have a reason. If a police officer demands that you go with them, you can refuse to consent. If the officer takes you with them anyway, they are committing an offence. In this case, you should contact a lawyer. If you do not know a lawyer yourself, you can contact the [Anwaltlichen Notdienst in Strafsachen](#) of the Vereinigung Berliner Strafverteidiger e.V. at ☎ [01723255553](tel:01723255553) and ask for assistance. The staff there can be contacted day and night.

If you are questioned by the police, you have the right to remain silent. In other words: You don't have to answer their questions. You should not answer their questions without a lawyer. If you receive a written invitation from the police, you don't have to go. The only invitations you must follow are from the public prosecutor's office (Staatsanwaltschaft) or a court. Be sure to contact a lawyer beforehand.

You have the right to ask for a police officer's official ID and to write down their details. This is important if you wish to make a criminal complaint against the officer later. It's also always helpful to ask passers-by to monitor the situation. That means you have witnesses. Important: A criminal complaint must be made within three months of the incident. You can file this complaint at the public prosecutor's office (Staatsanwaltschaft). That means you don't have to go to the police.

## **Responsibilities of the police**

There are laws which govern what the police can and can't do. For example, in order to search a house, they need a warrant from a judge. Unless there is great danger to a person in the home.

Do not try to bribe the police. Attempted bribery of police officers is a serious offence in Germany.

## **When should I call the police?**

Are you or another person in danger? Have you witnessed a crime? Then call the police. It may be an assault. Or a robbery. Or theft, arson or criminal damage. Sexual abuse, physical assault and threats are also the responsibility of the police. You should also call the police in the event of domestic violence.

If you dial the emergency number ☎ [110](tel:110), the police will be with you as soon as possible.

**Important:** If you have been the victim of right-wing, racist, anti-Semitic, Islamophobic, homophobic or transphobic violence, you can contact the police at any time.

You can also call the police in the event of a minor breach of the law. For example, if someone does not comply with quiet times and plays loud music at night.

And you can also tell the police if you notice political or religious radicalisation among young people you know. You can also contact the BAMF's Radicalisation Advice Centre at ☎ [09119434343](tel:09119434343) in several languages.

## Social welfare offices of the Oberberg district

### Are you unable to work and need financial help?

You can receive financial assistance if you are unable to work. This assistance is called social assistance (Sozialhilfe). It supports you if you do not have enough money to live on. Social assistance is provided by the social welfare offices (Sozialämter) of the Oberberg district. You can receive social assistance

- for basic security in old age.
- if you are unable to work more than three hours a day for the foreseeable future.
- if you are in need of care and are not insured.
- for your living expenses.
- to overcome social difficulties.
- for your health if you are not insured.
- in life situations that you cannot cope with on your own.

If you need help, contact the social welfare office in your place of residence. There you must state whether you own any valuable items. This could be jewellery or cars, for example. You sign a number of documents and declarations. The social welfare office will then check whether you can get financial help.

**Ask the social welfare office which documents you need to bring with you to an appointment!**

### Other benefits you can receive from the Social Welfare Office:

- Vouchers for babies (For example, for the first things you need)
- Money for school children (for example, trips with the school or for sports)
- Money for meals at school or [daycare centre](#)
- Money for a person to help your child with schoolwork.


You can find more information here: [Education and participation](#) and  [Website BUT.](#)

### You can also find help with the following topics:

- Activities and employment programme
- Applications for housing benefit and housing entitlement certificates
- Medical certificates, authorisations for operations and other treatments


### Make an appointment at the social welfare office in your town:


#### Sozialamt Bergneustadt

 [Kölner Str. 256, 51702 Bergneustadt](#)


 [+49 \(0\) 2261404101](#)

#### Sozialamt Engelskirchen

 [Engels-Platz 4, 51766 Engelskirchen](#)

 [+49 \(0\) 2263830](#)

#### Sozialamt Gummersbach


 [Rathausplatz 1, 51643 Gummersbach](#)

 [+49 \(0\) 2261871218](#)

#### Sozialamt Hückeswagen

 [Bahnhofplatz 14,, 42499 Hückeswagen](#)


 [@Astrid.Troeder@hueckeswagen.de](mailto:Astrid.Troeder@hueckeswagen.de)

 [+49 \(0\) 219288234](#)


#### Sozialamt Lindlar

 [Borromäusstraße 1, 51789 Lindlar](#)

 [@bruno.schneider@lindlar.de](mailto:bruno.schneider@lindlar.de)

 [+49 \(0\) 226696228](#)

#### Sozialamt Marienheide

 [Hauptstraße 20, 51709 Marienheide](#)

[@paul.ped@marienheide.de](mailto:@paul.ped@marienheide.de)

[+49 \(0\) 22644044167](tel:+49(0)22644044167)

### **Sozialamt Morsbach**

[Bahnhofstraße 2, 51597 Morsbach](#)

[@Sylke.goerres@gemeinde-morsbach.de](mailto:@Sylke.goerres@gemeinde-morsbach.de)

[+49 \(0\) 2294699351](tel:+49(0)2294699351)

### **Sozialamt Nümbrecht**

[Hauptstraße 16, 51588 Nümbrecht](#)

[+49 \(0\) 2293302155](tel:+49(0)2293302155)

### **Sozialamt Radevormwald**

[Hohenfuhrstraße 13, 42477 Radevormwald](#)

[+49 \(0\) 21956060](tel:+49(0)21956060)

### **Sozialamt Reichshof**

[Hauptstraße 12, 51580 Reichshof](#)

[@info@reichshof.de](mailto:@info@reichshof.de)

[+49 \(0\) 2296801227](tel:+49(0)2296801227)

### **Sozialamt Waldbröl**

[Nümbrechter Str. 19, 51545 Waldbröl](#)

[@sozialamt@waldbroel.de](mailto:@sozialamt@waldbroel.de)

[+49 \(0\) 2291850](tel:+49(0)2291850)

### **Sozialamt Wiehl**

[Homburger Straße 7, 51674 Wiehl](#)

[+49 \(0\) 226299270](tel:+49(0)226299270)

## Sozialamt Wipperfürth

📍 [Marktplatz 1,, 51688 Wipperfürth](#)

☎ [+49 \(0\) 2267640](tel:+492267640)

## Municipal integration management

The municipal integration management of the Oberbergischer Kreis advises you and promotes your integration. Especially if you are about to change legal status. You can be accompanied, regardless of whether you have been in the country for some time or have just arrived.

### Contact persons (case managers)

It is important to personalise the transition appropriately. This is especially true when a change of legal status is imminent. For example, immigrants can be supported before and during the transition. It doesn't matter whether you have been in the country for a long time. Or whether you have just arrived. The case managers support and accompany immigrants. Age or residence status are irrelevant.

Do you have questions about finding a job? Or are you looking for a language course? Do you have financial or family problems and are you looking for help? Do you need help finding a flat? The case managers will work with you to develop ideas and solutions.

The first step is a detailed initial counselling session. Then the various legal groups are networked. This is followed by an evaluation. This removes any obstacles to integration.

Participation in case management is voluntary for you. It costs nothing and is confidential.

**You can find the contact persons in the local authorities here. Is your place of residence not listed? Then please contact Kommunale Integrationszentrum 🧑 Dennis Berster @ [dennis.berster@obk.de](mailto:dennis.berster@obk.de)**

### Bergneustadt

#### Simone Junge

📍 [Kölner Str. 256, 51702 Bergneustadt](#)

@[simone.junge@bergneustadt.de](mailto:simone.junge@bergneustadt.de)

☎ [+492261404218](tel:+492261404218)

### Hückeswagen

#### Tobias Menger

📍 [Bahnhofsplatz 14, 42499 Hückeswagen](#)

✉ [@Tobias.Menger@hueckeswagen.de](mailto:@Tobias.Menger@hueckeswagen.de)

☎ [+49 \(0\) 22644044117](tel:+49(0)22644044117)

**Lindlar**

**Monika Fiolka**

📍 [Borromäusstr. 1, 51789 Lindlar](#)

✉ [@monika.fiolka@lindlar.de](mailto:@monika.fiolka@lindlar.de)

☎ [+49226696217](tel:+49226696217)

**Marienheide**

**Waldemar Leinweber**

📍 [Zum Marktplatz 6, 51709 Marienheide](#)

✉ [@waldemar.leinweber@marienheide.de](mailto:@waldemar.leinweber@marienheide.de)

☎ [+4922644044139](tel:+4922644044139)

**Morsbach**

**Uwe Schmidt**

📍 [Bahnhofstr. 2, 51597 Morsbach](#)

✉ [@uwe.schmidt@caritas-oberberg.de](mailto:@uwe.schmidt@caritas-oberberg.de)

☎ [+492294699362](tel:+492294699362)

**Nümbrecht**

**Anna Schwier**

📍 [Hauptstr. 16, 51588 Nümbrecht](#)

✉ [@anna.schwier@nuembrecht.de](mailto:@anna.schwier@nuembrecht.de)

☎ [+492293302156](tel:+492293302156)

**Waldbröl**

**Marion Hütten**

📍 [Nümbrecht Str. 19, 51545 Waldbröl](#)

✉ [@marion.huetten@ekir.de](mailto:@marion.huetten@ekir.de)

☎ [+49229185242](tel:+49229185242)

**Wiehl**

**Lilly Roland**

📍 [Schulstr. 9, 51674 Wiehl](#)

✉ [@l.roland@wiehl.de](mailto:@l.roland@wiehl.de)

☎ [+49226299408](tel:+49226299408)

**Wipperfürth**

**Gabriele Steffl**

📍 [Marktplatz 1, 51688 Wipperfürth](#)

✉ [@gabriele.steffl@caritas-oberberg.de](mailto:@gabriele.steffl@caritas-oberberg.de)

☎ [+491752681165](tel:+491752681165)

**Kommunales Integrationszentrum  
Case Management des Oberbergischen Kreises**

**Kirsten Bückers**

📍 [Schützenstr. 13, 51643 Gummersbach](#)

✉ [@kirsten.bueckers@obk.de](mailto:@kirsten.bueckers@obk.de)

☎ [+492261881257](tel:+492261881257)

💡 Here you can find a multilingual flyer on case management 🌐 [Oberbergischer Kreis: KIM - Kommunales Integrationsmanagement](#)

## Asylum and migration

### Federal Office for Migration and Refugees (BAMF)

The Federal Office for Migration and Refugees (BAMF) is the competence centre for asylum, migration and integration in Germany.

Here you will find the answers to questions on specific topics:

- Migration and residence
- Integration
- Authority



- Asylum and refugee protection
- Return
- Responsible government offices
- Career

 [BAMF - Federal Office for Migration and Refugees -](#)

## Refugee counselling

### Do you need help with your asylum procedure?

Then you will find support from the refugee counselling service. They will clarify your right of residence and inform you about the procedure. It will also clarify the legal situation in individual cases. If you have questions about family reunification, for example, you can seek advice. Or if you want or need to return to your country of origin, you will receive support.

If necessary, this counselling service will refer you to other specialist services that can help you further.

The counselling service works together with interpreters. If you have legal questions, the staff there are also supported by lawyers.

The refugee counselling service develops and supports local projects. It is actively committed to a diverse society in the communities. In this way, it creates encounters between locals and immigrants. Integration services such as language courses are also part of the programme.

💡 Do you have a secure right of residence? Then the [migration counselling service for adult immigrants](#) can also help you. People aged 27 and over are counselled there. This centre is also there to advise families.

💡 Are you between 12 and 27 years old? Then the [Youth Migration Service](#) is the right address for you.

**You can find the addresses of the counselling centres here. You can find more information on their websites:**

#### **Flüchtlingsberatung Kirchenkreis an der Agger**

📍 [Hindenburgstraße 31, 51643 Gummersbach](#)

☎ [+49 \(0\) 226161033](#)

@ [fluechtlingsberatung.anderagger@ekir.de](#)

 [Website Kirchenkreis an der Agger](#)

💡 Personal counselling on site only takes place with an appointment. Online counselling is also possible.

#### **Flüchtlingsberatung Caritas**

📍 [Talstraße 1, 51643 Gummersbach](#)

☎ [+49 \(0\) 22613060](#)

 [Website Flüchtlingsberatung Caritas](#)

#### **Flüchtlingsberatung Diakonie Kirchenkreis Lennep**

📍 [Schloßmacherstr. 13, 42477 Radevormwald](#)

☎ [+49 \(0\) 21959287444](#)

 [Website Diakonie Lennep](#)

**Further contacts:**  [Oberbergischer Kreis website](#)

## Refugee initiatives

Refugee initiatives are groups of people who support refugees. These people do this on a voluntary basis, i.e. without payment. They are called "the volunteers". The volunteers help you to find your way around.

### What exactly do the volunteers do?

- They show you important advice centres.
- They help you learn German.
- They look for suitable leisure and sports activities with you.
- They support you with applications.
- They accompany you to the doctor.
- They will help you with career guidance.
- They will show you how to look for a job or internship.
- They support you in your search for accommodation.
- and much more...

The volunteers support you free of charge.

### Would you like a volunteer to support you?

**You can contact the refugee organisation in your area directly. If you don't know where it is, talk to your [social welfare office](#).**

**Keywords: helper, helper circles, help, support, everyday life, volunteer, voluntary work**

## Return counselling

### Are you no longer able or willing to stay in Germany?

Then you have the option of receiving support. This help can be organisational or financial. Do you know all your options? It is important to know and understand them. Only then can you make an informed decision.

Return counselling is individual. It is also non-binding and open-ended. Counselling does not oblige you to leave the country.

You can receive free and confidential counselling:

- for questions about returning to your home country,
- on applying for travel expenses and financial resources,
- organising your departure,
- the current situation in your country of origin,
- dealing with the authorities,

- obtaining travel documents,
- to set up a business in your home country,
- to help you make contact with organisations in your home country.

Please make an appointment.

### Contact:

#### Kontakt Caritasverband für den Oberbergischen Kreis e.V.

📍 [Talstraße 1, 51643 Gummersbach](#)

☎ [022613060](#)

🌐 [Website Caritas](#)

You can find further advice centres in the district here 🌐 [Return counselling Oberbergischer Kreis](#).

💡 You can also contact the IOM. The IOM is the 🌐 [International Organisation for Migration](#). You can also find information on the information sheet on voluntary return on the [BAMF website](#) 🌐.

## Advice centres

### Jugendmigrationsdienst (Youth Migration Service)

The youth migration services (Jugendmigrationsdienste, short: JMD ) support you as a young immigrant aged between 12 and 27. They will help you to find your way around Germany as quickly as possible. The advice is free and confidential. The most important goal is to improve your chances at school and to help you in your training and career.

### They provide support with the following issues:

- general orientation
- Facilitation in language courses
- School, career, training and studies
- Help with the recognition of school and university degrees as well as professional qualifications
- Residence
- financial and legal matters
- Information on what you can do in your free time.
- Who else can help you?
- official matters

### Contact:

You live in Hückeswagen, Radevormwald, Wipperfürth, Marienheide, Gummersbach, Lindlar, Engelskirchen or Bergneustadt? Then the Caritas Oberberg Youth Migration Service is the right place for you:

Caritas Association for the Oberbergischer Kreis e.V.

📍 [Talstraße 1, 51643 Gummersbach](#)

🌐 [Website JMD Caritas](#)

You live in Waldbröl, Reichshof, Nümbrecht, Morsbach or Wiehl? Then the Youth Migration Service of the IB Waldbröl is the right place for you.

IB West gGmbH

📍 [Vennstraße 4, 51545 Waldbröl](#)

🌐 [Website JMD IB West](#)

**Are you older than 27?** Then the migration counselling service for adults will support you:

[MBE](#)

Are you a refugee and have specific questions about the asylum procedure? Then the regional [refugee counselling](#) service will support you.

**Key words: Counselling, orientation, information, help for young people, learning German, language course search, school, job, training, professional orientation, recognition of qualifications**

## Migration counselling for adult immigrants

### Do you have questions about living in Germany and are at least 27 years old?

The migration counselling service for adult immigrants (Migrationsberatung für erwachsene Zugewanderte) can help you. For example, it can help you find a language course. Do you want to work and have questions about your qualifications? Here you will find information on the recognition of foreign qualifications and certificates. If you have other questions about work or residence, you will also find help there.

### The counselling service is for:

- EU citizens
- late emigrants
- Recognised asylum seekers
- Asylum seekers in the asylum procedure, if they have access to integration courses
- Persons from third countries (non-EU countries)

### The topics of the counselling are

- General questions about living and working in Germany.
- German language and integration courses.
- Which law applies to your residence? This concerns questions about the right to stay, freedom of movement and family reunification.
- Information on work and career. Recognising your profession is also important.

- Social structures, housing benefit.
- Offers and help with personal and family problems.
- Education, school and family.

Counselling is available in several languages. It is anonymous and free of charge. Your data remains secure.

### Contact:

Caritasverband für den Oberbergischen Kreis e.V.

 [Talstraße 1, 51643 Gummersbach](#)

 [MBE Caritas Oberberg](#)

You can register online for counselling. Please use this link:

 [Caritas website](#)

**Are you under the age of 27?** Then the [Youth Migration Service \(JMD\)](#) can help you

Are you a refugee and have specific questions about the asylum procedure? Then the [regional refugee counselling](#) service can help you.

**Keywords: migration, advice centres, German courses, integration courses, advice for adults, work, professional qualifications, family, help, support, prospects in Germany**

### Psychological counselling centres

### Are you suffering from trauma, an acute crisis or psychological stress?

Psychological counselling centres can support you if you are finding it difficult to solve current problems. Or if you are even suffering from an acute crisis. They also help you to learn certain skills to get through life better overall. Counselling is free and confidential.


You can find counselling and support for issues such as

- Problems in your marriage or partnership.
- Problems in the family.
- A difficult separation.
- Problems at work.
- a difficult phase of life.

The counselling sessions can take place individually, as a couple or as a family.

### Contacts:

Beratungsstelle "Baumhof". Beratung für Eltern, Kinder, Jugendliche und junge Erwachsene

 [Im Baumhof 5, 51643 Gummersbach](#)

 [Website Oberbergischer Kreis: Der Baumhof](#)

Psychologische Beratungsstelle für Eltern, Kinder und Jugendliche „Herbstmühle“

📍 [Herbstmühle 3, 51688 Wipperfürth](#)

🌐 [Website: Beratung in Wipperfürth](#)

Beratungsstelle für Ehe-, Familien- und Lebensfragen (short: EFL)

📍 [Hömerichstraße 7, 51643 Gummersbach](#)

🌐 [Website: EFL Beratung](#)

The [Caritas refugee counselling](#) service 🌐 can help with psychological problems resulting from flight. They can advise you, for example, if you have suffered trauma and are looking for therapy. Psychosocial counselling, support, help and guidance can also be found at the psychosocial counselling centre of the Oberbergischer Kreis: 🌐 [PSB](#). It works together with social institutions, advice centres, specialist clinics, social services and the Oberberg Job Centre.

## Addiction counselling

People can be addicted to drugs, alcohol or medication. Gambling, the internet or computer games can also be addictive. There are often conflicts in the family. There are also problems with money, work or even with the police.

Addiction is an illness. But you can't say exactly when someone is addicted.

### If you have any questions or need counselling, please contact:

Suchtberatung Caritas

📍 [Talstraße 1, 51643 Gummersbach](#)

🌐 [Website Suchtberatung Caritas](#)

Addiction Counselling Evangelical Church District Hückeswagen

📍 [Markstraße 47, 42499 Hückeswagen](#)

🌐 [Website Diakonie](#)

**Keywords: worries, anxiety, parenting, crises, divorce, conflicts**

## Debt counselling

Some people have little money. They can't pay their bills and have debts. The debts get bigger and bigger. So do the worries. Debt counselling (Schuldnerberatung) helps to solve the problem with the money. Debt counselling also helps with drawing up a budget.

### For example, debt counselling helps people

- who cannot pay their rent
- who are afraid that they will no longer be able to pay for electricity and heating
- who are afraid of losing their job
- who cannot pay their bills
- who don't know what they have to pay
- who don't know how to pay for everything

- who want to manage their money better
- who need a bank account that cannot be seized

### **Debt counselling helps and supports you with**

- getting out of debt
- an overview of your debts and creditors
- Limiting the increase in your debt
- obligation to pay
- Consultations with creditors
- Correspondence
- Planning your income
- Account management
- Stabilisation of the overall situation
- Debt settlement in the context of insolvency proceedings

Counselling is provided on a voluntary basis. It is free of charge and subject to confidentiality!

### **Contact:**

#### **Debt counselling AWO Engelskirchen and Wipperfürth**

📍 [Hüttenstraße 25, 51766 Engelskirchen](#)

🌐 [Website AWO Schuldnerberatung](#)

#### **Debt counselling and insolvency counselling Caritas Oberberg**

📍 [Talstraße 1, 51643 Gummersbach](#)

🌐 [Caritas debt counselling website](#)

#### **Debt counselling and insolvency advice centre Diakonie Kirchenkreis An der Agger**

📍 [Auf der Brück 46, 51645 Gummersbach](#)

🌐 [Website Schuldnerberatung Diakonie](#)

**Keywords: counselling centres, help, bills, bank, credit, finances, worries, problems, money worries, money problems, financial problems**

### **Pregnancy counselling**

#### **Do you need pregnancy counselling?**

The pregnancy counselling service (Schwangerschaftsberatung) is a voluntary counselling service. It provides you with information about planning, pregnancy and birth. Counselling is free and confidential.

The counselling centres listed below are there for you

- if you would like advice on contraception.

- if you are pregnant and have questions about social or legal issues.
- if you have medical questions about pregnancy.
- if you need psychological counselling.
- if you have questions about prenatal diagnostics.
- if you need financial help during pregnancy.
- if you are unable to have children but wish to do so.
- if you would like a confidential or anonymous birth.
- if you would like help after a termination, stillbirth or miscarriage.
- if you have questions after the birth and would like support.

A need for counselling also arises from the conflict that arises when a pregnant woman wishes to have an abortion. There is a special form of counselling for this situation in Germany. Only after this counselling can an abortion be carried out without penalty. The counselling centre must be state-approved in order to issue you with a certificate for the doctor.

You can use the contacts listed below for counselling on your concerns. Your partner can also receive counselling.

Each counselling centre has its own focus. Please refer to the respective website or call:

**Schwangerschafts-, Eltern- und Väterberatung - esperanza - Caritasverband für den Oberbergischen Kreis e.V.**

📍 [Talstraße 1, 51643 Gummersbach](#)

☎ [+49 \(0\) 2261306140](#)

@ [esperanza@caritas-oberberg.de](mailto:esperanza@caritas-oberberg.de)

🌐 [Website Schwangerschaftsberatung Esperanza](#)

💡 There are also offers in groups for parents with children between the ages of 0 and 3.

💡 Online counselling is also possible here.

**Katholische Familienbildungsstätte Wipperfürth - Haus der Familie**

📍 [Klosterstraße 2, 51688 Wipperfürth](#)

🌐 [Website Haus der Familie](#)

**Caritas-Haus Radevormwald**

📍 [Hohenfuhstraße 17, 42477 Radevormwald](#)

💡 Online counselling is also available here:

🌐 [Registrierung Schwangerschaftsberatung \(caritas.de\)](#)

**Beratungsstelle für Familienplanung und Schwangerschaftskonflikte im Gesundheitsamt des Oberbergischen Kreises**




📍 [Am Wiedenhof 1-3, 51643 Gummersbach](#)




🌐 [Oberbergischer Kreis: Beratungsstelle für Familienplanung und Schwangerschaftskonflikte \(obk.de\)](#)



💡 [Gesundheitsamt](#)




**Beratungsstelle für Familienplanung und Schwangerschaftskonflikte  
AWO Oberberg e.V. Bergneustadt**



 [Kölner Straße 173, 51702 Bergneustadt](#)  
 [+49 \(0\) 2261946950](#)  
 [Website AWO Schwangerschaftsberatung](#)

**donum vitae Beratungsstelle Oberberg e. V.**  
 [Gummersbacher Straße 17, 51645 Gummersbach](#)  
 [+49 \(0\) 2261816750](#)  
 [Website donum vitae Oberberg e.V.](#)

 You can also find help by calling  [08004040020](#). You can get counselling here anonymously and free of charge. You can get help here around the clock. You can also receive counselling in a foreign language.

 You can also find information on pregnancy and the desire to have children here:  [Federal Foundation Mother and Child](#) and  [Website bmfsfj](#)

**Keywords: Baby**

## Advice for senior citizens and carers

In need of care means that a person cannot manage their everyday life independently and requires help. The reasons for this can be Age, illness or even an accident.

The senior citizens and care advice centre in the Oberbergischer Kreis district provides free and independent information to those affected and their relatives about the services available in the care sector and supports them in organising care provision.


The following questions are frequently asked by those affected or their relatives:

- Where do I apply for a care degree?
- Which outpatient care service is suitable for me?
- Who offers home care courses?
- What aids are available?
- Who will care for me if my relatives want to go on holiday?
- Where can I find day and short-term care facilities?
- What should I do if I want to move into a care home?
- What does the care insurance fund pay? Who pays the rest?

Counselling can be provided in person, in writing, by telephone or digitally in a video conference.

You can find the contact details of the advice centres in the individual towns and municipalities here:

## Manuela Bergmann | Senioren- und Pflegeberatung

 [Kölner Str. 256, 51702 Bergneustadt](#)

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 <https://www.obk.de/cms200/gesundheitsoziales/pfl...>

### **Further advice centres**

There are counselling centres for many situations:

- if you are in a difficult situation.
- if you need help in structuring your everyday life.
- if you need help with the authorities.
- if you have lost or may lose your home.

### **General social counselling at VSB gGmbH:**

There are various projects. For example, for families and parents with children. Or for people from the **European Union (EU)**. Or for the unemployed and jobseekers. VSB gGmbH will advise you, for example, if you are in a difficult financial situation. If you need help with the authorities. If you have lost or may lose your home.


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**Contact:**

VSb gemeinnützige GmbH



[Ahestraße 2, 51645 Gummersbach](#)

 [+49 \(0\) 226179580](tel:+49(0)226179580)



[info@vsb-ggmbh.com](mailto:info@vsb-ggmbh.com)

 [Website VSB gGmbH](#)

## Help and counselling in cases of violence

The violence counselling centres offer advice and support for all girls, boys and women who experience sexualised, psychological or physical violence or are threatened by violence or have experienced it in the past. They receive advice and support. Counselling is always free of charge and anonymous!

**Contact:**

**Caritasverband für den Oberbergischen Kreis e. V.**



[Talstraße 1, 51643 Gummersbach](#)



[02261306841](tel:02261306841)



[Caritas Association website](#)

**nina+nico e. V.**



[Kaiserstraße 21-27, 51645 Gummersbach](#)





[0226124792](tel:0226124792)



[info@nina-nico.de](mailto:info@nina-nico.de)



[www.nina-nico.de](http://www.nina-nico.de)

 You can reach the "Violence against women" helpline at  [116016](tel:116016). The counselling service is anonymous, free of charge, barrier-free and available in 18 foreign languages.

## Health

### General information on health

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

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

**In an emergency, you can find help here [Emergency numbers SOS](#)**

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

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

## Visiting a doctor

### Family doctors and specialist doctors

Are you sick? Then see your Hausarzt (family doctor). You can choose your family doctor. Family doctors decide their own consultation hours. Do you need help from your family doctor? Make an appointment.

Family doctors carry out important medical check-ups. They are your first point of contact if you are ill. They will decide which medication you need. They will also decide whether you need to see a specialist.

If necessary, your family doctor will refer you to a specialist. These can carry out special examinations.

💡 Do you need help finding a suitable doctor? Ask a support network. Or ask the support staff in your accommodation.

💡 Are you seeking asylum? Are you sick? Do you need to see a doctor? You will then receive a certificate for the treatment from the [social welfare office](#). This means your visit to the doctor will be free of charge.

💡 Do you need surgery? Is it not an emergency? The [social welfare office](#) must then authorise the stay in hospital. Apply for this approval before you go to hospital. Your doctor will provide you with a medical certificate. The Social Welfare Office will only cover medically necessary operations.

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

📍 You can find emergency medical practices [here](#). These are doctors who can help outside regular consultation hours.

## Health department

The public health department (Gesundheitsamt) looks after people's health. It has many different tasks. For example, it ensures that hygiene rules are observed. It also prepares expert reports and opinions for doctors. It is particularly committed to the health of children and young people. It also looks after dental health. Its tasks also include promoting health and preventing illness. People with mental health problems and their families can get help.

### Here you can find help on various topics:

- Questions about health so that you can advocate for your health.
- Hygiene in companies. These can be hospitals and care facilities.
- Do you want to work in a restaurant? Then you need instructions from the public health department on how to protect yourself from infection.
- Carrying out anonymous HIV tests.
- Information in schools and kindergartens on how to prevent diseases.
- Examination of children in kindergarten and children before they can go to school.
- Counselling on vaccinations, pregnancy and mental health problems.
- Health counselling on protection for prostitutes.
- Informing the public about health risks.

Please tell the public health department about your topic and make an appointment.

#### Contact:

#### Gesundheitsamt

📍 [Am Wiedenhof 1-3, 51643 Gummersbach](#)

✉ [@amt53@obk.de](mailto:@amt53@obk.de)

☎ [+49 \(0\) 2261885305](tel:+49(0)2261885305)

#### Health Insurance

In Germany, insurance is compulsory. Do you have a residence permit? Then you must register with a regular health insurance scheme. An insurance card will be sent to you. Then you will get the same healthcare services as all residents in Germany.

🌐 [Website Krankenkassen](#)

If you have an acute illness in another country, you can also receive basic healthcare in many doctors' practices and hospitals in other countries. You can get information about this from your health insurance provider.

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

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

#### Insurance card



The insurance card is very important. It means that when you see the doctor, the treatment will be paid by your insurance. The card also insures you across Europe. It is called the European Health Insurance Card (EHIC). It means you can see a doctor in all EU countries.

💡 Travelling to a country outside the EU? Then you should get additional insurance. Insurance for other countries will protect you when you travel. It is called foreign health insurance ("Auslandskrankenversicherung").

Do you want to understand the German healthcare system? On this  [Website](#) you will find information. The information is available in German and English.

👥 As refugees and asylum seekers, you do not yet have health insurance. You need a health insurance certificate. This will allow you to see a doctor. You can get these certificates from the [Social Welfare Office \(Sozialamt\)](#).

## Medicines and pharmacies

### Do you need medication?

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

Search for pharmacy emergency services

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

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

## Language


### Language mediation

#### Language mediators (interpreters)

If you speak little German and go to an office, you need someone to translate into your language for you. This is also helpful at parents' evenings at school or kindergarten.

Some authorities and organisations have interpreting support themselves. If you make an appointment, please always ask whether someone will be provided free of charge.

If the institutions themselves do not have anyone available, they can contact the Municipal Integration Centre in Gummersbach. **Placement via the Municipal Integration Centre takes place exclusively via the facilities, as they have to clarify the conditions.** However, some assignments (e.g. medical appointments and AOSF procedures) are excluded here.

The organisations can find out more about this at  [Contact person Language mediator pool](#)

It is important to know that language mediators cannot advise you. They only translate!

💡 Documents such as certificates, marriage certificates or birth certificates must be translated by state-certified translators in Germany. Only then will an office or authority accept them. These translations can be expensive. It is best to check carefully beforehand whether you really need a certified translation. Compare the prices. If you are at the [Federal Employment Agency](#) or the [Job Centre](#), ask whether a translation will be paid for and what you need to do.

You can search for state-certified interpreters in this database:

🌐 [www.justiz-dolmetscher.de](http://www.justiz-dolmetscher.de)

## Would you like to work as a volunteer language mediator yourself?

Do you speak German very well (B2)? Then you can help other people with your native language. Accompany them to public offices or appointments in schools or daycare centres. You can find more information at 🌐 [Language mediation](#)

## Overview of language course providers

### Integration courses

The 🌐 [Federal Office for Migration and Refugees](#) (BAMF) offers integration courses. Here you learn German. You will also learn something about Germany. For example, about the history, culture and legal system.

The general integration course consists of a language course and an orientation course. The language course concludes with the examination "Deutsch-Test für Zuwanderer". You will then learn more about German culture, politics and social life in the orientation course. You complete the course with the final test "Living in Germany".

You must apply for the integration course at the BAMF. The language course providers and [advice centres](#) will help you with this. You need authorisation from the BAMF to register. You can take the integration course at any language school in the Oberberg district.

The BAMF will tell you which requirements you need to fulfil.

### Costs:

The [job centre](#) or [social welfare office](#) can tell you whether you can attend the course free of charge.


The language course provider and the counselling centres will help you to apply for the costs to be covered. They will also advise you on possible funding. You can find more information on the BAMF website.

### Where are there free places on integration courses?

You can enquire about available places at the course organisers. You can also find information on the BAMF website:

 [BAMF-NAVI - Integration courses](#)


## Vocational language courses

The  [BAMF](#) also offers vocational language courses. Here you can learn German for your job.

If you would like to continue learning German, for example after an integration course, you can attend a vocational language course. There you can prepare for a job or an apprenticeship, but you can also take part if you are already working.


To take part in a vocational language course, you need an authorisation or commitment from the [job centre](#) or the [Federal Employment Agency](#)


### Where are there free places on vocational language courses?

You can enquire about available places with the course organisers. You can also find information on the website of the Federal Agency for Vocational Training  [KURSNET](#)

#### Contacts:

##### **Christliches Jugenddorfwerk Deutschland gemeinnütziger e.V.**


 [Kaiserstraße 150, 51643 Gummersbach](#)

 [0226192053819](#)

 [@christoph.zimmermann@cjd.de](mailto:@christoph.zimmermann@cjd.de)

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@ [gummersbach@nestor-bildung.de](mailto:gummersbach@nestor-bildung.de)

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### **Volkshochschule Oberberg**

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**Keywords: Language learning**

## **Vocational training and university studies**

**Catch up on school-leaving qualifications**

**Have you reached the age of 17 and not yet completed your regular schooling?**

You can also obtain a school-leaving certificate after your regular schooling. To do so, you must have fulfilled the full-time compulsory schooling requirement. Even if you do not attend a vocational school, you can still obtain your school-leaving certificate. You can also find more information here [Vocational colleges](#).

You will need at least B1 level German. Information and contacts for language courses can be found here: [Overview of language course providers](#).

You can also obtain a school-leaving certificate at Volkshochschule (VHS) Oberberg:

- First school-leaving certificate (ESA) (grade 9)
- First extended school leaving certificate (EESA) (class 10a)
- Intermediate school leaving certificate (MSA) (grade 10b)

**You can register here:**

Volkshochschule (VHS) Oberberg

 <https://www.vhs-oberberg.de/>

**Keywords: Second-chance education**

**Training programmes for young people**

**Do you need help finding an apprenticeship?**

The Jugendbüro in Gummersbach supports teenagers and young adults aged 16 to 27 who are looking for an apprenticeship in a suitable company. Coaching is provided to develop prospects for an apprenticeship and specific help is offered with the preparation of application documents. It is also possible to practise job interviews.

At the same time, companies are supported in filling their unfilled training positions and finding young skilled workers.


**Important: A prerequisite for the counselling is a [language course](#) with a language level of at least A2.**

**Contact:**

 **Jana Ulrich**  
 **015785003511**  
 [@jana.ulrich@kja-lro.de](mailto:jana.ulrich@kja-lro.de)



[Website Jugendbüro Gummersbach](#)


 The [Federal Employment Agency](#) and the [Job Centre](#) are also familiar with the programme. It is called Ausbildungswege NRW. Contact can be made directly with a responsible coach there.

## Dual and full-time school-based training

In Germany, you have a better chance of finding a job if you have the right training. There are professions that **do not** require a degree. They can be learnt in a **vocational training course**.

There is a very good system of vocational training. A vocational apprenticeship in Germany is very valuable. Many employers look for individuals who have completed a vocational apprenticeship.

There are two different types of vocational apprenticeship: the dual apprenticeship and the school-based apprenticeship.

Have you already completed a state education programme in another country? Then enquire about your options here:  [Recognising foreign qualifications](#)

To start an apprenticeship in Germany, you should have a good knowledge of German (B1). This is important so that you can follow the lessons at the vocational school. A specific school-leaving qualification is not required by law. However, many training companies require a school-leaving certificate, which depends on the training programme. In most cases, at least a secondary school leaving certificate is required.

If you would like to start an apprenticeship in Germany, you must [apply](#).

## Dual training

A special feature in Germany is the dual training system. You work in a company and go to school at the same time. That way, you learn both theory and practice. An apprenticeship lasts between 2 and 3.5 years. If you have a high school diploma, you can shorten the training period.

Depending on the type of profession you would like to learn about in dual training, you should contact the appropriate place:

### Handwerkskammer

The Chamber of Crafts is responsible for skilled trades. In this case, professions like that of a baker, brick mason or painter.

 [HWK Koeln](#)

### Industrie- und Handelskammer

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial production, trade and services. For example, we are talking about business people in industry or in wholesale and foreign trade.


 [Apprenticeships A to Z - IHK Cologne](#)

 [IHK Koeln](#)

### Akademie Gesundheitswirtschaft und Senioren

For training occupations in the healthcare sector, the AGewiS is responsible. This includes, for example, care professions or emergency rescue services.

 [Academy for Health Economy and Senior Citizens - AGewiS](#)








 The Chamber of Industry and Commerce and the Chamber of Skilled Crafts can also advise you on the recognition of foreign qualifications.

## Full-time training at the vocational school

In Germany, however, there is also full-time education at a Berufsfachschule (vocational college). The vocational school provides completed vocational training in theory and practice without an apprenticeship in a company. It usually lasts two to three and a half years. Classes are full-time. They include general education subjects as well as subjects related to the specific profession.

The vocational schools differ in their training specialisations, admission requirements and duration of training. They also differ in terms of further education options. So you should talk to the school you're interested in.

Information can also be found at:

-  <https://bk-dieringhausen.de/startseite.html>
-  [Commercial BK Hepel and Waldbröl: Oberberg Commercial Vocational College \(bko-kfm.de\)](https://bko-kfm.de)
-  [Oberbergisches Berufskolleg Wipperfürth: Berufskolleg Wipperfürth - Berufskollegs Oberberg \(berufskollegs-oberberg.de\)](https://berufskollegs-oberberg.de)
-  [JMD](https://www.jmd.de)
-  [Federal Employment Agency](https://www.arbeitsagentur.de)
-  [planet-beruf.de - Pupils - My future. My training. - planet-beruf.de](https://planet-beruf.de)
-  [Homepage - BERUFENET - Federal Employment Agency \(arbeitsagentur.de\)](https://www.arbeitsagentur.de)

## University-level study




### General information

In Germany, there are many different courses of study. There are also different types of universities:

- Universitäten = universities (more academically focused)
- Fachhochschulen = universities of applied sciences; polytechnics (more practically focused)
- Duale Hochschulen = "dual universities" (very practically focused)
- Universities for artistic subjects

There are public and private universities. Private universities are not necessarily better than public ones. However, you will have to pay high tuition fees at private universities.

### Helpful websites:

-  [Hochschulkompass \(Higher Education Compass\)](https://www.hochschulkompass.de) (list of all courses of study and universities in Germany)
-  [Study in Germany](https://www.study-in-germany.de) (information for refugees)
-  [Federal Employment Agency](https://www.arbeitsagentur.de) (study orientation)

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

#### Contact university in Gummersbach

 [Steinmüllerallee 1, 51643 Gummersbach](#)

 [0226181960](#)



 [Website TH Köln Campus Gummersbach](#)

#### Information on universities in North Rhine-Westphalia by place of study

 <https://www.studis-online.de/>


## Requirements for studying in Germany

Would you like to study in Germany? Then you need a university entrance qualification. This can be an Abitur. It can also be an advanced technical college certificate. Do you have a qualification for university entrance in your home country? Then it may allow you to study in Germany. You can check that.


Further information can be found on the website  [Anabin](#). On that site, go to the “Recognition in Germany” information portal. The same applies to  [German Academic Exchange Service DAAD](#).

You must also bring proof that you have a good knowledge of German (language level C1). This can be the test "Deutsch als Fremdsprache" be. Or the **German language test for university entrance**. Or **telc German C1 Hochschule**.

You can also get support from the “Garantiefonds Hochschule” educational advice programme. Some universities offer preparatory semesters. These can be a chance to learn German.

 Find out more at the university where you would like to study. Most universities offer advice services. There are deadlines for applying to a university. These are called the application deadlines. Be aware of these deadlines. Universities will not accept applications after the deadlines.

You do not have a university entrance qualification?

Are you able to study at a university in your home country with your school-leaving certificate? But are you not able to study in Germany? You can attend a preparatory college (Studienkolleg) to get your university entrance qualification. Studienkollegs are specifically intended for university applicants from other countries. They prepare you for university study in Germany. See also:  [make-it-in-Germany](#)

## Work

### Unemployment



You are unemployed if you do not earn any money through work. As Germany is a welfare state, it helps people who cannot or can only partially support themselves.

In principle, however, everyone should earn their own living through work.

The [Federal Employment Agency](#) or the [Job Centre](#) decides whether you receive unemployment benefit.

## Unemployment benefit (Arbeitslosengeld)

You will receive unemployment benefit if you lose your job that is subject to social insurance contributions. To do so, you must have worked in Germany for at least 12 months in the last 30 months and be subject to social insurance contributions. There are other conditions under certain circumstances.

The amount of unemployment benefit is generally 60% (67% if you have children) of your average net income over the last 12 months. You must use every opportunity to find a job.

If you lose your job, you must register as a jobseeker at least three months in advance. If you only find out later that you have been made redundant, you must register no later than three days afterwards. This is important in case you have to apply for unemployment benefit afterwards. If you have not found a new job, register as unemployed - at the latest on the first day of unemployment.

## What is the citizen's allowance (Bürgergeld)?


Citizen's income is intended to help people who are able to work and entitled to benefits so that they have enough money to live on.

### Who receives citizen's allowance?

Citizens' income is paid to anyone who is able to work and cannot pay for their own living expenses. Even if other benefits are not sufficient. People who are not able to work and who live together with people entitled to citizen's allowance also receive citizen's allowance. The job centre can advise you on this.

### Who does not receive citizen's allowance?

Holders of a residence permit or tolerated stay can receive benefits under the Asylum Seekers' Benefits Act if they are in need. The [social welfare office](#) in your local authority is responsible for this.

💡 If you have lost your job or have been made redundant without cause or have not received your salary, you can seek advice from  [YSB gGmbH](#).

## Job Applications

### What is included in an application?

A written application is important for a successful search for an apprenticeship or job. When you have found an interesting job, you have to write an application. In your application, you describe your qualifications and experience.

### **An application consists of three parts:**

1. Cover letter:

In the personal cover letter, you briefly introduce yourself and describe why you are suitable for the vacant position.

2. Curriculum vitae:

The CV lists your entire professional experience and is set out in the form of a table. Write the dates during which you worked with each company. Include where you undertook training or a course of studies. Specify where you went to school and what type of qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do. There are many templates and guides online.

3. Certificates:



It is very important that you send **copies** of your **certificates**. School leaving certificates, degree certificates or work references from the past (no originals!)

Applications can be submitted in hard copy, online by email or online on the company's website. Some employers now also offer a short application in 60 seconds, which can be called up directly via a QR code and sent using a smartphone, for example. In the first step, you may not have to submit any documents at all.

**Always find out exactly what form the employer wants the application to take.**


### **Where can I get help writing an application?**

If you are a refugee and need help writing your application and a contact person for the entire application process and job search, please contact your local social worker. They will find you a suitable job coach.

You can find more information and videos on the topic of application documents on the website of  [Make it in Germany](#) and at  [Planet Beruf: How do I apply? - planet-beruf.de](#)



There are CV templates on the Internet that you can use.

You can have your CV created on the  [Europass](#) website. The website is available in lots of languages. You enter your details. You add your experience. Then it will create a CV for you. CVs look different in each country. It's important to use the format used in Germany. You can choose this in Europass.

### **Access to the employment market**

What requirements must you fulfil in order to work in Germany?

It depends on whether you belong to a member state of the European Union (EU), the European Economic Area (EEA), Switzerland or a third country. Citizens from the EU, EEA or Switzerland do not require a special permit to work in Germany. Citizens of a third country require a permit for permanent residence in Germany, the so-called Aufenthaltstitel. The residence permit (Aufenthaltstitel) indicates what access to the labour market is possible for you.

👤 There are special regulations for skilled labour, highly qualified workers, EU Blue Card holders, researchers and the self-employed.

You can find more information on the topic of residence and work at 🌐 [BAMF](#) and 🌐 [Make it in Germany](#)

### Here you will find contacts on the subject of access to the labour market:

- [Youth migration services](#) and [migration counselling for adult immigrants](#) also provide advice on career planning in Germany
- Careers counselling at the [Federal Employment Agency](#) in Gummersbach
- Project MENTEGRA special mentoring for refugee women with guidance on career paths, help with recognition, including an internship of 4 to 12 weeks in a company. The total duration is one year in each case 🌐 [Megentra](#)
- Job profiles and requirements 🌐 [BerufeNet](#)
- Recognising foreign qualifications  
🌐 [IHK](#)  
🌐 [HWK](#)
- 🌐 [VSB gGmbH](#)
- Qualification measures 🌐 [IQ Network](#)
- Placement in internship and/or work [job centre](#) and [Federal Employment Agency](#)

#### Are you recognised?

Then the [job centre](#) is responsible for you. The job centre is your contact in the event of unemployment and need of assistance. It pays financial benefits, but also offers job placement and qualification programmes as required.

#### Your asylum procedure is still ongoing or you are tolerated?

Then the [Federal Employment Agency](#) is your contact for all questions relating to training and work. It offers job placement and training and advises on the recognition of foreign qualifications. It also provides advice on language courses and on applying for a work permit or training licence.

💡 The refugee counselling services 🌐 [MBE](#) and 🌐 [Jugendmigrationsdienst of Caritas Oberberg](#) and 🌐 [Jugendmigrationsdienst of IB Waldbröl](#), [VSB gGmbH](#) and 🌐 [Diakonie Michaelshoven](#) can also advise you.

💡 You can also find out more at the careers information centre 🌐 [BIZ](#)

**Key words: Looking for Work**

## School, daycare centre and education

### School system

#### NRW school system and school types

##### Compulsory schooling

Education is very important and a prerequisite for a regular career. This is why school attendance is compulsory in Germany. School attendance is free of charge.

All children from the age of 6 to the age of 18 must go to school. Exceptions are holidays and public holidays. Lesson times are based on the timetable.

If your child cannot come to school, the parents must inform us by telephone.

Parents' consultation days are held regularly. Please take part in these, where you can talk to the teachers and obtain important information.

##### School system in Germany

The German school system offers various options for your child.

💡 Flyer about the German school system in different languages 🌐

<https://www.schulministerium.nrw/schulsystem>

💡 Short film about the school system in German, English, Arabic, Bulgarian, Persian, Polish, Romanian, Serbian and Turkish 🌐

<https://www.ruhrfutur.de/schule/schulen-im-team/f...>

##### School enrolment

School enrolment for children and young people with little or no knowledge of German between the ages of 6 and 18 takes place here

🌐 [Oberbergischer Kreis: School authority for the Oberbergischer Kreis \(obk.de\)](https://www.obk.de)

##### Please bring with you:

- the certificate of enrolment

- the identity card of the pupil

The pupil must also take part in the counselling session.

## **Education authority for the Oberberg district**


### **The education authority for the Oberberg district**


The school authority for the Oberberg district advises and supports teachers, pupils and their parents and guardians.

The school authority for the OBK is responsible for Primary schools, secondary modern schools and special schools.  
It is responsible for service and technical supervision.

#### **Contact**

School authority for the Oberberg district

 [Industriestraße 2, 51643 Gummersbach](#)

 [+49 \(0\) 2261884227](tel:+49(0)2261884227)

## **Vocational colleges**

### **Are you over 15 years old and no longer attending school?**

Are you over 15 years old? Are you no longer attending school? School attendance is compulsory in Germany. People in Germany must attend school until the age of 18 (Schulpflicht)! You have many options at a vocational college:

You can prepare for a career. You can obtain a general school-leaving qualification. For example, the Hauptschulabschluss. Or the vocational baccalaureate.

### **Are you over 18 years old?**

At a vocational college, you learn for the job. Or you can prepare for an apprenticeship (Ausbildungsvorbereitung). You can obtain various school-leaving qualifications. As a rule, all qualifications are possible at a vocational college. Vocational colleges are specially designed for this purpose.

### **Do you already have a school-leaving qualification?**

You can obtain further qualifications. You can also attend further education and training courses. You can also start an apprenticeship.

## What does a Berufskolleg do?


Vocational schools (Berufskolleg) have programmes for pupils with or without qualifications. You can continue your vocational training and gain a school-leaving certificate. You haven't got a contract for an apprenticeship yet? You don't yet have a concrete idea of where you want to work? Here you can gain an insight into various professional fields. You can build on your secondary school leaving certificate. Or you can acquire your secondary school leaving certificate. As a rule, you stay at a vocational college for 1 to 3 years.

There are 3 vocational colleges with different specialisations at Oberbergischen Kreis.

### Berufskolleg Oberberg

The specialisations are nutrition, home economics, health, social work and technology.

 [Ernst-Zimmermann-Straße 26, 51645 Gummersbach](#)

 [0226196800](tel:0226196800)

 [Website Berufskolleg Dieringhausen](#)

### Berufskolleg Oberberg

#### Kaufmännische Schulen

The specialisations are business and administration. This is important if you want to work in industry or retail.


 [Hans-Böckler-Straße 5, 51643 Gummersbach](#)

 [0226192960](tel:0226192960)

 [Website Berufskolleg Gummersbach](#)

and


 [Alter Krankenhausweg 6, 51545 Waldbröl](#)


 [02291911371](tel:02291911371)

 [Website Berufskolleg Waldbröl](#)

### Berufskolleg Oberberg (Wipperfürth)

The focus is on business, nutrition, supply, home economics, health, social affairs, agriculture and technology.

 [Ringstraße 42, 51688 Wipperfürth](#)

 [02267887950](tel:02267887950)

 [Website Berufskolleg Wipperfürth](#)

You can find more information about vocational colleges on this website:

 <https://berufskollegs-oberberg.de/berufskollegs.html>

## Education and participation

If you receive social benefits, you can receive money for your child. This applies to children up to their 18th birthday.

Young adults up to the age of 25 receive money for education if they attend school but do not earn money for training. Money for leisure, culture and sport is only available up to the age of 18.

### The following grants are part of the education and participation package (BuT):

- Children and young people up to the age of 18 receive money for lessons, courses or leisure activities. This applies to leisure activities in culture, art, education and sport.
- Costs for excursions and trips with the school or day care centre are covered.
- Lunch at school and at the day care centre can be paid for.
- Schoolchildren receive money per school year for school materials and other costs.
- Schoolchildren can get extra tuition if they need it. The school decides in which subjects and for how long.
- Travel costs for the journey to school are paid in exceptional cases.

Children and young people from families who receive certain benefits can receive support.

Who is responsible?

Responsibility depends on your benefits:

1. Recipients of unemployment benefit II or citizen's allowance: The [job centre](#) is responsible.
2. Recipients of housing benefit, child supplement, social welfare and basic security benefits and benefits under the Asylum Seekers Benefits Act: The [social welfare office is responsible](#).

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

Further information and forms can be found [at](#)  [here](#).

### Childcare

There are various forms of childcare. You will find the explanations below:

#### What is a Kita (child day care centre)?

“Kita” is a German term for a children's day-care centre. This is a place where your child can make friends, learn to play, and learn German and/or improve their German language skills. Attending day-care is very important and good preparation for school.

#### What is a crèche (Kinderkrippe)?

Crèches are day-care centres that cater primarily for children under the age of three.

#### What is a kindergarten (Kindergarten)?

Kindergartens are children's day-care centres that mainly cater for children aged three to school age.

### What is a crèche (Kinderhort)?

Day nurseries are children's day-care centres that mainly cater for schoolchildren. Your child can do their school homework there. Depending on the capacity utilisation of the kindergarten, it is possible for the kindergarten to offer afternoon care for school children.

💡 Unfortunately, there are not enough places in the nursery. It is often necessary to enquire at several facilities and have your child placed on the waiting list.

The [migration counselling](#) service can help you with the registration.

Attending kindergarten costs money. Under certain circumstances, the cost of the kindergarten can be covered. Z. For example, if you do not yet have a job and receive benefits from the district office or job centre. To do this, you must submit an application to the [youth welfare office](#).

### Child day care

Your child is looked after by a childminder in their home. They are responsible for a maximum of five children at the same time. Childminders have attended courses in which they have learned to look after children properly. The youth welfare office regularly checks the home and also the childminder. If you are interested in this form of childcare and would like more information, the [youth welfare office](#) can help you.

## Leisure and society

### Leisure and exchange

When healthcare, housing and financial matters are secure, you can devote yourself to your leisure time with a clear head. How can free time in everyday life be organised in a meaningful way? What activities are available? And what role do clubs in particular play in integration into society?

### Activities for the whole family

The Bergisches Land offers numerous activities for the whole family. For example, the region is known for its reservoirs, which are ideal for hikes, walks and cycle tours. Some reservoirs also serve as recreational lakes with bathing areas: 🌐 [Website Leisure lakes and lidos](#).



There are also swimming pools where you can be active. Some swimming pools offer swimming lessons. It's never too late for adults to learn to swim!

You can find more information here:  [Outdoor and indoor swimming pools website](#) and  [DLRG website](#).

If you like exploring nature, you can visit farms, caves and forest areas. In some forest areas you will find adventure trails and nature trails that provide interesting information about nature. You will also find cultural offerings in museums and exhibitions. Visit the beautiful castles and palaces or churches in the region.

You can find more information here:  [Nature and culture website](#).

## Clubs

There are various activities for children and adults in a club. Clubs offer shared experiences in cultural, musical and sporting areas. The costs for membership of a club are low. Ask the [social welfare office](#) for financial support.

You can find a list of clubs here:  [Website clubs in the Oberbergischer Kreis](#).

There are also many [sports programmes](#) offered by clubs that strive for integration.


## Learning groups and playgroups for families with young children

There are offers for multilingual learning groups and playgroups for small children. Here, families receive support from immigrant mothers or fathers. They work on a voluntary basis to accompany parents.

### Contact:

Kommunales Integrationszentrum Oberbergischer Kreis

 Erika Waedt

 [02261881246](tel:02261881246)

 [@erika.waedt@obk.de](mailto:@erika.waedt@obk.de)

## Leisure activities for children and young people

Children and young people can take part in activities and spend time with their peers. Youth centres offer a wide range of free activities for individual leisure activities. The programmes are aimed at all children and young people aged 6 to 27.

You can find an overview here:  [Website Jugendzentren Oberbergischer Kreis](#).

During the school holidays, school children can take part in the annual holiday fun (Ferienspaß). Children can take part in leisure activities together with other children.

Here you can find more information on how to register for the events:  [Holiday fun](#)

💡 If you need money for sport, culture and leisure activities, please contact the relevant [social welfare office](#).

## Religion

Religious freedom is the law in Germany. Everyone has the right to follow their faith freely, as long as it does not violate the Basic Law.

The state is neutral and tolerant towards all religions. Whether someone professes a religion and joins a religious community is a personal decision.

However, state and religion are not strictly separated in Germany. The state works together with religious communities and organises religious education in schools, for example.

Freedom of religion means, for example:

- All people are free to practise and choose their religion and beliefs.
- All people have the freedom not to be religious and to say so.
- Anyone who does not believe in God is allowed to say so publicly.
- Members of different religions and faiths may marry each other.
- Marriages only count as legally valid marriages before the registry office.
- Marriages entered into during a religious ceremony are not officially recognised.

## Religious practice

There are various religions in Germany. Many people follow a particular religion. They organise themselves in their own communities. For example, in a church, mosque or synagogue.

Contact with a community is important. Here you can celebrate worship together. It makes it easier to socialise with others. There are various groups or meetings. Find out more on the community's website. You can also call or introduce yourself in person.

Some towns and communities have listed their places of worship:


- 🌀 [Radevormwald](#)
- 🌀 [Hückeswagen](#)
- 🌀 [Wipperfürth](#)
- 🌀 [Lindlar](#)
- 🌀 [Waldbröl](#)
- 🌀 [Nümbrecht](#)
- 🌀 [Reichshof](#)
- 🌀 [Morsbach](#)


## Sports programmes

### Sports clubs

Sport brings people together! Sport can help you arrive, find your bearings and feel welcome. Sport creates a balance to everyday life. And sport creates encounters, opportunities for

participation, contacts and friendships. Club sport in particular makes a decisive contribution to sustainable integration.

Here you will find a list of clubs that endeavour to promote integration:  [Website KSB Oberberg](#)

Here you can download the flyer in several languages:  [Website KSB Oberberg FAQs](#)

## Help in an emergency

### Emergency numbers - SOS


In an emergency, everything has to happen very quickly. **An emergency is when you or other people are in danger.** Then you need help immediately. In an emergency, you can simply call!

### Emergency contacts

**Police**  [110](#)

**Fire brigade, rescue service**  [112](#)

**Ambulance, emergency doctor**  [112](#)

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

### Important information for an emergency call

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

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

An emergency is an acute danger to health, for example an accident, a serious injury or severe pain.

It is **not** an emergency if, for example, you need a sick note or want to avoid waiting times at the family doctor (GP).

If the situation is acute but not serious enough to call an ambulance (112): Go to the emergency outpatient department of the nearest hospital on your own.

 **116117: The number for the medical emergency service**

The emergency number 📞 116117 connects you to the medical on-call service. It is the right number to call if someone needs immediate medical help but the situation is not life-threatening - and if the normal surgeries are closed. Here you can find out which local on-call practice is open. In special emergencies - for example, if someone is too ill to get to a practice - the emergency service can send an on-call doctor to their home. 116117 is the number of choice for **non-life-threatening** illnesses, for example.

🌐 [Patient service website](#)

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

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

**Keywords: Accident**