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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 around half of the Oberbergisches Land region  [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 Oberbergischer Kreis from :

Oberbergische Tafel e.V.

 [Karlstr. 12, 51643 Gummersbach](#)

 [+49 \(0\) 2261549080](#)


 <https://oberbergische-tafel.de/>

Do you need baby equipment, toys for children and clothing? 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](#) .


Social department stores in the Oberberg district:


Caritas Wohnwelten

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

 [+49 \(0\) 22618162906](#)

Caritas Kaufhaus

 [Wilhelmstr. 13, 51643 Gummersbach](#)

 [+49 \(0\) 2261600914](#)

Kaufhaus für Alle

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


 [@kaufhaus-fuer-alle@ev-kirche-waldbroel.de](mailto:kaufhaus-fuer-alle@ev-kirche-waldbroel.de)


 [+49 \(0\) 2291901235](#)

 <https://www.kaufhaus-fuer-alle.de/Standort.htm>

At ökumenischen Initiative in Wipperfürth you can 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.

Ökumenische Initiative e.V.

 [Wupperstraße 6, 51688 Wipperfürth](#)

 [+49 \(0\) 22672822](tel:+49(0)22672822)

 <https://oeku-ini.de/information/wir-ueber-uns/>

Keywords: cheap, food, clothes,

Mobility

Driving licence and driving a car

A driving licence can be very useful



Especially if you live in a village or a small, remote town. Often there are no public transport connections here. Then a driving licence is helpful. And buying a car is often necessary. Would you like to get a German driving licence? Or do you already have a driving licence from your home country? And would now like to transfer it? Conversion means that the driving licence is also valid in Germany. We provide you with this information on this page.

Is my driving licence valid in Germany?

Would you like to drive in Germany yourself? Then you 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 may only drive in Germany with a driving licence from your home country for the first six months. The six months begin with your first police registration in Germany. You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

Would you like to drive yourself after six months? Then have your driving licence transferred.

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

 During your asylum procedure, all your documents will remain with the  [Federal Office for Migration and Refugees](#). They will normally only be returned to you once your asylum procedure has been completed. As long as your driving licence is there, you are not allowed to drive yourself.

How do I transfer my driving licence?

Contact your local driving licence authority or driving licence office. It can sometimes take a while before you receive a reply. The authority sometimes receives a lot of applications at once. Contact the relevant authority before your six-month driving licence expires. You must go to the driving licence office in person. You will need to present various documents there:

- ID card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or ophthalmologist)

- Confirmation of participation in a first aid course. You can find a course in your area, for example, at [🌐 website first aid courses](#)
- Your original foreign driving licence (an international driving licence is not sufficient). As a rule, you must also submit a certified German translation.
- a declaration that your foreign driving licence is still valid.

The driving licence office will then decide whether your driving licence can be converted without a test. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 It is a good idea to attend a driving school before taking the test. Germany has a lot of traffic rules and signs. However, unlike those who are getting their driving licence for the first time, you do not have to take driving lessons.

How can I get a German driving licence?

To get a driving licence for the first time, proceed as follows:

- Register with a driving school. In large cities, there are driving schools with driving instructors who speak Arabic and Persian, for example. You can find driving schools in your area at [🌐 fahrschulen.de](#).
- Take part in a first aid course. You can find a course near you at the Arbeiter-Samariter-Bund or the Johanniter.
- Have an eye test at an optician or an ophthalmologist. The eye test costs around 7 euros. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be revoked?

If you disregard important traffic rules, you can lose your driving licence. A distinction is made here between a driving ban and the withdrawal of your driving licence.

- If you are banned from driving, you must surrender your driving licence to the fines office for several months. During this time, you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, it loses its validity. This means that you are no longer allowed to drive yourself and may not obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? Have you been driving drunk? Have you collected 8 penalty points? These are reasons to revoke your driving licence.

You receive penalty points for various offences, for example if you drive too fast. Penalty points are also known colloquially as "points in Flensburg".

💡 Have you just obtained your driving licence? Then you are two years into your probationary period. You have broken the traffic rules during the probationary period. Then you have to attend an advanced training seminar. You may also have to undergo psychological counselling. Your probationary period will also be extended by a further two years. You do not take part in the advanced training seminar and the counselling? Then your driving licence will

be revoked. Examples of a traffic offence are, for example, driving through red traffic lights, driving at night without lights, drunk driving. Wrong parking is not a traffic offence. In this case, you 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

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 a 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:

- [!\[\]\(9562ad04ed056909ee3b0edcf96e39c8_img.jpg\) Website of the BAMF - Asylum](#)
- [!\[\]\(3aff25c94e2ad92dd67a4bcf004d8d3f_img.jpg\) 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:

- [!\[\]\(e09936b68c0b4a3fbf9a8ee1ecc49175_img.jpg\) BAMF website - Immigrants from third countries](#)
- [!\[\]\(4485cfaf9fb5acf81cfc01f7241c4bad_img.jpg\) 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:

- [!\[\]\(b49dc6cbcac6f60cbb3a715d0bca678d_img.jpg\) Website of the BAMF - Immigrants Europe](#)
- [!\[\]\(60674be55500ac15f68b779f2f23d4dc_img.jpg\) 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 more information here:

 [Service portal of the Oberbergischer Kreis](#)

Contact details:

Ausländerbehörde des Oberbergischen Kreises

 [Stahlstraße 5, 51645 Gummersbach](#)

 @ordnung10@obk.de

 [+49 \(0\) 2261883202](tel:+49(0)2261883202)

 <https://service.obk.de/detail/-/vr-bis-detail/ein...>

Keywords. Residence

Federal Employment Agency

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:

Bundesagentur für Arbeit Gummersbach

 [Singerbrinkstraße 43, 51643 Gummersbach](#)

 [+49 \(0\) 8004555500](tel:+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 in your place of residence.

- 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

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

 [+492261501850](#)

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


Jobcenter Engelskirchen


 [Engelsplatz 8, 51766 Engelskirchen](#)

 [+492263968780](#)

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

Jobcenter Gummersbach

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

 [+49226181560](#)

[🌐https://www.jobcenter-oberberg.de/gummersbach.php](https://www.jobcenter-oberberg.de/gummersbach.php)

Jobcenter Hückeswagen

📍[Marktstraße 2, 42499 Hückeswagen](#)

☎️[+492192936780](tel:+492192936780)

[🌐https://www.jobcenter-oberberg.de/hueckeswagen.php](https://www.jobcenter-oberberg.de/hueckeswagen.php)

Jobcenter Lindlar

📍[Borromäusstraße 1, 51789 Lindlar](#)

☎️[+492266805950](tel:+492266805950)

[🌐https://www.jobcenter-oberberg.de/lindlar.php](https://www.jobcenter-oberberg.de/lindlar.php)

Jobcenter Marienheide

📍[Jahnstraße 13, 51709 Marienheide](#)

☎️[+492264200970](tel:+492264200970)

[🌐https://www.jobcenter-oberberg.de/marienheide.php](https://www.jobcenter-oberberg.de/marienheide.php)

Jobcenter Morsbach

📍[Wisseraue 1, 51597 Morsbach](#)

@Jobcenter-Oberberg.Morsbach@jobcenter-ge.de

☎️[+492294993780](tel:+492294993780)

[🌐https://www.jobcenter-oberberg.de/morsbach.php](https://www.jobcenter-oberberg.de/morsbach.php)

Jobcenter Nümbrecht

📍[Wiesenstraße 16a, 51588 Nümbrecht](#)

@Jobcenter-Oberberg.Nuembrecht@jobcenter-ge.de

☎️[+492293816780](tel:+492293816780)

[🌐https://www.jobcenter-oberberg.de/nuembrecht.php](https://www.jobcenter-oberberg.de/nuembrecht.php)

Jobcenter Radevormwald


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

@Jobcenter-Oberberg.Radevormwald@jobcenter-ge.de


☎️[+492195927740](tel:+492195927740)

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

Jobcenter Reichshof

 [Hauptstraße 12, 51580 Reichshof](#)


 Jobcenter-Oberberg.Reichshof@jobcenter-ge.de


 [+492296999000](tel:+492296999000)

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

Jobcenter Waldbröl

 [Vennstr. 13a, 51545 Waldbröl](#)

 [+492291909420](tel:+492291909420)

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


Jobcenter Wiehl

 [Weiherplatz 1, 51674 Wiehl](#)

 [+492262999470](tel:+492262999470)


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

Jobcenter Wipperfürth

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

 [+492267872710](tel:+492267872710)

 <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

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

- Support people in their individual and social development and help to prevent 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](#)

☎ [+492261885198](#)

Jugendamt Gummersbach

📍 [Rathausplatz 1, 51643 Gummersbach](#)


☎ [+492261871218](#)


Jugendamt Radevormwald

📍 [Kaiserstraße 140, 42477 Radevormwald](#)


☎ [+4921956060](#)


Jugendamt Wiehl

 [Bahnhofstraße 1, 51674 Wiehl](#)

 [+49226299401](tel:+49226299401)


Jugendamt Wipperfürth

 [Wupperstraße 12, 51688 Wipperfürth](#)

 [+49226764501](tel:+49226764501)

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](tel:110) . The call is free of charge.

Police stations in the Oberberg district:


Polizei Bergneustadt, Gummersbach, Engelskirchen, Marienheide, Wiehl

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

 [+49226181993421](tel:+49226181993421)


Polizei Hückeswagen, Lindlar, Radevormwald, Wipperfürth

 [Lüdenscheider Straße 10, 51688 Wipperfürth](#)

 [+49226181993621](tel:+49226181993621)

Polizei Morsbach, Nümbrecht, Reichshof, Waldbröl

 [Brölbahnstraße 17 a, 51545 Waldbröl](#)

 [+49226181993521](tel:+49226181993521)

Rights vis-à-vis the police

What can the police do?

The police may ask you for your ID. If you are not suspected of any specific criminal offence or you do not have any evidence of another suspect, the police may not search you. This also applies to your home: your home may only be searched if you are suspected of a criminal offence or if the police suspect that a suspect is in your home. However, if the police announce that they want to search you or your home anyway, you must say that you do not

consent to this. If you do not say anything, this is deemed to be consent. You have said no? The police search your home anyway? Then the police are committing a criminal offence. In this case, contact a counselling centre or a lawyer. You have the right to make a phone call during a search. You may also call someone else. This person can then also be a witness and help you. Normally, the police need a court order.

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

If you are travelling in a vehicle, the police may ask for your ID, driving licence and vehicle registration document. The police may also ask you to stop and leave the vehicle. The police may also check whether you have a warning triangle and a first aid kit with you. However, they are not allowed to search your vehicle or test your fitness to drive by carrying out various tests (e.g. walking in a straight line) if there is no clear indication that you are under the influence of alcohol or drugs. If the police do or demand this anyway, you must refuse to give your consent. If the police force you, they are committing a criminal offence.

💡 If you do not say anything, this will be interpreted as consent.

The police may only carry out a blood test or urine test if you are accused of a criminal offence. As a rule, the police must have the consent of a judge. Only if it is necessary to react immediately (for example, because the drugs or alcohol can no longer be detected later) may the police act without the consent of a judge. However, it is important that there really are indications of alcohol or drug consumption. The police are not allowed to carry out these tests arbitrarily. If a police officer wants to carry out a blood test or urine test without an understandable reason, you can refuse your consent.

The police are also not allowed to take you to the police station without a reason. If a police officer asks you to come with them, you can also refuse to give your consent. If you are taken along anyway, the police are liable to prosecution. In this case, you should contact a lawyer. If you do not know a lawyer yourself, you can contact the [☎️ Anwaltlicher Notdienst in Strafsachen](#) der Vereinigung Berliner Strafverteidiger e.V. on the telephone number [☎️ 01723255553](#) and ask for support there. The staff there are available day and night.

If you are questioned by the police, you may refuse to make a statement. This means that you do not have to answer their questions. You should not answer the questions without a lawyer. If you receive a written invitation from the police, you do not have to go there. You only have to accept invitations from the public prosecutor's office or a court. Be sure to contact a lawyer beforehand.

You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Important: You must file a criminal complaint within three months of the incident. You can do this directly at the public prosecutor's office. You do not have to go to the police.


Responsibilities of the police

What the police may and may not do is laid down in law. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home.

Do not try to bribe the police. Attempts to bribe police officers are severely penalised 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 could be a robbery. Or a burglary. Theft, arson and damage to property are also included. Sexual abuse, assault or threats are also a matter for 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 quickly 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 so-called administrative offence. For example, if someone is not respecting quiet hours and is listening to loud music at night.

If you notice political or religious radicalisation of young adults in your area, you can also report this to the police. You can also contact the BAMF's Radicalisation Advice Centre at  [09119434343](tel:09119434343) in several languages.

Social welfare offices

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](#)


 [+492261404101](#)

Sozialamt Engelskirchen

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


 [+492263830](#)

Sozialamt Gummersbach


 [Rathausplatz 1, 51643 Gummersbach](#)

 [+492261871218](#)

Sozialamt Hückeswagen

 [Bahnhofsplatz 14,, 42499 Hückeswagen](#)

 [@Astrid.Troeder@hueckeswagen.de](#)

 [+49219288234](#)


Sozialamt Lindlar

 [Borromäusstraße 1, 51789 Lindlar](#)


 [@bruno.schneider@lindlar.de](#)

 [+49226696228](#)


Sozialamt Marienheide

 [Hauptstraße 20, 51709 Marienheide](#)

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

 [+4922644044167](tel:+4922644044167)


Sozialamt Morsbach


 [Bahnhofstraße 2, 51597 Morsbach](#)

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


 [+492294699351](tel:+492294699351)


Sozialamt Nümbrecht

 [Hauptstraße 16, 51588 Nümbrecht](#)


 [+492293302155](tel:+492293302155)

Sozialamt Radevormwald

 [Hohenfuhrstraße 13, 42477 Radevormwald](#)

 [+4921956060](tel:+4921956060)

Sozialamt Reichshof

 [Hauptstraße 12, 51580 Reichshof](#)

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

 [+492296801227](tel:+492296801227)

Sozialamt Waldbröl


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

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


 [+492291850](tel:+492291850)

Sozialamt Wiehl

 [Homburger Straße 7, 51674 Wiehl](#)

 [+49226299270](tel:+49226299270)

Sozialamt Wipperfürth

 [Marktplatz 1,, 51688 Wipperfürth](#)

 [+492267640](tel:+492267640)

Municipal integration management

The municipal integration management of the Oberbergischer Kreis advises you and promotes your integration. Especially if a change of legal status is imminent. You can receive targeted support, regardless of whether you have been in the country for some time or have just arrived.

Contact persons (case managers)

Municipal integration management is primarily aimed at immigrants with complex assistance needs and long-term support requirements.

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 accommodation? 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

Bergneustadt

Simone Junge

-  [Kölner Str. 256, 51702 Bergneustadt](#)
- @simone.junge@bergneustadt.de
-  [+492261404218](tel:+492261404218)

Hückeswagen

Tobias Menger

- [📍 Bahnhofplatz 14, 42499 Hückeswagen](#)
- [✉️ @Tobias.Menger@hueckeswagen.de](mailto:Tobias.Menger@hueckeswagen.de)
- [☎️ +49 22644044117](tel:+4922644044117)

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 BAMF is responsible for asylum, migration and integration.

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

- Migration and residence
- integration
- Asylum and refugee protection
- Return
- Responsible authorities
- Your 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. They 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. Further information can be found on their websites:

Evangelischer Kirchenkreis an der Agger

 [Hindenburgstraße 31, 51643 Gummersbach](#)


 [+49 \(0\) 226161033](#)

 <https://www.ekagger.de/de/diakonie/fluechtlingsbe...>

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


Caritasverband für den Oberbergischen Kreis e.V.

 [Talstraße 1, 51643 Gummersbach](#)


 [+49 \(0\) 22613060](#)

 <https://www.caritas-oberberg.de/start/>


Flüchtlingsberatung Diakonie Radevormwald

 [Schloßmacherstr. 13, 42477 Radevormwald](#)

 beratung-rade@diakonie-kklnep.de

 [+49 \(0\) 21959287444](tel:+49(0)21959287444)

 <https://www.diakoniellenep.de/beratung/fluechtlin...>

Further contacts:  [Oberbergischer Kreis website](#)

Keywords: Residence

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, residence

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:

Caritasverband für den Oberbergischen Kreis e.V.

 [Talstraße 1, 51643 Gummersbach](#)

 [+49 \(0\) 22613060](tel:+49(0)22613060)

 <https://www.caritas-oberberg.de/start/>

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](#) .

Keywords: Residence

Counselling centres

Youth migration service

The youth migration services (Jugendmigrationsdienste, kurz: JMD) support young immigrants between the ages of 12 and 27. They help them to find their feet in Germany as quickly as possible. The most important goal is to improve their chances at school and to help them with training and employment.

Counselling is free and confidential.

You will find support on the following topics:


- Placement in language courses
- School, work, training and studies
- Help with the recognition of qualifications
- Questions about residence
- Finances and rights


- leisure time
- Official matters

Contact:

Do you live in Hückeswagen, Radevormwald, Wipperfürth, Marienheide, Gummersbach, Lindlar, Engelskirchen or Bergneustadt? Then the JMD of Caritas Oberberg is responsible for you:

Caritasverband für den Oberbergischen Kreis e.V.

 [Talstraße 1, 51643 Gummersbach](#)

 [+49 \(0\) 22613060](tel:+49(0)22613060)

 <https://www.caritas-oberberg.de/start/>

You live in Waldbröl, Reichshof, Nümbrecht, Morsbach or Wiehl? Then the JMD of IB Waldbröl is responsible for you.

JMD Waldbröl

 [Vennstraße 4, 51545 Waldbröl](#)

 [+49 \(0\) 22918097612](tel:+49(0)22918097612)

 <https://ib-west.de/standort/209874>

Are you older than 27? Then the migration counselling service for adult immigrants 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.

Keywords: 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 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.
- Courses for German and integration.
- 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 provided 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](#)

 [+49 \(0\) 22613060](tel:+49(0)22613060)

 <https://www.caritas-oberberg.de/start/>

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, residence

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. The counselling sessions are confidential.

Contacts:

Der Baumhof - Beratungsstelle

-  [Im Baumhof 5, 51643 Gummersbach](#)
-  [+49 2261885711](tel:+492261885711)
-  <https://www.obk.de/cms200/kjf/pbs/index.shtml>




Psychologische Beratungsstelle



-  [Herbstmühle 3, 51688 Wipperfürth](#)
-  [+49 22673034](tel:+4922673034)
-  <https://caritas.erzbistum-koeln.de/beratung-wippe...>

Haus für Alle

-  [Albert-Schweitzer-Weg 1, 51545 Waldbröl](#)
-  [@beratungsstelle-hausfueralle@ekir.de](mailto:beratungsstelle-hausfueralle@ekir.de)
-  [+49 22914068](tel:+4922914068)
-  <https://www.hausfueralle.de/kontakt/>

Beratungsstelle EFL

-  [Hömerichstraße 7, 51643 Gummersbach](#)
-  [+49 226127724](tel:+49226127724)
-  <https://koeln.efl-beratung.de/beratungsstellen/gu...>

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. You can also find psychosocial counselling, support, help and guidance at the Oberbergischer Kreis psychosocial counselling centre:  [Social Services](#). This works together

with social institutions, advice centres, specialist clinics, social welfare offices 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:

Caritasverband für den Oberbergischen Kreis e.V.

- [Talstraße 1, 51643 Gummersbach](#)
- [+49 22613060](tel:+4922613060)
- <https://www.caritas-oberberg.de/start/>

Suchtberatung Oberbergischer Kreis Nord

- [Marktstraße 47, 42499 Hückeswagen](#)
- @sb-huckleswagen@diakonie-kkllenep.de
- [+49 21929361340](tel:+4921929361340)
- <https://www.diakonie-remscheid.de/beratung/suchtb...>

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 as part of the insolvency proceedings

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


Contact us:


AWO Schuldnerberatung Oberberg

 [Hüttenstraße 25, 51766 Engelskirchen](#)

 [+49 \(0\) 2263952787](tel:+49(0)2263952787)


Caritasverband für den Oberbergischen Kreis e.V.

 [Talstraße 1, 51643 Gummersbach](#)

 [+49 \(0\) 22613060](tel:+49(0)22613060)

 <https://www.caritas-oberberg.de/start/>

Diakonie Kirchenkreis An der Agger

 [Kaiserstraße 42 a, 51545 Waldbröl](#)

 [+49 \(0\) 2291808716](tel:+49(0)2291808716)

Keywords: advice 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 2261306141](tel:+492261306141)
-  <https://www.caritas-oberberg.de/hilfen-angebote/s...>




 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

-  [Klosterplatz 2, 51688 Wipperfürth](#)
-  [+49 2267871420](tel:+492267871420)
-  <https://bildung.erzbistum-koeln.de/fbs-wipperfuer...>

Caritas-Haus in Radevormwald

-  [Hohenfuhrstraße 17, 42477 Radevormwald](#)
-  [+49 219569725](tel:+49219569725)
-  <https://www.caritas-oberberg.de/start/>

 Online counselling is also available here:  [Registrierung Schwangerschaftsberatung \(caritas.de\)](https://www.caritas-oberberg.de/registrierung-schwangerschaftsberatung/)

Gesundheitsamt

- [📍 Am Wiedenhof 1-3, 51643 Gummersbach](#)
- @amt53@obk.de
- [☎ +492261885305](tel:+492261885305)

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

- [📍 Kölner Straße 173, 51702 Bergneustadt](#)
- @schwangerenberatung@awo-rhein-oberberg.de
- [☎ +49 2261946950](tel:+492261946950)
- [🌐 https://www.awo-rhein-oberberg.de/beratung-und-hi...](https://www.awo-rhein-oberberg.de/beratung-und-hi...)

Donum Vitae Schwangerschaftsbetreuung

- [📍 Gummersbacher Straße 17, 51645 Gummersbach](#)
- @gummersbach@donumvitae.org
- [☎ +49 2261816750](tel:+492261816750)
- [🌐 https://www.gummersbach-donumvitae.de/](https://www.gummersbach-donumvitae.de/)

💡 You can also get help by calling [☎ 08004040020](tel:08004040020) . Counselling is anonymous 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 Oberberg 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](#)

 [@manuela.bergmann@bergneustadt.de](mailto:manuela.bergmann@bergneustadt.de)

 [+492261404213](tel:+492261404213)

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


Nina Schurmann | Senioren- und Pflegeberatung

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


 [@nina.schurmann@engelskirchen.de](mailto:nina.schurmann@engelskirchen.de)

 [+49226383105](tel:+49226383105)

Fabienne Heinrich | Senioren- und Pflegeberatung


 [Rathausplatz 3, 51643 Gummersbach](#)

 [@fabienne.heinrich@gummersbach.de](mailto:fabienne.heinrich@gummersbach.de)

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 [Bahnhofsplatz 14, 42499 Hückeswagen](#)

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 [+49219288250](tel:+49219288250)


Laura Philipp | Annel-Meinerzhagen-Stiftung

 [Korbstraße 7, 51789 Lindlar](#)

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Anette Molter | Senioren- und Pflegeberatung

 [Hauptstraße 20, 51709 Marienheide](#)

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@tina.sohn@gemeinde-morsbach.de

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Petra Hein | Senioren- und Pflegeberatung

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[!\[\]\(7f05b059bc0583c5dd3385c0ccddbce0_img.jpg\) https://www.obk.de/cms200/gesundheitsoziales/pfl...](https://www.obk.de/cms200/gesundheitsoziales/pfl...)

Kyra Springer | Trägerverein aktiv55plus

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[@info@aktiv55plus.de](mailto:info@aktiv55plus.de)

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Kerstin Ditscheid | Senioren- und Pflegeberatung

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[!\[\]\(ea57ff504665e85cd71f95260bebf118_img.jpg\) https://www.obk.de/cms200/gesundheitsoziales/pfl...](https://www.obk.de/cms200/gesundheitsoziales/pfl...)

Carmen Muñoz-Berz | Senioren- und Pflegeberatung

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Sandra Peifer | Senioren- und Pflegeberatung

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Alexandra Abel | Senioren- und Pflegeberatung

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Christine Prinz | Koordination Senioren- und Pflegeberatung

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 [+492261885003](tel:+492261885003)

 https://www.obk.de/cms200/gesundheit_soziales/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.

Contact:

VSB Beratungsstelle

-  [Ahestraße 2, 51645 Gummersbach](#)
-  [@info@vsb-ggmbh.com](mailto:info@vsb-ggmbh.com)
-  [+49 226179580](tel:+49226179580)

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](#)
-  [+49 22613060](tel:+4922613060)
-  <https://www.caritas-oberberg.de/start/>

nina+nico e. V.

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

- [@info@nina-nico.de](mailto:info@nina-nico.de)
- [+49 226124792](tel:+49226124792)
- <https://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.

Visit to the doctor

General practitioners and specialists

Are you ill? Go to your family doctor. You can choose your own family doctor. General practitioners set their own opening hours. Do you want your family doctor to help you? Make an appointment.

General practitioners carry out important examinations. They are your first point of contact in the event of illness. They decide on the medication you need. They decide whether a specialist examination is necessary.

If necessary, your GP will refer you to a specialist. They can carry out specialised examinations.

💡 Do you need help finding a suitable doctor? Ask your support group. Alternatively, ask the counsellor at your accommodation.

💡 Are you looking for asylum? Are you ill? Do you need to see a doctor? Then you will receive a treatment voucher from the [social welfare office](#) . With this, the doctor's visit is free of charge for you.

💡 Do you need an operation? Is it not an emergency? Then the [social welfare office](#) must authorise your stay in hospital. Apply for authorisation before you go to the hospital. Your doctor will issue you with a medical certificate. The social welfare office will only cover medically necessary procedures.

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

🔍 You can search for emergency practices [here](#). These are doctors who can also help outside opening 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

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

Health insurance


Insurance is compulsory in Germany. Do you have a residence permit? Then you must register with a regular health insurance fund. There you will receive an insurance card. This will give you

the same benefits as everyone else in Germany.

 [Health insurance website](#)


Do you have an acute illness abroad? You will also receive basic care in many foreign doctors' surgeries and hospitals. You can obtain information from your health insurance company.


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


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

Insurance card

The insurance card is very important. You can use it to go to the doctor. The doctor's work is paid for by your insurance. The card is also your insurance throughout Europe. It is called the European Health Insurance Card (EHIC). You can use it to go to the doctor in any EU country.

 Are you travelling to a country outside the EU? Then you should take out additional insurance. Insurance for abroad protects you while travelling. It's called international health insurance.

Would you like to understand the German healthcare system? You can find information on this  [website](#). This information is available in German and English.

 As a refugee or asylum seeker, you are not yet covered by health insurance. You need a health insurance voucher. You can use this to go to the doctor. You can obtain these certificates from the [social welfare office](#).


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

 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 centres can find out more about this at  [Language mediator pool contacts](#)


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

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 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 advice 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](#)

Contact vocational language course providers:

Christliches Jugenddorfwerk Deutschland gemeinnütziger e.V.

-  [Kaiserstraße 150, 51643 Gummersbach](#)
-  [@christoph.zimmermann@cjed.de](mailto:christoph.zimmermann@cjed.de)
-  [+49 226192053819](tel:+49226192053819)

DEKRA Akademie GmbH Gummersbach | Sprachkurse

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-  [+49 226129030](tel:+49226129030)
-  <https://www.dekra-akademie.de/standorte/gummersba...>

Milling gGmbH | Sprachkurse

- [Vollmerhauser Str. 30, 51645 Gummersbach](#)
- [@thomas.stein@milling-sprachschulden.de](mailto:thomas.stein@milling-sprachschulden.de)
- [+49 268198304514](tel:+49268198304514)
- <https://milling-sprachschulen.de/>

Nestor Bildungsinstitut gGmbH

- [Friedrichstaler Str. 39, 51645 Gummersbach](#)
- [@gummersbach@nestor-bildung.de](mailto:gummersbach@nestor-bildung.de)
- [+49 226198970](tel:+49226198970)
- <https://www.nestor-bildung.de/>

Volkshochschule Oberberg | Deutsch als Fremdsprache / Zweitsprache

- [Mühlenbergweg 3, 51645 Gummersbach](#)
- [@ewelina.pickhardt@vsh.obk.de](mailto:ewelina.pickhardt@vsh.obk.de)
- [+49 2261884350](tel:+492261884350)
- <https://www.vhs-oberberg.de/>

Wirtschaftsakademie Küster GmbH | Sprachkurse

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- <https://wa-kuester.eu/>

HS Dienstleistung GmbH

- [Kaiserstraße 1, 51643 Gummersbach](#)
- [+49 22619201551](tel:+4922619201551)
- <https://www.hs-akademie.eu/>

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- [+49 2261700940](tel:+492261700940)
- <https://www.ev-erwachsenenbildung-oberberg.de/bil...>

Keywords: Language learning

Learn German online

There are many ways to learn German. You can attend a [language course](#) . But you can also learn German online yourself. You can do this free of charge. You can find this option here, for example:

- [VHS learning portal](#)
- [Deutsche Welle](#)
- [LanguageGuide](#)
- [Goethe Institute](#)
- [Goethe Institut - German at the workplace](#)

Training and 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) (year 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 young adults aged 16 to 27 who are looking for an apprenticeship in a suitable company.

In coaching sessions, we work on prospects for an apprenticeship. We provide concrete help with application documents. It is also possible to practise job interviews.

At the same time, companies are supported in filling their unfilled training places 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 | Jugendbüro Gummersbach

[Moltkestraße 4, 51643 Gummersbach](#)

[@jana.ulrich@kja-lro.de](mailto:jana.ulrich@kja-lro.de)

[+49 \(0\) 15785003511](tel:+49(0)15785003511)

<https://www.kja-lro.de/einrichtungen/beratungsste...>

💡 The [Federal Employment Agency](#) or the [job centre](#) are also familiar with the programme. It is called Ausbildungswege NRW. They can put you in direct contact with a responsible coach.

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 through **vocational training**.

There is a very good system of vocational training. Such training is worth a lot in Germany. Many employers are looking for people who have this training.

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

Have you already completed a state vocational training programme in another country? Then find out about your options here:

[Recognition of 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 lower secondary school leaving certificate is required.

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

Dual training

Dual training is a speciality in Germany. You work in a company and go to school at the same time. This way you learn theory and practice. An apprenticeship lasts between 2 and 3.5 years. If you have an Abitur, you can shorten the duration of your apprenticeship.

Depending on the type of occupation you would like to learn in a dual apprenticeship, you should contact the appropriate organisation:

Handwerkskammer

The Chamber of Crafts is responsible for skilled trades. This includes professions such as baker, bricklayer or painter.

 [HWK Cologne](#)

Industrie- und Handelskammer

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial production, trade and services. This includes, for example, business people in industry or in wholesale and foreign trade.


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

 [IHK Cologne](#)

Akademie Gesundheitswirtschaft und Senioren

The AGewiS is responsible for training occupations in the healthcare sector. This includes, for example, care and emergency rescue professions.

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

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






Full-time training at a vocational school

In Germany, there is also full-time training at a vocational school. Without an apprenticeship in a company, the vocational school provides completed vocational training in theory and practice. It usually lasts two to three and a half years. Lessons take place full-time. In addition to vocational subjects, it also includes general education subjects.

The vocational colleges differ in their training specialisations, admission requirements and duration of training. They also differ in terms of further education options. You should therefore speak to the school you are interested in.

You can also find information at

-  <https://bk-dieringhausen.de/startseite.html>
-  [Kaufmännisches BK Hepel and Waldbröl: Kaufmännisches Berufskolleg Oberberg \(bko-kfm.de\)](#)

-  [Oberbergisches Berufskolleg Wipperfürth: Berufskolleg Wipperfürth - Berufskollegs Oberberg \(berufskollegs-oberberg.de\)](https://berufskollegs-oberberg.de)
-  [MD](https://www.md.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)

Study at a university





General information

There are many different degree programmes in Germany. There are also different types of universities:

- Universities (academically orientated)
- Universities of Applied Sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Universities for artistic subjects


There are state universities and private universities. The quality of private universities is not always better. However, you have to pay high tuition fees.


Helpful websites:

-  [University Compass](https://www.universitycompass.com) (All degree programmes 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)
-  [German Academic Exchange Service](https://www.daad.de) (DAAD - All study programmes in Germany)

Contact Technische Hochschule in Gummersbach:

TH Köln - Campus Gummersbach

 [Steinmüllerallee 1, 51643 Gummersbach](https://www.th-koeln.de)

 [+49 \(0\) 226181960](tel:+490226181960)



 <https://www.th-koeln.de/informatik-und-ingenieurw...>

Information on universities in North Rhine-Westphalia by study location


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

Requirements for studying in Germany


Would you like to study in Germany? Then you need an entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you completed the Abitur in your home country? Then you may be able to study in Germany. You can have this checked.

You can find more information on the website  [Anabin](#). Go to the information portal "Recognition in Germany". Also at  [German Academic Exchange Service DAAD](#).

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

There is also the possibility of funding from the educational counselling service  [Garantiefonds Hochschule](#).

Some universities also offer preparatory semesters. You will also learn German there.

 Find out more at the university where you would like to study. Most universities offer counselling services.

There are application deadlines for applying to a university. Please observe these deadlines. Universities do not accept late applications.

You do not yet have a university entrance qualification?

If you can study in your home country with your school-leaving certificate, but not in Germany, you can gain admission to a preparatory college. Preparatory colleges are specially designed for foreign applicants. They prepare you for studying in Germany.

See also:  [make-it-in-Germany](#)

Labour

Unemployment

You are unemployed if you do not earn any money through work. As Germany is a welfare state, it helps people who are unable to earn their own living, or can only do so in part.

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 are not receiving your salary, you can seek advice from  [VSB gGmbH](#).

Application

What is included in an application?

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

An application consists of three parts:

1. Cover letter:

In the personalised cover letter, you briefly introduce yourself and describe why you are suitable for the vacancy.

2. CV:

The CV lists all your experience and is structured like a large table. Write from when to when you worked at which company. Write where you completed your training or studies. Write where you went to school and what school-leaving qualification you obtained. You don't have to include a photo on your CV, but many companies like it if you do. There are many

templates and aids on the Internet.

3. Certificates:



It is very important that you include **copies** of your **certificates**. Certificates from your school-leaving certificate, degree or work references from the past (no originals!)


Applications can be printed out in paper form, submitted online by e-mail or online on the company's website. Some employers now also offer a short application in 60 seconds, which can be accessed directly via a QR code and sent using a smartphone, for example. You may not even have to submit any documents in the first step.

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

Where can I get help with 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, you are welcome to contact your local social worker. They will put you in touch with 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  [meinBERUF](#)



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

You can have your CV created on the website  [Europass](#). The site is available in many languages. You enter your details. You write down your experience. At the end you will receive a CV. CVs look different in every country. It is important that you use the format that is used in Germany. You can select this at Europass.

Access to the labour market

You must fulfil certain requirements to be able to work in Germany. This depends on whether you come from an EU country, the EEA, Switzerland or another country. EU citizens, citizens of the EEA or Switzerland may work in Germany without needing a special permit. Citizens from other countries need a permit, the so-called residence permit. The residence permit states whether you are allowed to work on the labour market.

 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 subject 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
- Career 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  [Mentegra](#)
- Job profiles and requirements  [BerufeNet](#)
- Recognition of foreign qualifications
 -  [IHK](#)
 -  [HWK](#)
-  [VSB gGmbH](#)
- Qualification  [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 if you are unemployed and in need of help. It pays financial benefits, but also offers job placement and qualification programmes as required.

Is your asylum procedure still ongoing or are you tolerated?

Then contact the [Federal Employment Agency](#). It will advise you on all matters relating to training and work. It will help you find a job and arrange training programmes. It also advises on the recognition of foreign qualifications. It also advises on language courses. It helps with the application 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](#)

Keywords: Job search

School, daycare centre and education

School system

NRW school system and school types

Compulsory schooling

Education is important. It helps to have a job later on. In Germany, all children have to go to school. School attendance costs nothing.

Children aged 6 to 18 must go to school. Exceptions are holidays and public holidays. School hours depend on the timetable.

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

Parents' consultation days take place regularly. There you can talk to the teachers and get important information.

School system in Germany

The German school system offers various options for your child.

💡 Flyer about the German school system in various languages 🌐
<https://www.schulministerium.nrw/schulsystem>

💡 Explanatory 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

If you have any questions about school enrolment or if there is an important reason for transferring to another school, you can contact the [Oberberg district education authority](#).

The pupil must also attend the counselling interview.

School authority for the Oberbergischer Kreis - School counselling

The school authority for the Oberberg district

The education authority looks after primary schools, secondary modern schools and special schools. It ensures that education and upbringing work well.

If there are problems, for example between pupils or their carers and the school, you should first speak to the teachers, the school management or the parents' representatives.

If the problems cannot be solved at school level, the education authority can help. It can provide advice and support.

Contact:

Schulamt für den Oberbergischen Kreis

- 📍 [Industriestraße 2, 51643 Gummersbach](#)
- @ schulamt@obk.de
- 🌐 <https://www.obk.de/cms200/kreis/aemter/amtSchA/>

Counselling for problems at school is also available here:

Schulpsychologische Beratungsstelle des Oberbergischen Kreises

- 📍 [Hindenburgstraße 24, 51643 Gummersbach](#)
- @ gummersbach@donumvitae.org
- ☎ [+49 2261884060](tel:+492261884060)

- <https://www.bildung-in-oberberg.de/cms200schule/s...>

Haus für Alle

- [Albert-Schweitzer-Weg 1, 51545 Waldbröl](#)
- [@beratungsstelle-hausfueralle@ekir.de](mailto:beratungsstelle-hausfueralle@ekir.de)
- [+49 22914068](tel:+4922914068)
- <https://www.hausfueralle.de/kontakt/>

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.

At Oberbergischen Kreis there are 3 vocational colleges with different specialisations:

Berufskolleg Dieringhausen

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


 [+49 \(0\) 226196800](tel:+49(0)226196800)

 <https://bk-dieringhausen.de/startseite.html>

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

Kaufmännisches Berufskolleg Oberberg

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

 [+49 \(0\) 226192960](tel:+49(0)226192960)

 <https://www.bko-kfm.de/>

and

Kaufmännisches Berufskolleg Oberberg


 [Alter Krankenhausweg 6, 51545 Waldbröl](#)

 [+49 \(0\) 2291911371](tel:+49(0)2291911371)

 <https://www.bko-kfm.de/>

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

Berufskolleg Wipperfürth


 [Ringstraße 42, 51688 Wipperfürth](#)

 [+49 \(0\) 2267887950](tel:+49(0)2267887950)

 <http://www.bbk.schule/>

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

You can find more information about the 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 different forms of childcare. You will find explanations below:

What is a Kita (childcare centre)?

Kita is a term for children's day care centres. Here your child can make friends, learn to play, learn and / or improve the German language. Attending a day care centre is an important and good preparation for school.

What is a day nursery (Kinderkrippe)?

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

What is a kindergarten (Kindergarten)?

Kindergartens are day-care centres that cater primarily for children between the ages of three and school entry.

What is an after-school care centre (Kinderhort)?

After-school care centres are day-care facilities that mainly cater for schoolchildren. Your child can also do their school homework here. Depending on how full the kindergarten is, it may also offer afternoon care for schoolchildren.

💡 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 process.

Attending kindergarten costs money. Under certain circumstances, the costs for the kindergarten can be covered. 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

A childminder looks after your child in their home. She looks after a maximum of five children at the same time. Childminders have attended courses in which they have learnt how to look after children properly. The Youth Welfare Office regularly inspects the home and 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 free 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 pools website](#) and  [DLRG website](#)

and  [Website delfikids](#).

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

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 offers are aimed at all children and young people from the age of 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 will 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 to arrive, find your bearings and feel welcome. Sport provides you with 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 can 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, ambulance 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

- **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 room 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. The 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

Be informed in an emergency

Everyone is warned when disasters or extreme weather situations occur. For example, in the event of [flooding](#), [fire](#) or [severe weather](#).

These warnings come via radio, internet and television. A radio with batteries also works in the event of a [power failure](#). Always have enough batteries in the house.

You can also find current warnings on the Internet at  www.warnung.bund.de,  [Emergency-Info des Oberbergischen](#) Kreises or via the [warning apps](#).

There are emergency announcements on the radio stations Radio Berg (107.9 MHz) and WDR 2 (91.8 MHz)!

Behaviour in emergency situations

- What do you do in the event of a disaster?
- What is the right behaviour?
- How do you protect yourself?

You can find answers to these questions in the guide from the Federal Office of Civil Protection and Disaster Assistance. It is available in several languages. You can download or order it here:

 [Guide to emergency preparedness and correct behaviour in emergency situations](#)

Fire

A fire can have various causes. For example:

- Faults in electrical wiring
- Work that can easily cause a fire
- Being careless, for example with candles
- Being careless, for example when barbecuing (do not barbecue indoors)
- Overheated electrical appliances

- Still glowing cigarette butts

Take precautions:

Install smoke alarms in bedrooms and corridors, not necessarily in the kitchen. Do you have a fire extinguisher in the house? Learn how to use it properly. Keep all [important documents](#) to hand. Watch out for candles or naked flames. Check electrical appliances and sockets. Replace broken appliances and power strips.

Important: Do not connect several multiple sockets together! This can lead to fires!

Inform yourself:

Where is the stairwell? If there is a fire, do not use the lift. Where are the fire extinguishers? How do you call the emergency services? Where are the escape routes? Escape routes must always be clear. Do not place anything in stairwells or corridors. Doors in escape routes should be closed. This prevents smoke from spreading. However, they must not be locked. Hydrants and fire service access routes must be freely accessible. You should never park there.

If there is a fire:

Get yourself to safety. Then dial the emergency number directly ☎ 112. If possible, warn other people in the house. If the fire is just starting, try to put it out. Be careful. Do not put yourself in danger! Smother burning fat or liquid fuels. Place a lid over it, for example. **Never** extinguish burning fat or liquid fuels with water: a high jet of flame will be produced!

Never enter smoky rooms. If you are in a smoke-filled room, crawl across the floor to the outside. Close the door from the outside and call the fire brigade/emergency services ☎ 112.

Is it not possible to try to extinguish the fire? Then close the windows and leave the room. Close the door behind you.

Call the fire brigade/rescue service! The emergency telephone number is ☎ 112

See also [emergency numbers SOS](#).

Severe weather

Sometimes severe storms occur. These include, for example

- storm
- severe thunderstorm
- snowstorm
- heavy rain

In severe storms, trees sometimes fall. Damage is caused to houses. Roads have to be closed. Airports have to be closed.

Stay indoors during storms. Close the windows. Pull the plugs out of the sockets for sensitive appliances. Keep candles, a torch and [a radio](#) in the house.

You should not go out during thunderstorms. If you do go outside, crouch down. Keep your feet close together. Do not go under trees, poles or fences. Do not hold on to any metal objects (e.g. umbrellas or bicycles). You are safe in a car.

💡 You can find severe weather forecasts on the Internet at www.dwd.de.

You will be warned by sirens and [warning apps](#)! Watch or listen to the news. Find out more on the internet. You may also be warned via loudspeakers. Also inform your flatmates and neighbours.

If the power goes out, your mobile phone or the internet often won't work either. Then apps are no help. It is therefore a good idea to listen to sirens, the radio or loudspeaker announcements. A battery-operated radio is very important in emergencies. The radio stations Radio Berg (107.9 MHz) and WDR 2 (91.8 MHz) have emergency announcements!

Read also here [Be informed in an emergency](#)

Flood

Floods have occurred in Germany and also in the Oberberg district in recent years. Streams became torrents of water. Houses and lives were in danger.

There is a flood warning. What should you do?

- Get to safety.
- Remove hazardous substances and chemicals to safety.
- Unplug electrical appliances in the basement. You may also have to switch off all electricity.
- Clean out your cellar if it could fill with water.
- Stock up on [food](#).
- Have a [radio](#) with batteries ready.
- Have your [document bag](#) ready.
- Move valuable furniture and appliances to the upper floor.

💡 You can find current flood warnings on the Internet at www.hochwasserzentralen.de

Correct behaviour in the event of flooding

- Do not enter the cellar under any circumstances. Water can suddenly enter here. Or you could get an electric shock!
- Switch on the radio. Follow the instructions of the fire brigade and police!
- Leave underground car parks! There is a danger to life here!
- Do not drive a car through flooded streets.

Help others if possible. But do not put yourself in danger.

Do not drive a **boat** around the flooded area just for fun.

Stay away from **the banks** . All that water may have undermined the bank. Then you will collapse!

Listen to the fire brigade and the police.

Did toxic substances escape during the flooding? Oil or paint, for example. Then call the fire brigade.

Have broken furniture and spoilt food disposed of. Do not throw them in the household rubbish. Do not eat any fruit or vegetables from a flooded area.

Sometimes pollutants get into the water during a flood.

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Hazardous substances

What are hazardous substances?

Hazardous substances are often not recognisable. They can be liquid, solid or gaseous. They can be in the air or in water. For example, cleaning agents are toxic!

 Observe the [hazard symbols](#)

In the event of contact with corrosive hazardous substances, remove affected clothing. Rinse affected body parts with plenty of water!

If you have accidentally come into contact with hazardous substances, call the fire brigade/emergency services  112.

 You can also read the [SOS emergency numbers](#) here.

Behaviour in the event of the release of hazardous substances

Stay indoors or seek shelter in a building. Take people from outside into your home. Inform your neighbours. Close windows and doors. Switch off fans and air conditioning systems. You must also close ventilation slots to the outside.

You will be warned by sirens and [warning apps](#)! There may be hazardous substances in the water or in the air! Watch or listen to the news. Find out more on the internet. You may also be warned via loudspeakers. Also inform your flatmates and neighbours.

If the power goes out, your mobile phone or the internet often won't work either. Then apps are no help.

It is therefore a good idea to also pay attention to sirens, radio or announcements with loudspeakers. A battery-operated radio is very important in emergencies. The radio stations Radio Berg (107.9 MHz) and WDR 2 (91.8 MHz) have emergency announcements!

Read also here [Be informed in an emergency](#)

Power failure

A power cut can affect many things in our household. For example, the heating, water, light, telephone and household appliances will no longer work.

You should have warm clothing ready so that you are prepared. For light, you will need candles, torches and batteries. You can use a camping cooker to prepare food without electricity. Rechargeable batteries and solar-powered chargers will help if the power goes out. It's also a good idea to always have some cash, because ATMs don't work when the power goes out. A [radio](#) with batteries is useful for listening to the news.

Important: Do not make a fire indoors, for example with charcoal. This can be dangerous because you could get smoke inhalation.

Food stock

Make sure you have enough to eat and drink so that you can survive in an emergency. There may be a flood and you won't be able to walk through the streets.

A 10-day supply is a great help.

Stock of medication and bandages

An accident can happen quickly. Then you need your medicine cabinet. Check your medicine cabinet regularly. Expired medicines are dangerous. Throw them in the household rubbish. Lock your medicine cabinet. Children should not be able to reach it. The room should be dry and cool.

These things go in the medicine cabinet:

- Your medication prescribed by your doctor
- Cold remedies
- Painkillers and remedies for fever
- Remedies for diarrhoea, nausea and vomiting
- Remedies for sunburn and insect bites
- Clinical thermometer
- Tweezers
- Disinfectant

- Dressing material, for example compresses, plasters and triangular bandages

Have important documents ready

Keep important documents in a small bag so that you have them to hand in an emergency. Originals or copies of the most important documents should be placed in this bag.

Place the originals of the following documents in the bag:

- Family certificate
- passbooks
- certificates
- wills
- Living wills
- Powers of attorney

Put copies of the following documents in your bag so that you can keep the originals with you:

- Identity card
- Passport
- Driving licence
- car documents
- Vaccination certificate

Keep this bag in an easily accessible place in your home. This way you will have all the relevant documents quickly to hand in an emergency.

Luggage for emergencies

Sometimes you need to get out of your home quickly. For example, if there's a fire. Or if the gas pipe is broken. Then you can't think for long. That's why you should prepare an emergency kit.

- First aid material
- Medication
- [Radio](#) with batteries
- [The document bag](#)
- Durable food
- Water bottle
- Torch
- Sleeping bag
- Clothes for a few days
- Soap, toothbrush and toothpaste
- Rainwear
- Sturdy shoes

- face mask
- Neck pouch and SOS capsule for children. These contain a name and address. They are available in pharmacies, for example.

Do not forget!

- identity cards
- money
- Mobile phone and charging cable
- Particularly valuable items

Hygiene

Soap, detergent, toothpaste and toilet paper also belong in your supplies!

Has the water supply broken down and there is no water for hygiene?

You can use natural water sources. For example, lakes, rivers, streams, springs or rainwater.

Even if the water looks clear and clean, appropriate treatment is essential. Otherwise you can get sick and diarrhoea.

The simplest method is to boil the water.

Civil protection

Siren warning

Sirens warn us of danger!


The siren signals:

Long, rising and falling wailing sound (1 minute). This means there is a great danger!

- As soon as you hear the warning signal, please seek enclosed spaces, close windows and doors, switch off ventilation systems.
- Do not go into the cellar.
- Keep calm.
- Help other defenceless passers-by and pick them up.
- Switch on the radio (battery-operated). The [radio](#) will immediately inform you about the event and the correct behaviour. There are emergency announcements on the radio stations Radio Berg (107.9 MHz) and WDR 2 (91.8 MHz)!
- Leave your children at kindergarten or school.
- Only make phone calls in an absolute emergency, as the phone lines will be overloaded.
- **Only** call the emergency numbers of the fire/rescue service ☎ 112 or the police ☎ 110 **in an emergency** .

💡 See also [Behaviour in emergency situations](#)

All-clear: One continuous tone for 1 minute. The danger is over.

You can listen to the siren tones here  [City of Cologne website](#)

In addition to classic sirens, [warning apps](#) such as **NINA** or **KATWARN** can warn of dangerous situations. With the mobile phone service **Cell Broadcast** the danger message is sent directly to your mobile phone.

You may also be warned via loudspeaker. Also inform your flatmates and neighbours.

Also read here [Be informed in an emergency](#)

Important: There are test alarms to test whether sirens work. There is a corresponding warning day at least twice a year (on the second Thursday in March and September).

Warning apps

Warning apps can help in the event of danger

In addition to loud sirens, there are also apps that warn people of danger. Two of these apps are called **NINA** and **KATWARN**.

How do these apps work?

The apps indicate when there is a danger - for example, [severe weather](#), [flooding](#) or a warning about [hazardous substances](#).

You can download them for free from the App Store (for iPhone) or the Google Play Store (for Android).

To receive a warning, you have to select a location or region, or share your own location (via GPS). The warning is then sent to your mobile phone as a notification (push message). There is often also a signal tone. There is the **NINA-APP** and the **KATWARN-APP**. Both warn you of the same dangers.

The APPS only work on smartphones, not on older mobile phones!

- You receive warnings from the fire brigade.
- You can set locations or use your own location.
- The app does not store any personal data.
- You can see on a map where it is currently dangerous.
- There are also tips on what you should do.

Important: Don't just rely on apps!

If the power goes out, your mobile phone or the internet often won't work either. Then apps won't help.

That's why it's good to also pay attention to sirens, [radio](#) or announcements with loudspeakers. A battery-operated radio is very important in emergencies. The radio stations Radio Berg (107.9 MHz) and WDR 2 (91.8 MHz) have emergency announcements!

What is Cell Broadcast?

This is a system where you receive a warning directly on your mobile phone if you are in a danger zone.

The warning is sent even if the mobile phone is set to silent. The mobile phone will still make a loud sound.

What do I need to bear in mind for Cell Broadcast to work?

- Not all mobile phones can receive these messages (older devices often cannot).
- You must have new software updates installed.
- The mobile phone must be switched on - no flight mode.

You can activate the messages in the mobile phone settings:
Settings > Security and emergency

Safety tips for swimming in the lake and river

There are many [reservoirs](#) in the Oberberg district. You can swim in some of them. Swimming in a lake or river can be great fun, but it is important to be safe. Here are some simple tips to keep in mind:

- **Only go into the water if you know how to swim!**
- **Pay attention to the weather:** Don't swim in thunderstorms or strong winds. This is dangerous.
- **Only swim in safe places:** Only go into the water where it is permitted and where others are swimming. There are often signs showing where you are allowed to swim.
- **Check the depth of the water:** Never jump into unfamiliar water. It could be too shallow or there could be stones in the water.
- **Don't swim too far out:** Stay close to the shore. If you get tired, it will be easier to come back.
- **Watch out for currents:** There are often currents in rivers that can sweep you along. Be careful and do not swim against the current.
- **Watch out for children:** Children should always be under adult supervision when playing in the water.
- **Listen to your own body:** If you are cold or feeling tired, get out of the water instead. Your body needs a break.
- **Watch out for glass bottles:** Glass can break and cause injury. Use plastic bottles or cans instead.
- **Do not leave any rubbish behind!**

Important: If you see a swimming accident, call the emergency number 📞 112. Do not endanger yourself!

💡 The German Lifesaving Association (DLRG) monitors many reservoirs and provides assistance in an emergency. They can also provide you with information on bathing spots and current warnings. 🌐 [To the DLRG website](#)