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Authorities and counselling

Communication is very important when visiting a public authority or counselling centre. Please make sure that the official language in Germany is German. If necessary, you should bring interpreters with you to the meeting. You can find a list of interpreters working in Ostallgäu and the surrounding area [here](#).

Consultations are generally free of charge.

Foreigners' Registration Office, Civil Status, Asylum and Integration

The foreigners authority in the Ostallgäu district helps people from other countries. If someone only comes to visit or wants to stay longer, this authority is responsible. It ensures that the rules for foreigners and asylum seekers are observed.

Address

Schwabenstraße 11
87616 Marktoberdorf

■ [+49 8342 9110](tel:+4983429110)

[Homepage Foreigners' Registration Office](#)

Important: You need an appointment for all matters!

Opening hours Foreigners' Registration Office

Mon., Wed., Fri. 7.30 a.m. - 12.30 p.m.
Tue. 7.30 a.m. - 4.00 p.m.
Thurs. 7.30 a.m. - 5.30 p.m.

Opening hours citizen service / district office

Mon. and Tue. 7.30 a.m. - 4.00 p.m.
Wed. 7.30 a.m. - 12.30 p.m.
Thurs. 7.30 a.m. - 5.30 p.m.
Fri. 7.30 a.m. - 12.30 p.m.

Municipal integration


What is on offer here?

There are many things here that help people:

- Courses for people who want to help others integrate
- Help and information for people who come from other countries
- A newsletter with news
- Money for special projects that promote coexistence
- Dates for language courses and language tests
- A list of people who can translate (interpreters)

- Meetings where many people can exchange ideas
- Counselling for refugees and anyone who needs help

If you have any questions, you can call or write to us!

 [+49 8342 911194](tel:+498342911194) or [+49 8342 911794](tel:+498342911794)

@integration@lra-oal.bayern.de

You can find more information here: www.ostallgaeu.de/integration

Right of asylum

Tasks

- Check whether someone is eligible for asylum or is a refugee
- Make an application to be granted asylum
- Make another application if the first application was rejected
- Get permission to stay in the country for a while
- If someone is no longer granted residence, they must leave the country
- Tolerated stay: If someone is still allowed to stay in the country even though their application has been rejected
- Protection from deportation: If there are reasons why someone cannot be deported

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

Address of the office:

District Office Ostallgäu
Schwabenstraße 11
87616 Marktoberdorf

Phone:

 [+49834291110](tel:+49834291110)

Make an appointment:

@asyl@lra-oal.bayern.de

Accommodation for asylum seekers

People in the asylum process often have to live in shared accommodation. This means that they live together with other refugees and do not live alone. The accommodation can be a flat, a house or a larger building.

The government of Swabia decides which accommodation a person must live in and where this accommodation is located.

There is no entitlement to accommodation or a specific location.

You can obtain further information from the [Foreigners' Registration Office](#) at the Ostallgäu District Office.

Contact person in Ostallgäu:

Mr Steinacher, working group leader: ☎ [+49 8342911330](tel:+498342911330)

Mr Holzheu, clerk: ☎ [+49 8342911332](tel:+498342911332)

Mrs Kuhn, clerk: ☎ [+49 8342911534](tel:+498342911534)

Right of residence

What does the Foreigners' Registration Office do?

The Foreigners' Registration Office helps people who come from other countries and want to live in Germany. Here are some of the tasks the office has:

- Au-pair: Help if someone wants to work as an au-pair (these are young people who live with a family and help).
- Departure: If someone wants to leave the country for more than 6 months.
- Visit: If someone wants to invite family or friends to visit.
- Electronic residence permit: Since 2011, there has been an identity card for people from other countries.
- Family: If a family member from another country wants to come to Germany.
- Information for EU citizens: Tips for people from Europe who want to live here.
- Integration course: Language courses and help with arriving in Germany.
- Visa: Help with the papers you need to enter Germany.

👤 You can find more information here:

District Office Ostallgäu
Schwabenstraße 11
87616 Marktoberdorf
☎ [+49 83429110](tel:+4983429110) @ auslaender@lra-oal.bayern.de

How do you get an appointment?

Write an e-mail

Or submit your application directly online: Ostallgäu District Office - Online Service

What online applications are available?

- Residence permit for training (if you want to study here)
- Residence permit for work
- Residence permit for the family
- Residence permit for people from Ukraine
- Changes to the residence permit
- Permission to stay permanently (settlement permit)
- Residence for people from the EU and their families

-
- The employees are responsible for different locations.

If you or your family have any questions, just give them a call or send them an e-mail!

The clerks are sorted by place of residence:

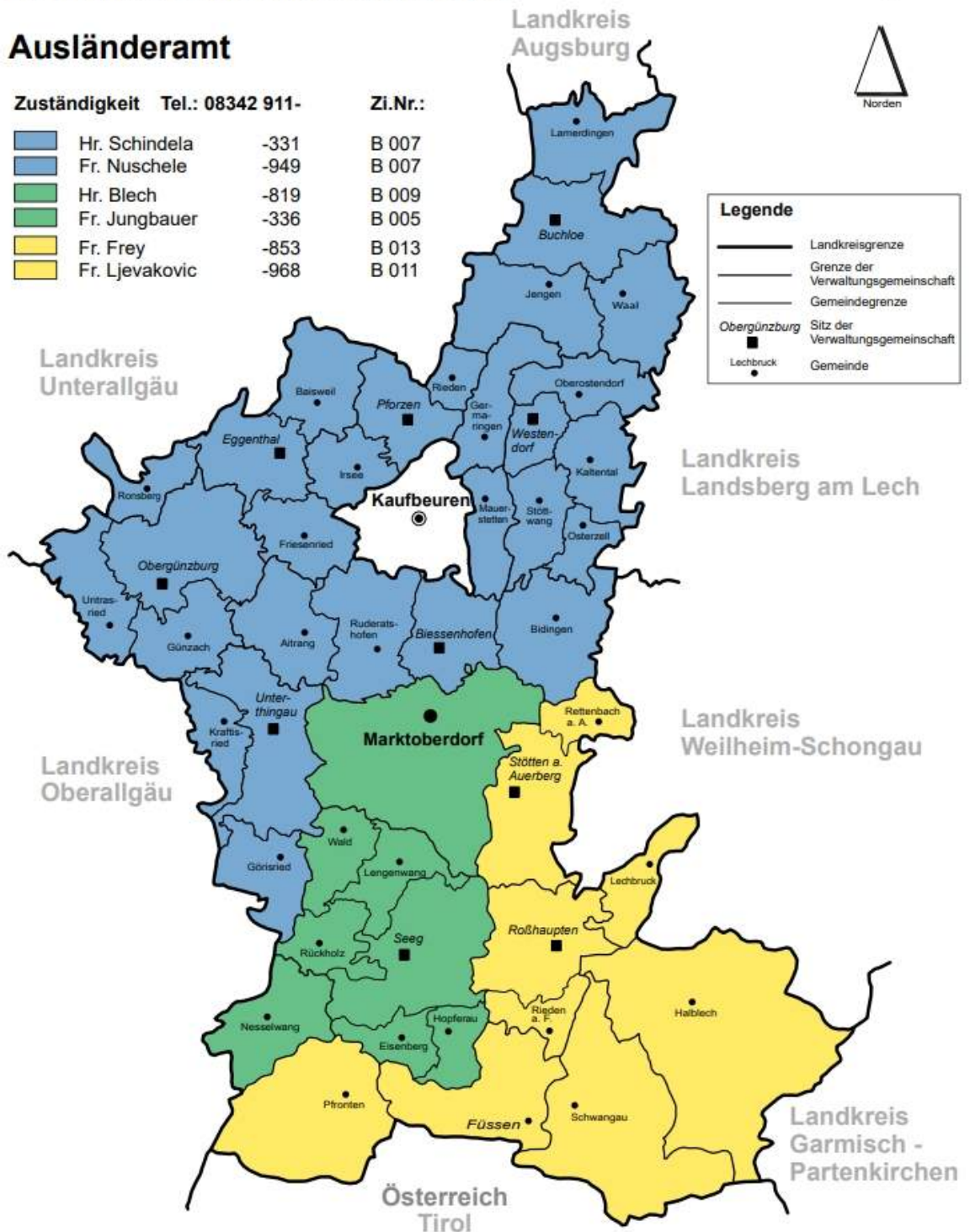
Landkreis Ostallgäu

Personenstand und Ausländerwesen SG 13



Ausländeramt

Zuständigkeit	Tel.: 08342 911-	Zi.Nr.:
Hr. Schindela	-331	B 007
Fr. Nuschele	-949	B 007
Hr. Blech	-819	B 009
Fr. Jungbauer	-336	B 005
Fr. Frey	-853	B 013
Fr. Ljevakovic	-968	B 011



Stand: Oktober 2025

Nationality and marital status

What does this centre do?

They will help you and your family with these issues:

- How your name should appear on your ID (name law)
- If you need a passport or ID card
- If you want to know what nationality you have
- They make sure that everything runs smoothly at the registry office

Address:

Schwabenstraße 11, 87616 Marktoberdorf

 [+4983429110](tel:+4983429110)

@sta.pass@lra-oal.bayern.de

If you would like to make an appointment, write us an e-mail.

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


Authorities

Employment Agency

The Employment Agency is responsible for **unemployment benefit I**.

Unemployment benefit I is paid to people who

- are unemployed
- have registered as unemployed with the Employment Agency
- have usually paid into unemployment insurance for at least 12 months in the last 30 months


 Important: Not every unemployed person automatically receives unemployment benefit I. You must have worked long enough beforehand and have been insured.

The Employment Agency also offers **career counselling** for young people and adults. It advises on questions about

- Professions
- training
- work
- the right career choice

The Employment Agency also works together with the Foreigners' Registration Office. This is important for refugees who are still in the asylum process or have a tolerated stay.

Agentur für Arbeit Marktoberdorf

 [Jörglweg 10, 87616 Marktoberdorf](#)

+49 8004555500

Agentur für Arbeit Füssen

Abt-Hafner-Straße 8, 87629 Füssen

+49 8004555500

Employer Service Ostallgäu - Employment Agency

The employer service of the Kempten-Memmingen Employment Agency helps companies to find new staff. Vacancies can be reported to the agency at any time - for example via the employment agency's job exchange. The contact persons are there for you on the phone and in person.

How to write a good job advert:

- Describe the job in detail: Write what you want the new person to do.
- State the requirements: Think carefully about what the person needs to be able to do. For example: training, specific skills or experience.
- Observe the law: You must observe the General Equal Treatment Act (AGG). No-one may be discriminated against on the grounds of origin, gender, religion or age

All information [here](#).

You can find your contact persons for the Ostallgäu Employer Service [here](#).

Social Administration - Social Welfare Office

The Ostallgäu Social Administration is part of the Ostallgäu District Office. It helps people in the Ostallgäu district if they have money problems or need support.

Who can get help?

- People with little money: If there is not enough money for rent, food or other important things
- Elderly people and people in need of care: If someone needs help in everyday life
- People with disabilities: If someone needs special support because of a disability.
- People in an emergency situation: For example, after sudden unemployment, illness or if someone sees no other way out.
- Refugees and asylum seekers: People who come from another country and are seeking protection in Germany.

What help is available?

- Asylum seeker benefits: Money and support for refugees and asylum seekers
- Training assistance / BAföG: money for pupils and students so that they can complete an apprenticeship or study programme.

-
- Education and participation benefits: Help for children and young people from families with little money.
 - Support for people who need care.
 - Pension counselling
 - School matters: For example, questions about school attendance or certain benefits for pupils.
 - School transport, free travel to school
 - Social assistance, basic income support: Cash assistance for people who do not have enough income.
 - Housing benefit: Help with rent
 - Other social benefits

How to contact the asylum seeker benefits team

Open consultation days without appointment:

Tuesday 08.00 to 16.00

Thursday 08.00 to 17.30

With appointment: Monday, Wednesday and Friday

Telephone number: 08342-911(+end number)

Telefonverzeichnis

Stand: 03.2026

Sachgebiet 20 des Landratsamtes Ostallgäu, Marktoberdorf –
E-Mail: sozialamt@lra-oal.bayern.de;

Name	Aufgabenschwerpunkte	DW
Herr Filser	Sachgebietsleitung	318
Soziale Leistungen – AG 201		
Herr Haug	Arbeitsgruppenleiter 201 Soziale Leistungen, Hilfe zur Gesundheit, KOF, LAG, HübSch, Unterhalt A – I , EDV-Admin OK-Sozios Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung A	520
Frau Herb	Leistungen für Asylbewerber A – D + T	195
Frau Hartig	Leistungen für Asylbewerber E-G	197
Herr Schubert	Leistungen für Asylbewerber H – Mt Unterkunftsabrechnung Asyl, Hilfe z. Gesundheit, ambulante nachgehende Hilfen Abrechnung Krankenkassen, Azubi-Kümmerer	522
Frau Böckler	Leistungen für Asylbewerber Mu – S + Z	862
Herr Roth	Teamleiter Leistungen für Asylbewerber U-Y stellvertr. EDV-Admin-SG 20 u. OK-Sozios	255
Frau Greisel	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung B – E , Bestattungskosten	512
Herr Wiedemann	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung F – Hoo	234
Frau Richter	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung Kb – L Hilfe zur Pflege, Unterhalt J – Z .	263
Frau Walter	Hilfe zum Lebensunterhalt, Grundsicherung im Alter u. bei Erwerbsminderung, Hop-Ka + M, N	818
Frau T. Hartmann	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung O – Sa OK-Sozios Admin	525
Frau Buntusch	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung Sb – T	235
Frau Unsin	Hilfe zum Lebensunterhalt, Grundsicherung im Alter und bei Erwerbsminderung U – Z	212
Frau Steppich	Vollstreckung, Buchungsstelle, Bestattungskosten	241
Bildungs- und Teilhabeleistungen, Kinderbetreuung SGB II – AG 20		
Frau Brauer	BuT, Kinderbetreuung SGB II A – AI	403
Frau Hofbauer	BuT, Kinderbetreuung SGB II, Am-Bo	259
Herr Kießling	BuT, Kinderbetreuung SGB II, Bp – J	513
Frau Frei	BuT, Kinderbetreuung SGB II K- Pf	869
Frau Flusche	BuT, Kinderbetreuung SGB II, Pg - Z	198

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Wohngeldbehörde – AG 203		
Frau A. Hartmann	Allgemeiner Wohngeldzuschuss A – Ba	272
Herr Wihlbiller	Allgemeiner Wohngeldzuschuss Bb – Gd	882
Herr Blösch	Allgemeiner Wohngeldzuschuss, Ge – Kn , EDV-Admin OK Wobis	271
Frau Merkl	Allgemeiner Wohngeldzuschuss Ko – M	236
Frau Hefele	Allgemeiner Wohngeldzuschuss N- R + Sch	270
Frau Eberle	Allgemeiner Wohngeldzuschuss S – Z	827
Schulen, Bildung – AG 204		
Herr Blanbois	Arbeitsgruppenleiter 203 (Wohngeldbehörde), 204 und stellv. Sachgebietsleiter; Schulen, Ausbildung; Schülerbeförderung, Schulpflicht, Schulsprengel, Ausbildungsförderung, EDV-Admin SG 20	329
Frau Gellrich	Schülerbeförderung	447
Frau Lodetti	Schülerbeförderung	445
Frau Socher	Schülerbeförderung	962
Frau Urbauer	Schülerbeförderung	328
Herr Bersch	Ausbildungsförderung (BAföG), "MeisterBAföG" -AFBG- A – H	257
Frau Haid	Ausbildungsförderung (BAföG), "MeisterBAföG" -AFBG- I – M	319
Herr Hörburger	Ausbildungsförderung (BAföG), "MeisterBAföG" -AFBG- N – Z	407
Frau Armstorfer	Versicherungsamt, Ordnungswidrigkeiten Abt. II, Statistik allgemein	247

You can find more detailed information here: [Homepage Social Welfare Office](#)

Job centre

The **job centre** is responsible for basic income support for jobseekers (citizen's allowance) in accordance with SGB II. Whether you receive this money depends on whether you are allowed to stay in Germany. For example, you need a residence permit (§ 24 Residence Act) or a fictitious certificate. You must live in Ostallgäu for the job centre to be able to help you.

Job Centre Ostallgäu
Iglauerstraße 3
87616 Marktoberdorf

■ [+49834291690](tel:+49834291690)

Communication for job centre customers now takes place via the [job centre app](#).

Accessibility

- On the Internet at <https://www.arbeitsagentur.de/arbeitslos-arbeit-f...> Messages can be sent and received securely via the portal, ensuring data protection-compliant communication.
- **Opening hours:**
 - Monday 08:00-12:00
 - Tuesday Closed
 - Wednesday 08:00-12:00
 - Thursday 08:00-12:00, 13:00-16:00
 - Friday 08:00-12:00

Citizens' benefits | Final digits

Mr Graf
Team Leader Benefits Citizen's Allowance| [08342 9169-225](tel:083429169225)

Mrs Krühmigen
Group Leader Benefits| [08342 9169-153](tel:083429169153)

Mrs Hüller
Specialist Assistant Benefits| [08342 9169-155](tel:083429169155)

Mrs Heindl | 00 - 04 [08342 9169-511](tel:083429169511)

Mrs Rode | 05 - 09 [08342 9169-121](tel:083429169121)

Mrs Ebbert | 10 - 18 [08342 9169-230](tel:083429169230)

Mrs Schmidt | 19 - 27 [08342 9169-151](tel:083429169151)

Mrs Schrägle | 28 - 32 [08342 9169-152](tel:083429169152)

Mrs Groß | 33 - 39 [08342 9169-241](tel:083429169241)

Mrs Graichen | 40 - 46 [08342 9169-216](tel:083429169216)

Mrs Glatt | 47 - 51 [08342 9169-238](tel:083429169238)

Mrs Koenen | 52 - 60 [08342 9169-108](tel:083429169108)

Mrs Lautenbacher | 61 - 67 [08342 9169-512](tel:083429169512)

Mrs Fischer | 68 - 75 [08342 9169-218](tel:083429169218)

Mrs Epp | 76 - 83 [08342 9169-109](tel:083429169109)

Mrs Brenner / Mrs Maier | 84 - 87 [08342 9169-120](tel:083429169120) / [08342 9169-237](tel:083429169237)

Mrs Manta | 88-95 [08342 9169-206](tel:083429169206)

Mrs Natterer | 96-99 [08342 9169-104](tel:083429169104)

Mrs Blechschmidt | Self-employed 00-37 [08342 9169-224](tel:083429169224)

Mrs Wichmann | Self-employed 38 - 55 [08342 9169-514](tel:083429169514)

Mrs Krühmigen | Self-employed 56 - 77 [08342 9169-153](tel:083429169153)

Mr Hofbauer | Self-employed 78-99 [08342 9169-516](tel:083429169516)

Job placement for the under 25s

Mr Iqbal

Team Leader Market and Integration | [08342 9169-0](tel:0834291690)

Mr Meister

Integration Specialist | [08342 9169-210](tel:083429169210)

Mrs Stocker

Integration specialist for refugees | [08342 9169-311](tel:083429169311)

Mrs Wind

Integration Specialist Escape | [08342 9169-307](tel:083429169307)

Mrs Okonek

Integration Specialist | [08342 9169-213](tel:083429169213)

Job placement for the over 25s

Mr Iqbal

Team Leader | [08342 9169-0](tel:0834291690)

Mrs Klatt

Case manager | [08342 9169-211](tel:083429169211)

Mrs Menzinger

Case Manager | [08342 9169-207](tel:083429169207)

Mr Meister

Case Manager | [08342 9169-210](tel:083429169210)

Mr Brunnhuber
Integration Specialist | [08342 9169-204](tel:083429169204)

Mr Petz
Integration Specialist | [08342 9169-212](tel:083429169212)

Mr Richter
Integration Specialist | [08342 9169-213](tel:083429169213)

Mrs Lauer
Integration Specialist | [08342 9169-158](tel:083429169158)

Mrs Lermi
Integration Specialist | [08342 9169-129](tel:083429169129)

Mrs Strubenhoff
Integration Specialist | [08342 9169-304](tel:083429169304)

Mrs Süß
Jobhunter | [08342 9169-127](tel:083429169127)

Mrs Schmidt
Integration Specialist | [08342 9169-130](tel:083429169130)

Mrs Brandner
Integration Specialist Flight | [08342 9169-217](tel:083429169217)

Mr Herbrich
Integration Specialist Escape | [08342 9169-305](tel:083429169305)

Mrs Kuhnert
Integration specialist for refugees | [08342 9169-303](tel:083429169303)

You can find further direct contacts at the job centre [here](#).

Youth welfare office

The **Youth Welfare Office** supports parents in bringing up children and young people. Anyone can contact the Youth Welfare Office free of charge. Children and young people can also get in touch if they have problems or are in an emergency situation.

Schwabenstraße 11
87616 Marktoberdorf

■ [+4983429110](tel:+4983429110)

■ jugendamt@lra-oal.bayern.de

[Homepage Youth Welfare Office](#)

School authority

If you have any questions about primary or secondary schools in Ostallgäu and Kaufbeuren, the school authority is at your disposal.

You can find an overview of who is responsible in the [school authority's organisation chart](#).

State Education Authority

Ruderatshofener Straße 29

87616 Marktoberdorf

■ [+498342911425](tel:+498342911425)

■ schulamt@lra-oal.bayern.de

school-office-oal.de

Counselling centres for immigrants in Ostallgäu

There are many advice centres for refugees and immigrants in Ostallgäu. You can get help and support there.

The staff:

- listen to you
- explain your rights to you
- give you information
- help you with forms and applications
- support you with problems

Refugee and integration counselling (FIB) and migration counselling for adult immigrants (MBE) in Ostallgäu

Counselling services in the district of Ostallgäu

There are many advice centres in the Ostallgäu district. People who are new to Germany can get help there. There is counselling for refugees, for migrants and also psychological help. The counsellors will help you with many problems. Counselling is free of charge. Nobody is allowed to talk about the counselling - it remains confidential. You can come to the counselling service with many questions.

What can the counselling help with?

- **Legal questions:** For example, questions about asylum, residence permits or work.
- **Integration:** For example, learning German, looking for accommodation or settling into society.
- **Psychological help:** If you have experienced bad things, you can talk to someone.
- **Everyday questions:** For example, problems with the authorities or finding a job.

How does the counselling work?

-
- Counselling takes place near you. You don't have to travel far.
 - An appointment will be arranged with you in advance. The volunteers or property managers in your accommodation will help you.
 - Anyone can come for counselling - no matter where you come from.

Where are the counselling centres?

Flüchtlings- und Integrationsberatung (FIB)

FIB Ostallgäu Nord

Beata Wanagiel
 Mobil 0151 61065288
 beata.wanagiel@diakonie-allgaeu.de
 Diakonie Allgäu

Migrationsberatung für erwachsene Zugewanderte im Ostallgäu

Jennifer Steber
 Tel.: 08342 8989599
 j.steber@caritas-augsburg.de
 Caritasverband für die Diözese Augsburg e.V.



FIB Ostallgäu Mitte

Thomas Fichtl
 Tel.: 08342 8989599
 Mobil: 0151 27053592
 t.fichtl@caritas-augsburg.de

Lucia Reichart
 Tel.: 08342 8989599
 Mobil: 0151 27054039
 l.reichart@caritas-augsburg.de
 Caritasverband für die Diözese Augsburg e.V.

FIB Ostallgäu Süd

Mirsada Tabak
 Tel.: 08342 911773
 Mobil: 01737035066
 integrationsberatung@ira-oal.bayern.de
 Landratsamt Ostallgäu

Gefördert durch

 Bayerisches Staatsministerium des Innern, für Sport und Integration

Gefördert durch:

 Bundesministerium des Innern

aufgrund eines Beschlusses des Deutschen Bundestages



Beratungsangebote im Landkreis Ostallgäu:

Flüchtlings- und Integrationsberatung, Migrationsberatung, Therapeutische Angebote für Flüchtlinge

Ort	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Buchloe	<u>Rathaus Buchloe</u> <u>Rathausplatz 1</u> Diakonie 11-16 Uhr	<u>Unterkunft,</u> <u>Robert-Bosch-Str.</u> Diakonie 11-16 Uhr	<u>Unterkunft,</u> <u>Robert-Bosch-</u> <u>Str.</u> TAFF 1x Monat		
Füssen		<u>Büro,</u> <u>Ritterstr.10</u> Landratsamt 9-12 Uhr 13-16 Uhr	<u>Unterkunft,</u> <u>Moosangerweg</u> Landratsamt 14-16 Uhr		
				<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> Migrations- beratung vorübergehend keine Beratung in Füssen	
Marktoberdorf	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 9-12 Uhr 13-16 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 9-12 Uhr 13-16 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 13-16 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 9-12 Uhr 13-16 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 10-12 Uhr
	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 08:30-11:30 Uhr		<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 09:30-12:30 Uhr 14-17 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 09:30-12:30Uhr 14-17 Uhr	<u>Caritas-Büro,</u> <u>Bahnhofstr.9</u> 09:30-12:30 Uhr
		<u>TAFF-Büro,</u> <u>Schwabenstr.14</u> 9-16 Uhr		<u>TAFF-Büro,</u> <u>Schwabenstr.14</u> 9-16 Uhr	<u>TAFF-Büro,</u> <u>Schwabenstr.14</u> 9-12 Uhr
	<u>Landratsamt,</u> <u>Schwabenstr. 11</u> 8-16 Uhr		<u>Landratsamt,</u> 8-12 Uhr Online + telefonisch	<u>Landratsamt,</u> <u>Schwabenstr.11</u> 8-16 Uhr	<u>Landratsamt,</u> <u>Schwabenstr. 11</u> 8-12 Uhr Nach Termin- vereinbarung!
Mauerstetten	Diakonie (1x im Monat) + nach Bedarf				
Obergünzburg	Caritas Dienstag 13-15 Uhr nach Absprache (1x im Monat) + nach Bedarf				
Unterthingau	Caritas Dienstag nach Absprache + weitere Beratung nach Bedarf				
Pfronten	Landratsamt Montag/Donnerstag nach Absprache + nach Bedarf				
Rieden a. F.	Landratsamt Montag/Donnerstag nach Absprache + nach Bedarf				

* Beratungsstellen kommen nach Bedarf in den Ort; Die örtlichen Ehrenamtlichen oder Hausverwalter können Kontakt zu den Beratungsstellen aufnehmen, sodass vor Ort-Termine vereinbart werden können.

Stand: Februar 2026

Herausgeber: Landratsamt Ostallgäu, Kommunale Integration



Ostallgäu North - Buchloe Lamerdingen, Jengen, Waal, ...

Refugee and integration counselling - Diakonie Allgäu

Mrs Beata Wanagiel

Phone: [+4915161065288](tel:+4915161065288)

E-mail: Beata.Wanagiel@diakonie-allgaeu.de

Diakonie Counselling Accommodation

Robert-Bosch-Str. 15

86807 Buchloe

Mauerstetten

Unterangerweg 31

87665 Mauerstetten

Diakonie office Marktoberdorf - with appointment

Schwabenstraße 14

87616 Marktoberdorf

Ostallgäu Centre - Marktoberdorf

Caritas Kaufbeuren-Ostallgäu

Telephone: [+4983428989599](tel:+4983428989599)

Mr Thomas Fichtl - [+4915127053592](tel:+4915127053592) - t.fichtl@caritas-augsburg.de

Mrs Lucia Reichart - [+4915127054039](tel:+4915127054039) - l.reichart@caritas-augsburg.de

Caritas office Marktoberdorf

Bahnhofstr. 9

87616 Marktoberdorf

Obergünzburg

Forstweg

87634 Obergünzburg

Ostallgäu South - Füssen

District Office Marktoberdorf

Mrs Mirsada Tabak

Telephone: [+498342911773](tel:+498342911773) or [+491737035066](tel:+491737035066)

E-mail: integrationsberatung@lra-oal.bayern.de

Accommodation counselling

Moosangerweg 22

87629 Füssen

Counselling office

Ritterstr. 10

87629 Füssen

District office Marktoberdorf - with appointment

Schwabenstraße 11
87616 Marktoberdorf

For the whole district:**Caritas Kaufbeuren-Ostallgäu - Migration counselling**

Mrs Jennifer Steber
Phone: [+4983428989599](tel:+4983428989599) or [+4915127054269](tel:+4915127054269)
E-mail: j.steber@caritas-augsburg.de

Diakonie Allgäu - Therapeutic help (TAFF)

Mr Ralf Maschke-Müller
Phone: 0151 55208096
E-Mail: Ralf.Maschke-Mueller@diakonie-allgaeu.de

Important note:

If you need help, speak to the volunteers or the property manager. They will help you to get an appointment with the counselling service. The counselling will help you to cope better in Germany. You will get answers and support. Take courage - the help is there for you!

Refugee and integration counselling Ostallgäu SÜD | District Office

The refugee and integration counselling service helps all people who have come to Germany from other countries. We help people who need help. Counselling is **free of charge**. Nobody has to come. The counselling is **voluntary**. Everything you say remains **confidential**.

What do we help with?

- **Living in Germany:** Questions about everyday life
- **Asylum procedure:** Rights and obligations
- **Everyday life:** Help with filling out applications
- **Work:** Recognition of qualifications
- **Language:** German courses and integration courses
- **Residence:** naturalisation, right to stay, family reunification
- **Money:** Job centre, housing benefit, child benefit
- **Personal problems:** Help with relationships and illness

Counselling from the district office is for immigrants in the southern district. This means for the towns of Füssen, Schwangau, Halblech, Rieden a. F., Pfronten and Nesselwang.

- Monday: District Office Ostallgäu (Schwabenstraße 11, 87616 Marktoberdorf)
- Tuesday: Franz-Xaver-Seelos Haus (Ritterstraße 10, 87629 Füssen)
- Wednesday: Asylum centre (Moosangerweg 22, 87629 Füssen)
- Thursday: District Office Ostallgäu (Schwabenstraße 11, 87616 Marktoberdorf)

Please make an appointment!

Please call or write an e-mail!

Contact the

District Office Ostallgäu

Municipal integration

Schwabenstr. 11

87616 Marktobendorf

Mrs Mirsada Tabak

Tel: [+49 \(0\) 8342911773](tel:+49(0)8342911773)

Mobile phone [+49 \(0\) 1737035066](tel:+49(0)1737035066)

E-mail: integrationsberatung@lra-oal.bayern.de

Web: www.ostallgaeu.de/integration

Kontakt

Landratsamt Ostallgäu
Kommunale Integration
Schwabenstr. 11
87616 Marktoberdorf

Tel.: 08342 911-773
Handy: 0173 7035066
E-Mail: integrationsberatung@lra-oa1.bayern.de
Web: www.ostallgaeu.de/integration

Beratungszeiten

Montag - Donnerstag: 08:00 – 16:00
Freitag: 08:00 – 12:00

Bei Interesse vereinbaren Sie gerne einen Beratungstermin.

Die Termine sind kostenlos und unterliegen der Schweigepflicht.



Mirsada Tabak

In der Integreat App finden Sie viele Informationen über das Ankommen und Leben im Ostallgäu. Eine Übersicht über alle Beratungszeiten, auch in den Unterkünften, ist unter „Behörden und Beratung“: integreat.app/ostallgaeu



Flüchtlings- und Integrationsberatung

Landratsamt Ostallgäu
Kommunale Integration



Gefördert durch
Bayerisches Staatsministerium des
Innern, für Sport und Integration



Ziel der Beratung

Ziel der Beratung ist ein eigenständiges, selbstbestimmtes Leben zu führen. Dies umfasst verschiedene Bereiche, wie:

- Orientierung – das Zurechtfinden im sozialen, rechtlichen und kulturellen Umfeld
- Selbstständigkeit – die Beratung hilft langfristig unabhängig von Hilfsangeboten zu werden durch Spracherwerb, Arbeitssuche oder Bildung
- Abbau von Integrationsbarrieren – Hindernisse, die eine erfolgreiche Integration erschweren, wie Sprachbarrieren oder bürokratische Hürden, sollen abgebaut werden



Flüchtlings- und Integrationsberatung

Die Flüchtlings- und Integrationsberatung hilft Geflüchteten und Migranten dabei, sich in der Gesellschaft zu integrieren. Sie bietet Unterstützung, damit diese Menschen gleichberechtigt am gesellschaftlichen, wirtschaftlichen und kulturellen Leben teilnehmen können.

Themen

- Allgemeine Fragen zum Leben in Deutschland
- Rechte und Pflichten während des Asylverfahrens
- Alltagsthemen (z.B. Anträge, Orientierung)
- Arbeit, Beruf und Anerkennung von Berufs- und Bildungsabschlüssen
- Sprach- und Integrationskurse
- Aufenthalt (z.B. Einbürgerung, Bleiberecht, Freizügigkeit, Familiennachzug)
- Soziale Unterstützung (z.B. Jobcenter, Wohngeld, Kindergeld)
- Angebote und Hilfe bei persönlichen Problemen (z. B. Partnerschaft, Krankheit)

Refugee and integration counselling Ostallgäu MITTE | Caritas

Counselling for people who come from another country

This counselling is for all people who are new to Germany. It is free of charge. It is voluntary. It is spoken in several languages. Everything you say remains confidential.

These topics are important:

- What is allowed? What do I have to do? Before and after the asylum procedure
- Help in everyday life (e.g. social welfare office or housing)
- Help after recognition (e.g. job centre or housing)
- Information if you would like to return to your home country voluntarily
- Questions about living and working in Germany
- Language courses and courses on living in Germany
- Right of residence (e.g. naturalisation, family reunification)
- Work and career (e.g. recognition of qualifications)
- Money from the state (e.g. child benefit or housing benefit)
- Help with problems (e.g. marriage, illness, housing)

The Caritas counselling service is for immigrants in the central district. This means for the town of Marktoberdorf, Biessenhofen, Ruderatshofen Bidingen, Rettenbach, Stötten a. Auerberg, Lechbruck, Rosshaupten, Seeg, Rückholz, Lengenwang, Wald, Görisried, Unterthingau, Kraftsried, Aitrang, Günzach, Untrasried, Obergünzburg.

Main office

Caritas Association for the Diocese of Augsburg e.V.

Refugee and integration counselling

Bahnhofstraße 9

87616 Marktoberdorf

[+49 8342 8989599](tel:+4983428989599)

Your contact person:

Thomas Fichtl

Social worker

Refugee and integration counselling

Phone: [0151-27053592](tel:0151-27053592)

E-mail: t.fichtl@caritas-augsburg.de

Lucia Reichart

Social worker

Refugee and integration counselling

Phone: [+49 151 27054039](tel:+4915127054039)

E-mail: l.reichart@caritas-augsburg.de

Please call Caritas in advance and make an appointment.

Caritasverband
für die Diözese Augsburg e. V.



**Migrationsberatung
für erwachsene Zugewanderte**

&

**Flüchtlings- und
Integrationsberatung**

im Ostallgäu

Bahnhofstraße 9
87616 Marktoberdorf

Telefon 08342 8989 599
Fax 08342 8989 699

www.caritas-augsburg.de/migration



Migrationsberatung (MBE)
Flüchtlings- und Integrationsberatung (FIB)

Beratung zu Themen wie...

- Allgemeinen Fragen zu Leben und Arbeiten in Deutschland
- Sprach- und Integrationskursen
- Aufenthaltsstatus (Bleiberecht, Freizügigkeit, Familiennachzug...)
- Arbeit, Beruf und Berufsanererkennung
- Sozialen Strukturen (Jobcenter, Wohngeld, Kinderzuschlag...)
- Angeboten und Hilfe bei persönlichen und familiären Problemen

Das Angebot...

- ist freiwillig
- ist kostenfrei
- ist ergebnisorientiert
- unterliegt der Schweigepflicht

Gefördert durch:



Bayerisches Staatsministerium des Innern und für Integration

Sprechzeiten

Bitte nehmen Sie Kontakt mit uns auf
Termine nach Vereinbarung

Unsere Kontaktdaten

Bahnhofstraße 9
87616 Marktoberdorf

Telefon: 08342 8989 599
Fax: 08342 8989 699

Thomas Fichtl

Sozialarbeiter (B.A.)
Flüchtlings- und Integrationsberatung

Mobil: 0151 270 535 92
Email: t.fichtl@caritas-augsburg.de

Lucia Reichart

Sozialarbeiterin (B.A.)
Flüchtlings- und Integrationsberatung

Mobil: 0151 270 540 39
Mail: l.reichart@caritas-augsburg.de

Jennifer Steber

Sozialarbeiterin (B.A.)
Migrationsberatung für erwachsene Zuwanderer

Mobil: 08342 8989 599
Mail: j.steber@caritas-augsburg.de

Refugee and integration counselling Ostallgäu NORD | Diakonie

The **refugee and integration counselling** service helps all people who have come to Germany from other countries. You can get support with these topics:

- Kindergarten, school, work
- housing
- health
- family
- Money and work
- Learning German
- Staying in Germany
- Help with public authorities
- Law for foreigners

The Diakonie counselling service is for immigrants in the northern part of the district. This means for the towns of Buchloe, Lamerdingen, Jengen, Waal, Rieden, Oberostendorf, Germaringen, Westendorf, Kaltental, Osterzell, Stöttwang, Mauerstetten, Pforzen, Irsee, Friedenried, Baisweil, Eggentahl and Ronsberg.

Diakonie Flüchtlings- und Integrationsberatung

📍 [Schwabenstraße 14, 87616 Marktoberdorf](#)

@beata.wanagiel@diakonie-allgaeu.de

[+49 15161065288](tel:+4915161065288)

<https://www.diakonie-kempton.de/index.php?id=11>

Open office hours:

Monday: 8.30 -11.00 a.m.

Wednesday: 9.30 -12:30, 14:00-16:30

Thursday: 9.30 am - 12.30 pm, 2.00 pm - 4.30 pm

Friday: 9.30 a.m. - 12.30 p.m.

Counselling in Buchloe:

Rathaus Buchloe, Rathausplatz 1

Monday: 13:00 -16:00

Robert-Bosch-Straße 15

Tuesday: 11.00 - 16.00 hrs

Counselling in Mauerstetten:

Once a month in the accommodation

Here you can find all information again: [Flyer FIB_OAL.1docx.pdf](#)

Migration counselling for adults | Caritas

The free counselling service is aimed at immigrants aged 27 and over and their families.

The counselling helps them to cope with everyday problems by providing information, support and, if necessary, referral to other specialist services.

Topics include

- Residence in Germany
- Housing
- Work and school
- Language acquisition
- Marriage and family
- finances
- health

Jennifer Steber | Migrationsberatung

[Bahnhofstraße 9, 87616 Marktobendorf](#)

@j.steber@caritas-augsburg.de

[+49 \(0\) 15127054269](tel:+49(0)15127054269)

Please call in advance and make an appointment.

Youth Migration Service | Caritas

Youth Migration Service (JMD)


The JMD supports young people who have come to Germany from another country or whose parents come from another country.

Further information will follow.

Lucia Reichart | Jugendmigrationsdienst

 [Alleeweg 8, 87600 Kaufbeuren](#)

 l.reichart@caritas-augsburg.de

 [+49 \(0\) 15127054039](tel:+49(0)15127054039)

Housing guide for immigrants | District Office

Housing is integration

Housing is very important for integration.

Many refugees and immigrants have problems finding accommodation: because of the language, because of forms and because of uncertainty when dealing with authorities and landlords.

This is where the housing guide can help.

For refugees and immigrants

Have you been recognised, are you living in asylum accommodation and looking for a flat? Do you have questions about housing?

The housing guide offers:

- Assistance in finding accommodation
- Help with applications and applications
- Tips on finding accommodation in Ostallgäu
- Support in contact with landlords and authorities
- Help with settling in after the move

For landlords and landladies

Would you like to rent to immigrants or do you still have questions?

The housing guide offers:

- Support from the initial contact to letting
- Help with formalities and dealing with authorities
- Mediation in the event of misunderstandings
- Support for a good and stable tenancy agreement

Would you like to make living space available? Feel free to contact her without obligation!

Contact the

District Office Ostallgäu, Municipal Integration
Schwabenstr. 11
87616 Marktoberdorf

Andrea Veres

Tel: [+49 \(0\) 8342911649](tel:+49(0)8342911649)

Mobile phone [+49 \(0\) 1732601382](tel:+49(0)1732601382)

E-mail: andrea.veres@lra-oal.bayern.de

Web: www.ostallgaeu.de/integration

Counselling hours

Monday - Friday

Please make an appointment only!

Counselling is free of charge, confidential and not legal advice.

Open consultation hours

- Every Thursday from 2-5 pm in the district administration office, room number C129
- From April, once a month on a Thursday in the Franz-Xaver-Selooshaus in Füssen. On these days, the open consultation hour will not take place in the district office, but in Füssen. The following dates are planned: 09.04., 07.05., 11.06., 02.07., 13.08., 03.09., 01.10., 05.11., 03.12.2026.

You can drop by without making an appointment if you have brief questions about housing or would like to clarify minor issues quickly. The open consultation hours are particularly suitable for topics that can be discussed in a short conversation or dealt with in an uncomplicated manner.

Counselling in asylum centres

Counselling is regularly offered in asylum centres on issues relating to finding accommodation, the housing market and applications.

Appointments in the asylum centres

Every 1st Wednesday of the month
Nordstr. 12, 87616 Marktoberdorf
14:00 - 17:00

Every 2nd Tuesday of the month
Robert-Bosch-Str. 15, 86807 Buchloe
14:00 - 17:00

Flyer of the housing guide: [Flyer Wohnungslotsin.pdf](#)

TAFF-Therapeutic programmes for refugees | Diakonie

TAFF - Help for refugees and people in need

TAFF is a contact point where people can get help if they are not well - especially if they have come here from another country.

Who can come to TAFF?

- People who have applied for asylum (asylum seekers).
- Refugees (people who have had to flee their home country).
- People who have only recently arrived in Germany.

Who else can get help from TAFF?

- People who need help for their soul (for example, if they are sad, anxious or tired).
- Helpers who help refugees (for example friends or people who work in an organisation).
- Professionals who work with refugees.

What does TAFF do?


- TAFF listens when you are not feeling well.
- TAFF helps you to find the right contact point if you need more help.

Contact centre Ostallgäu

Ralf Maschke-Müller

Schwabenstraße 14

87616 Marktobendorf

 [+49151 55208096](tel:+4915155208096)


@Ralf.Maschke-Mueller@diakonie-allgaeu.de

Contact point Kaufbeuren

Selma Sousa Diel

Ludwigstraße 24

87600 Kaufbeuren

 [+4915167262786](tel:+4915167262786)

@selma.sousa-diel@diakonie-allgaeu.de

ENGLISCH

Therapeutic services for Refugees

TAFF – is for people who have **problems such as:**

- Sleep disorders
- Anxiety
- Unexpected emotional outbursts (e.g., aggression that was previously unknown)
- Rumination
- Stress
- Family problems
- Bad mood
- Sadness
- Inner turmoil
- Loneliness

Wie wir helfen:

- Wir beraten und machen Mut. Wir geben Ihnen Übungen, die Ihnen helfen können, sich wieder besser zu fühlen.
- Wir haben Schweigepflicht. Wir sagen niemandem etwas weiter.
- Sie kommen freiwillig zu uns. Niemand kann Sie dazu zwingen.
- Wir haben geschulte Übersetzer.
- Wir helfen, eine Psychotherapie oder einen Arzt zu finden.

Wir unterstützen auch Ehrenamtliche, die Geflüchteten helfen.



How we help:

- We offer helpful advice and encouragement. We also give you exercises that can help you feel better again.
- We are bound by confidentiality. We do not disclose anything to anyone.
- You come to us voluntarily. No one can force you to do so.
- We have trained translators.
- We help you to find psychotherapy or a doctor.

We also support volunteers, who help refugees.

Wie Sie uns erreichen:

Rufen Sie uns an oder schreiben Sie uns, um einen Termin zu vereinbaren. **Wir sind für Sie da!**

Ihr Kontakt vor Ort / Contact details:

TAFF Ostallgäu

Schwabenstr. 14, 87616 Marktobendorf

Tel.: 0151 55 20 80 96

E-Mail: ralf.maschke-mueller@diakonie-ostallgaeu.de

Web: taff.network



How to contact us:

Call us or send us an email to arrange an appointment. **We are here for you.**
You will find our contact details on the back.





Therapeutische Angebote für Flüchtlinge

TAFF – ist für Menschen da, die **Probleme haben, wie:**

- Schlafstörungen
- Stress
- Ängste
- Probleme in der Familie
- Unerwartete Gefühlsausbrüche (z. B. Aggression, wie man sie bisher nicht kannte)
- Schlechte Stimmung
- Traurigkeit
- Innere Unruhe
- Gedankenkreisen
- Einsamkeit

Central return counselling | Caritas

The **Central Return Counselling** Service advises on the possibilities of voluntary departure to the home country. The counselling is open-ended. This means that after the counselling you can decide for yourself whether you want to leave or not.

Lisa Schulze | Zentrale Rückkehrberatung

📍 [Hirnbeinstr. 3, 87435 Kempten \(Allgäu\)](https://www.zrb-suedbayern.de)

✉️ [@L.Schulze@zrb-suedbayern.de](mailto:L.Schulze@zrb-suedbayern.de)

☎️ [+49 \(0\) 83151210550](tel:+49083151210550)

🌐 <http://www.zrb-suedbayern.de/>

Appointments are also possible at the branch office in Marktobendorf.

Jennifer Steber | Zentrale Rückkehrberatung Bayern

📍 [Bahnhofstraße 9, 87616 Marktobendorf](https://www.zrb-suedbayern.de)

✉️ [@J.Steber@zrb-suedbayern.de](mailto:J.Steber@zrb-suedbayern.de)

☎️ [+49 \(0\) 83151210550](tel:+49083151210550)

<http://www.zrb-suedbayern.de/>

You can find the ZRB information flyer in 13 languages [here](#).

Further information on voluntary return can be found [here](#).

Return counselling | ZAB Central Foreigners Authority Swabia

Counselling & target group:

- The counselling is open. You can decide for yourself what you want.
- The counselling is value-neutral. Your wishes and your opinion are important.
- Counselling can be anonymous if you wish. You don't have to give your name if you don't want to.
- You will receive help with your voluntary return to your country of origin. The aim is to return permanently, if that is what you want.
- You will receive information on return programmes, for example: REAG/GARP, StarthilfePlus
- The counselling is for third-country nationals. This means: for people who do not come from the EU. These people often receive benefits under the Asylum Seekers Benefits Act.

Opening hours:

Monday to Friday: 08:30 - 11:45

Tuesday and Wednesday additionally: 12:30 - 15:15

It is better to make an appointment in advance. That way there is enough time for the interview.

Rückkehrberatung Zentrale Ausländerbehörde Schwaben

[Kobelweg 82, 86156 Augsburg](#)

[@zab-poststelle@reg-schw.bayern.de](mailto:zab-poststelle@reg-schw.bayern.de)

[+49 \(0\) 8213274660](tel:+49(0)8213274660)

<https://www.regierung.schwaben.bayern.de/aufgaben...>

Job counsellor - help on the way to work, training or study

The job counsellor is a free counselling service for people with a migration background aged 25 and over in the Ostallgäu region.

The job counsellors help people to achieve their goals on the way to work, training or study. They also support companies in the integration of employees with a refugee background.

What does the job counsellor do?

- **Application training:** They practise with you how to write a good application.
- **Contacts with companies:** They help you get to know companies.
- **Applying for jobs:** They work with you to find suitable jobs that you can apply for.

- **Labour market information:** They explain how the labour market in Germany works.
- **Qualifications:** They will help you find courses or further training that you need to work in Germany.
- **Career & study advice:** They will advise you on careers or studying in Germany.
- **Recognition of your qualifications:** They support you so that your school or professional qualifications from abroad are recognised in Germany.
- **Study places:** They will help you apply to a university
- **Skills assessment:** They work with you to find out what you are good at.
- **Language support:** They will help you find suitable German courses.

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

Appointments in Kaufbeuren and Füssen by appointment

Gerhard Waldner and Andreas Schubert

Kaufbeuren location: [+49 \(0\) 83419975724](tel:+49(0)83419975724)

Füssen location: [+49 \(0\) 8362924883](tel:+49(0)8362924883)

Recognition counselling for foreign professional qualifications | Tür an Tür Augsburg

These questions are clarified in the **recognition counselling** session:

- Does the recognition procedure make sense for you?
- Do you have all the legal requirements for the procedure?
- Are other procedures possible? For example, a certificate assessment.

The procedure will be explained. You will also be told whether you can get financial help. The counselling accompanies you throughout the entire recognition process. This means before, during and after the application.

MigraNet Recognition and qualification counselling in the IQ funding programme: Integration through qualification Tür an Tür gGmbH

Address: Wertachstraße 29, 86153 Augsburg

Telephone: [+498214551090](tel:+498214551090)

E-mail: anerkennungsberatung@tuerantuer.de

More information on the website: [Homepage StMi Recognition](#)

[Here](#) you will find information on the recognition of certificates.

Information on the recognition of foreign professional qualifications:

On the [Federal Government's information portal "Recognition in Germany"](#) you will find many answers to questions about the recognition of foreign professional qualifications. Have you

obtained a qualification abroad and would like it to be recognised in Germany? Use the "Recognition Finder" to find the relevant office and all the important information about your procedure.

[Here](#) you will find information on the recognition of certificates.

Welcome counsellor HWK Swabia

What does the welcome counsellor do?

The Welcome Pilot from HWK Schwaben helps companies if they want to train or employ people from other countries (e.g. refugees) in their company.

You can ask the welcome counsellor:

- How can people who have come to Germany work or learn in a company?
- What does a company have to consider when hiring someone who comes from another country?
- What does residence status, work permit or training toleration mean?
- What help is available for companies and refugees to ensure that training or work goes well?
- What can you do if you have problems?
- The welcome counsellor will help you understand the right rules and find good solutions.

Your contact person is

Marcos Pangestu

Phone: [0821 3259-1328](tel:0821-3259-1328)

E-mail: marcos.pangestu@hwk-schwaben.de

More information can be found here on the homepage: [Welcome counsellor - Chamber of Crafts for Swabia \(hwk-schwaben.de\)](#)

If you want to know more, you can also get a [flyer](#)!

Integration counsellor IHK Swabia

Integration counsellor

Help with work and training

An integration counsellor helps companies and refugees. They provide support with questions about work and training.

For companies:

- Information about internships, training and money from the state
- Help with questions about working with refugees
- Help to find suitable refugees

- Meetings for trainers to exchange ideas

For refugees:

- Information about training in Germany
- Help with the search for an internship or apprenticeship
- Contact with schools and other organisations

Objective:

Refugees and companies should work well together. Integration in the company should be successful.

Contact

Ibrahim Rahimi

☎ +49 (0) 82131621411

☐ More information [here](#)

Integration officer of the town of Marktoberdorf

There is also an integration officer in Marktoberdorf. Mr Selah Okul is the contact person.

You can write him an e-mail: sokul@web.de

You can also come to an open counselling session every Monday from 15:30 to 17:00 at Marktoberdorf town hall (room number 001). You can also make an appointment.

Town of Marktoberdorf

Richard-Wengenmeier-Platz 1

87616 Marktoberdorf

Initiative Forum for Intercultural Diversity (Inifo) Marktoberdorf

The **Inifo e.V.** association helps young refugees. It offers various programmes so that young people in Germany can lead a self-determined life. The aim is to enable them to live as equals in society.

Inifo e.V.

Initiative Forum for Intercultural Diversity e.V.

Eberle-Kögl-Str. 23

87616 Marktoberdorf

☐ inifo.interkultur@posteo.de

☐ [+4983429165440](tel:+4983429165440)

Consultation hours against racism and discrimination

Thanks to an AGABY project, three members of the Advisory Board for Diversity and an Open Society were able to learn how to talk about racism and discrimination. They now call themselves "Speakers against racism and discrimination". Since last year, they have been organising consultation hours. You can go there if you want to talk about these topics.

You can find the dates for these consultation hours in the events section.

Counselling centres in Ostallgäu

Specialist centre for the prevention of homelessness

You can get help from the specialist centre for the prevention of homelessness if you have problems with your home.

You can get counselling there if you:

- have a dispute with your landlord
- have problems in your flat
- can no longer pay the rent
- are afraid of losing your flat immediately
- have received an eviction notice
- could not pay the service charges

Fachstelle zur Vermeidung von Obdachlosigkeit

[📍 Schwabenstraße 14, 87616 Marktobendorf](#)

@wohnungsnofallhilfe.oal@herzogsaeqmuehle.de

[☎ +49 \(0\) 834289570741](tel:+49(0)834289570741)

[🌐 https://vermeidung-wohnungslosigkeit-obb.de/](https://vermeidung-wohnungslosigkeit-obb.de/)

>> [Flyer Specialist centre for the prevention of homelessness lk_oal.pdf](#)

Addiction Outpatient Clinic | Addiction

Help with addiction problems

What is addiction?

Addiction means that someone can no longer get away from something. For example, drinking too much alcohol, smoking, taking drugs or not being able to stop playing computer games. The specialised addiction outpatient clinic also helps with problems with food or gambling.

Who gets help?

It is not only those affected who receive help. Families, friends and colleagues can also receive support.

You can get help here:

Suchtfachambulanz

[Tigaustraße 1, 87616 Marktoberdorf](#)

[@suchtfachambulanz.marktoberdorf@caritas-augsburg....](#)

[+49 \(0\) 83429153870](#)

Suchtfachambulanz Füssen (Außenstelle)

[Ritterstraße 10, 87629 Füssen](#)

[@suchtfachambulanz.fuessen@caritas-augsburg.de](#)

[+49 \(0\) 836237269](#)

<http://www.caritas-augsburg.de/suchtfachambulanz-...>

If you or someone you know has such problems, the people there will help you. You are not alone!

Debt counselling | Debt

Debt counselling is a help for people who have too much debt and no longer know how to manage it all on their own.

Debt counselling helps you:

- Get an **overview**: They will look with you at how much debt you have and with whom.
- Make a **plan**: They will help you work out how much money you have each month and how much you can pay towards your debts.
- Talking to **creditors** : Counsellors will sometimes speak to the people or companies you owe money to on your behalf.
- Findings**solutions** : For example, instalment payments, debt relief or personal insolvency.

Debt counselling at Herzogsägmühle is free of charge and takes place by appointment.

Schuldnerberatung Ostallgäu

[Marktplatz 4, 87616 Marktoberdorf](#)

[@schuldnerberatung.ostallgaeu@herzogsaegmuehle.de](#)

[+49 \(0\) 83422300](#)

<https://vermeidung-wohnungslosigkeit-obb.de/>

Women's refuge Kaufbeuren-Ostallgäu

What is the women's refuge?

The women's refuge is a special house. Women and children can stay here if they are afraid at home or if they are being harmed.

What does the women's refuge do?

- It helps women and their children when they are in danger.
- Women and children can stay there until they are safe again.
- The women's refuge provides help, advice and protection.
- Nobody finds out who lives in the women's refuge. Everything you tell them remains secret.

What is the aim?

The women and children should be able to live safely and without fear again - preferably in their own home.

How can I contact the women's refuge?

You can call the women's refuge or write an e-mail:

 [49 834116616](tel:49834116616)

 [49 83412725](tel:4983412725)

@frauenhaus.kaufbeuren@skf-augsburg.de

The address remains secret so that everyone there is safe.



If you or someone you know needs help, you can call here. Everyone is happy to help and nobody will tell anyone else!

Senior citizens and care counselling | Ostallgäu District Office

Advice for senior citizens and care counselling

The Ostallgäu care support centre offers free advice. The care support centre helps if someone needs care and assistance due to their age or illness. You will receive a lot of information about help in everyday life, funding and help with applications.

Pflegestützpunkt



-  [Schwabenstraße 11, 87616 Marktoberdorf](#)
- @pflugestuetzpunkt@ira-oal.bayern.de
-  [+49 8342911511](tel:+498342911511)

Emergency call and advice centre for sexual and/or domestic violence Kaufbeuren-Ostallgäu

The emergency call and advice centre for sexual and/or domestic violence helps people who have experienced violence. Such people and, if necessary, their relatives receive support there if they have been injured.

The centre is located at Schäferstraße 11 in Kaufbeuren.

If someone needs help, they can call the centre:

- For help with sexual violence, the number is  [+4983419080313](tel:+4983419080313)
- For help with domestic violence, the number is  [+4983419993227](tel:+4983419993227) / [+4983419080312](tel:+4983419080312)

You can also send an e-mail to notrufstelle.kaufbeuren@skf-augsburg.de.

General social counselling from Caritas

Here are the contact details of Caritasverband Kaufbeuren-Ostallgäu e. V.:

The address for this is:
Genoveva-Brenner-Weg 9
87616 Marktoberdorf

You can call the number:

 [083429619-0](tel:083429619-0)

Or send an e-mail to

@caritas-ostallgaeu@t-online.de

Please get in touch if you have any questions.

Lebenshilfe Ostallgäu-Kaufbeuren

Lebenshilfe Ostallgäu is an organisation. It helps people with disabilities and their families. It wants people with and without disabilities to be able to live, learn and work well together.

What does Lebenshilfe do?

- **Help in everyday life:** It supports people with disabilities and their families in their daily lives.
- **Individual support:** Each person receives the support they need. For example, there are special therapies for children with speech problems.
- **Representing interests:** Lebenshilfe campaigns for the rights of people with disabilities. It talks to society and politicians.
- **Acting together:** People with disabilities, parents and relatives work together. They help each other and fight together for their rights.

Contact:

Lebenshilfe Ostallgäu-Kaufbeuren e.V.
Schongauer Street 39
87616 Marktoberdorf
☐ Phone: +49 (0) 834296060
☐ E-mail: info@lebenshilfe-oal.de
☐ Website: www.lebenshilfe-oal.de

SchwubiS - Psychosocial counselling centre for gay and bisexual men

At SchwubiS, you can talk about all topics related to sexual orientation, gender identity and queer life.

For example:

- your (perhaps late) coming out
- Partnership and relationships
- Discrimination (if you are treated badly because you are queer)
- Loneliness
- Living in the country
- Growing older as a queer person

Who is SchwubiS for?

SchwubiS is for all men who have questions about

- their identity (e.g. "Who am I? Am I trans, bi, gay,...?")
- their relationships (friendship, partnership, family)
- their mental health (e.g. stress, sadness, anxiety, excessive demands)
- other topics related to queer life

You can talk there in a safe space. You will be taken seriously. You can be who you are. You don't have to be afraid of prejudice or marginalisation.

Where does the counselling take place?

In Kaufbeuren, counselling takes place on the premises of the Equal Opportunities Office. Usually on the second Wednesday of the month from 11 am to 3 pm.

You don't always have to come in person. There are also other options: Telephone, Zoom

For better planning, please register in advance: @schwubis@awo-schwaben.de

SchwubiS-Psychosoziale Beratungsstelle für schwule und bisexuelle Männer

- [📍 Salzmarkt 2-4, 87600 Kaufbeuren](https://www.google.com/maps/place/Salzmarkt+2-4,+87600+Kaufbeuren)
- @schwubis@awo-schwaben.de
- [☎ +49 15168415229](tel:+4915168415229)


Counselling centres - Supraregional

Law Clinic Augsburg

The Law Clinic Augsburg is a project run by students at the University of Augsburg. Students from the Faculty of Law advise people who have little money. They provide free help with legal issues. At the moment, they are mainly helping with tenancy law, i.e. answering questions or helping with problems when someone rents or lets a flat or house. The students receive training in counselling. They are supervised by experts.

The counselling takes place at the University of Augsburg. You have to make an appointment beforehand.

You must bring proof to the appointment that you have little money. For example, a document from the job centre.

 You can make an appointment [here](#).

Contact:

□ Universitätsstraße 24, 86159 Augsburg

□ team@lawclinic-augsburg.de

□ www.lawclinic-augsburg.de

Crisis service Swabia

A crisis is a difficult time in life. Anyone can have a crisis. There are many reasons for this. For example, if something bad has happened or you are often sad.


Krisendienst Schwaben offers fast and localised help for people in mental health crises or psychological emergencies.

**You can call daily from 0 - 24 hours! Counselling is available in many languages!
The call costs nothing!**

Telephone number: [+49 \(0\) 08006553000](tel:+49008006553000)

Your family or friends can also call.

If you are in a very bad way, the centre can also send specialists to you.

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

Social Service for Muslim Women Kempten

People help people

We help people who are new here or have lived here for a long time. We do this by being friends (sponsors) to them.

What we do

We go to the office or the doctor together.

We show them where there are daycare centres, schools and cool things to do.

We help with homework.

We help them learn German.

We help parents to deal well with their children.

What we offer

- Small discussion groups
- Parties and meetings

- Meetings for mums and children
- Activities for children and young people
- Help for older people
- And even more!

👤 SmF Kempten e. V.

Fürstenstraße 23

87439 Kempten

☎️ 0831 52619937

@kempten@smf-verband.de

Website: www.kempten.smf-verband.de

Feel free to contact us if you want to participate or get help!

Wüstenrose - Forced Marriage/FGM-C Specialist Centre

Advice, support, help and guidance in cases of forced marriage, violence in the name of honour and FGM-C

The centre offers counselling, training and information events as well as various prevention services.

Fachstelle Zwangsheirat / FGM-C

📍 [Goethestraße 47, 80336 München](#)

@wuestenrose@imma.de

☎️ [+49 8945216350](tel:+498945216350)

🌐 <https://imma.de/einrichtungen/wuestenrose/>

You can contact the advice centre in person or as a contact person. They will be happy to help you!

Forced marriage / forced marriage / violence in the name of honour

- If you are supposed to get married or get engaged and don't want to
- If you are unsure what you want and need help clarifying the situation
- If you are forced into a marriage and want to separate
- If your family wants to control and/or disown you
- If you are threatened with or subjected to violence
- If there is a risk that you will be sent to your home country
- ...

FGM-C / Female circumcision

- If you are affected or threatened by FGM-C/female circumcision
- If you would like to be accompanied to the gynaecologist
- If you have questions about your circumcision or are thinking about an operation
- If you have psychological or health problems due to FGM-C
- If you want to protect your daughter
- If you are pregnant
- ...

Network for advice on the sustainable labour market integration of people with a refugee background (BAVF Plus)


What do we offer? - Simply explained


Our programmes help people from other countries to get along well here.

What do we do?

We...

- talk to you about your strengths and what you like to do.
- help you to find an apprenticeship or a job.
- accompany you and the companies when you are in training or a job.
- explain what is important regarding asylum and residence law - for refugees, companies and helpers.
- help you find a suitable language course or learning programme.
- organise training courses and workshops so that everyone knows how the rules work for people from other countries.
- also advise people living in special accommodation (AnKER).

 Who can help you?

Thomas Wilhelm
Door to door - integration projects
Wertachstraße 29
86153 Augsburg
 [\(0821\) 90799 38](tel:08219079938) @ thomas.wilhelm@tuerantuer.de

B.U.D. - Counselling, support, documentation for victims of right-wing extremist violence

Have you or people around you been attacked or threatened? Do you suspect a right-wing, racist, anti-Semitic, social Darwinist or anti-LGBTIQ* motive for the offence? Or have you witnessed such an attack?

B.U.D. offers counselling and support: We try to help you with the psychological processing of the crime and can also put you in touch with doctors and therapists. We explain the course of criminal proceedings, accompany you to the police and to court, help you find legal advice or apply for compensation. We provide practical and political support in asserting and strengthening your rights. If necessary, we can use language mediators.

B.U.D. is free of charge and on site throughout Bavaria. We work confidentially and independently of any charges. We take a stand for your needs. We offer anonymous and secure online counselling in German and English. Or you can send us an e-mail in your language and we will get back to you.

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

■ info@bud-bayern.de

■ [+4915121653187](tel:+4915121653187)

www.bud-bayern.de

Counselling for queer refugees

Lesbian, gay, bisexual, trans*, inter* and queer (LGBTIQ*)

In Germany, all people have the same rights. This also applies to people with different sexual orientations or gender identities. Lesbian, gay, bisexual, transgender and intersex people have the same rights in Germany as everyone else. A short term for this group of people is LGBTIQ*.

In Germany, women are allowed to love and marry other women and men are allowed to love and marry other men. Some of them also raise children together. Such families are called rainbow families.

Counselling for queer refugees

The association "queer refugee deutschland" offers a list of [contact points for LGBTIQ* people](#). The association is a counselling centre. The [guide for LGBTIQ* refugees](#) is particularly recommended. The guide is available in 11 different languages.

Anti-discrimination counselling for Sinti and Roma in Bavaria

The anti-discrimination counselling for Sinti and Roma in Bavaria is a project of the "Verband Deutscher Sinti und Roma, Landesverband Bayern e.V.". It is part of a counselling network in Bavaria. It advises all people affected by antiziganism (discrimination against Sinti and Roma).

Services:

- Workshops, training courses, information events
- Free, confidential and barrier-free counselling on all forms of discrimination
- Support with legal issues
- Psychosocial support

Antidiskriminierungs-Beratung für Sinti und Roma in Bayern

📍 [Nordring 98a, 90409 Nürnberg](#)

@ beratung@sinti-roma-bayern.de

☎ [+49 \(0\) 91147773250](tel:+49(0)91147773250)

Have you experienced or observed discrimination or violence against Sinti and Roma? This is called antiziganism. You can report such incidents easily and anonymously via the "MIA" reporting and information centre!

MIA | Melde- und Informationsstelle Antiziganismus

📍 [Nordring 98a, 90409 Nürnberg](#)

@ melden@antiziganismus-bayern.de

☎ [+49 \(0\) 9119928793](tel:+49(0)9119928793)

🌐 <https://antiziganismus-melden-bayern.de/>

TERRE DES FEMMES - Human Rights for Women e. V.

TERRE DES FEMMES e. V.

Terre des Femmes is an organisation. It campaigns for the rights of girls and women.

The organisation helps with issues such as

- Violence against women
- forced marriage
- discrimination
- equal rights
- Female genital mutilation
- Trafficking in women and prostitution
- Equal rights and integration

Terre des Femmes wants girls and women to be able to live safely and freely.

Homepage of the organisation: www.frauenrechte.de

Family

KJF Educational, youth and family counselling

The **KJF educational, youth and family counselling** service helps families, parents, children, adolescents and young adults. They offer counselling on many topics relating to the family. For example:

- Crying and sleeping in babies
- How children develop
- Diagnoses and tests
- Anxieties
- Problems at school
- Homework
- Puberty
- Parental separation
- And many other topics!

The conversations are free of charge. Everything that is said during the conversation remains confidential.

How to contact us:

KJF Educational, Youth and Family Counselling Service
Baumgarten 18,
87600 Kaufbeuren

Branch office in Buchloe:

Bahnhofstraße 24
86807 Buchloe

Telephone:  [+49 8341 90240](tel:+49834190240)

Online counselling:

You can also get counselling online. Please visit this website: www.caritas.de/onlineberatung

You can find more information here: www.kjf-kjh.de/kaufbeuren-ostallgaeu

Contact by e-mail:  eb.kaufbeuren@kjf-kjh.de

Pregnancy counselling

Every pregnant woman can go for counselling. Are you pregnant and have questions? Then you can always come to a counselling session.

It doesn't matter what your question is. For example, about health or the law.

The counselling is


- open to everyone
- You don't have to do anything
- costs nothing
- You can remain anonymous (you do not have to give your name)

The counsellors are not allowed to tell anyone.
Only you and the counsellors know what you say.

You can find more information on the [homepage](#).

[Here](#) you can find the flyer of the pregnancy counselling Ostallgäu-Kaufbeuren

Addresses and contacts:**1. pregnancy advice centre Marktoberdorf (state-approved)**

Schwabenstraße 11
87616 Marktoberdorf
 [+498342911623](tel:+498342911623)

@schwangerenberatung@lra-oal.bayern.de

[Homepage Pregnancy counselling](#)

2nd Pro Familia Kempten - Outstation Füssen

Augsburger Street 15
87629 Füssen

[+498319607740](tel:+498319607740)

@kempten@profamilia.de

[Homepage ProFamilia](#)

3. catholic counselling centre (counselling centre for pregnant women)

Spitaltor 4
87600 Kaufbeuren

[+498191478511](tel:+498191478511)

@landsberg@skf-augsburg.de

[Homepage Catholic Counselling Centre](#)

4 DONUM VITAE in Bavaria e.V.

Am Hofanger 15a
87600 Kaufbeuren

[+4983419993650](tel:+4983419993650)

@kaufbeuren@donum-vitae-bayern.de

[Homepage Donum Vitae](#)

If you have any questions, you can call or e-mail them. You can also get help without an appointment.

KoKi - Network early childhood

The "KoKi-Netzwerk frühe Kindheit" is a contact point for

- expectant mothers/parents
- Parents with children aged 0 - 3 years
- Youth and health care professionals


They advise, support and accompany

- for all questions relating to pregnancy, birth and the first three years of the child's life,
- in special life situations (e.g. separation, money worries, parenting issues, general excessive demands, etc.)
- if necessary, refer you to suitable specialist centres in the field of youth and health services

Counselling is free of charge and subject to confidentiality.

Call and make an appointment. The counsellors will also come to your home on request. As they are often out of town and therefore not always available, you can alternatively write an e-mail.

KoKi-Landratsamt Ostallgäu

 [Georg-Fischer-Straße 18, 87616 Marktoberdorf](#)

[@koki@lra-oal.bayern.de](mailto:koki@lra-oal.bayern.de)

 [+49 8342911911](tel:+498342911911)

Youth welfare office

The **Youth Welfare Office** helps parents to bring up children and young people. Anyone can contact the youth welfare office free of charge. Children and young people can also do this if they have problems or are in an emergency situation.

District Office Ostallgäu

Schwabenstraße 11
87616 Marktoberdorf

 [+4983429110](tel:+4983429110)

 jugendamt@lra-oal.bayern.de

[Homepage Youth Welfare Office](#)

Women's refuge Kaufbeuren-Ostallgäu

The **women's refuge** helps women and children who experience violence in their families. They can stay there free of charge and are safe. The women's refuge protects against all types of violence. It can be reached at any time, even at night. The official address is secret!

Every enquiry and every conversation is treated confidentially.

The address of the women's refuge must remain anonymous to protect the women staying there. The women's refuge can be contacted by telephone or e-mail. The women's refuge can be contacted all day and all night.

Email: frauenhaus.kaufbeuren@skf-augsburg.de

Emergency number:



[+49834116616](tel:+49834116616)

[Click here](#) to go to the homepage

Kreisjugendring Ostallgäu

What does the Kreisjugendring Ostallgäu do? (KJR)

The Kreisjugendring Ostallgäu, KJR for short, is a group that is there for children and young people in our area. Many different children's and youth groups work together there.


What does the KJR do?

- It is committed to ensuring that children and young people are heard and that they are doing well.
- It helps to ensure that there are great activities and projects for children and young people.
- It works together with the district so that there are even more offers for young people.

What does the KJR offer?

- Freizeithaus Eschers: A house where young people can meet and spend time together.
- RettenAu youth campsite: A place to camp and have fun in the great outdoors.
- WaldWissenSpielplatz: A special playground where you can learn things about the forest and nature.
- Holiday camps: During the holidays there are exciting camps, trips & cool activities - especially at Whitsun & in summer.

How to contact the KJR?

Kreisjugendring Ostallgäu
Ruderatshofener Straße 29
87616 Marktoberdorf
 [08342 911 811](tel:08342911811) @ info@kjr-ostallgaeu.de
Website: www.kjr-ostallgaeu.de

If you want to make new friends, experience something or simply have fun - there are lots of opportunities at the KJR!

Get in touch if you have any questions.