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Everyday life and family

Here you will find information about life and living as a family in the Ostallgäu.

Families

Family support centres in the district of Ostallgäu and the town of Kaufbeuren

Family support centres are places where parents can find support and exchange ideas. These contact points offer many opportunities to meet other parents and exchange ideas. There are also many events that enrich and strengthen family life.

Parents can get advice and help from professionals here. These specialists are on hand to help with questions and problems relating to family life.

The family support centre offers services such as

- Parent-child groups
- Play and craft sessions
- Information evenings on various topics

All family support centres in the district of Ostallgäu and the town of Kaufbeuren can be found in an overview [here](#). Parents can use this to find the nearest support centre and make contact.





Family app

The Kaufbeuren Ostallgäu family app is managed by the family education centres. The family app shows all the important offers for families in the region. In the app you will find:

- Events in the event calendar
- Information on legal and financial topics
- And much more

All information is available in several languages. You can find the app here:

www.familienapp-kf-oal.de

[Here](#) you can find multilingual explanatory films in the family app.



Family calendar

In the family calendar you will find many events for parents and families. The calendar is available here: www.familienapp-kf-oal.de/veranstaltungen



Youth Association

The **youth association** offers various services for children and youth and supports facilities and activities.

Ostallgäu youth association

Ruderatshofener Straße 29
87616 Marktoberdorf



[+498342911811](tel:+498342911811)



info@kjr-ostallgaeu.de



<https://www.kjr-ostallgaeu.de/>

Children's playgrounds

There are **children's playgrounds** in almost all municipalities and towns in the Ostallgäu district. These are **free of charge and accessible to everyone**. Most playgrounds are for children up to the age of 14. Playgrounds are designed to strengthen social behaviour and promote child development.

On this page you will find an [overview of playgrounds in the Allgäu](#). Simply enter your postcode!



Strong through education

What does a "strong" upbringing look like?

Parenting is a lively and exciting process. Although it is often exhausting, it is a lot of fun. With a strong upbringing, children can better shape their future. A strong upbringing is beneficial for every child. With this guide, the Bavarian State Ministry for Family, Labour and Social Affairs aims to provide a brief overview of the factors for a good upbringing. These points contribute significantly to a "strong upbringing":

- Giving love
- Being allowed to argue
- Being able to listen
- Setting boundaries
- Giving freedom
- Showing feelings
- Having time
- Giving courage


The brochure "Stark durch Erziehung" with lots of valuable tips and information - simply [download it as a PDF](#) and read it at your leisure.

As well as downloading the brochure, you can also obtain it free of charge from the Bavarian State Government's [order portal](#). You can order the print version in the following languages: German, Arabic, English, Farsi, French, Russian, Tigrinya and Turkish and Easy Language.

Intercultural associations

Intercultural associations in the Allgäu

Hungarian Kempton-Allgäu

 [info@ung](mailto:info@ungarnische.de) arnische.de



[+49155103488075](tel:+49155103488075)

Homepage [here](#).

Ukrainian Association Kempton-Allgäu

You can find the homepage [here](#).

Greek community Kaufbeuren

You can find the homepage [here](#).

International supermarkets

International food shops

Many people like to eat food from their home country. Some things are not available in normal supermarkets. That's why there are special shops. They sell food from other countries. For example: bread, rice, spices, sweets or drinks.

These shops are in the neighbourhood:

- **Food Kara**
Herkomerstraße 18, 87629 Füssen
- **Oasis - Turkish shop**
Kemptener Straße 4, 87616 Marktoberdorf
- **Bereket Market**
Schützenstraße 9, 87616 Marktoberdorf
- **Maxi Market**
Liegnitzerstraße 11, 87600 Kaufbeuren
- **Coskun Market**
Landsberger Straße 14A, 87719 Mindelheim
- **Istanbul Market**
Lotterbergstraße 14, 87439 Kempten
- **Istanbul Market Kaufbeuren**
Kemptener Straße 50, 87600 Kaufbeuren

Feel free to ask in the shop if you are looking for something. Many sellers also speak other languages.

Offers

Youth Centres

Youth centres are free public facilities for young people. They offer opportunities for leisure activities (games, sports, crafts and musical activities, etc.) usw.). In addition to various leisure activities for children and young people, youth centres also offer educational opportunities.

Buchloe Youth Centre

Justus-von-Liebig-Str. 2
86807 Buchloe



[+4982414164](tel:+4982414164) or



[+498241911893](tel:+498241911893)



info@jugendzentrum-buchloe.de

Obergünzburg Youth Club

Kapitän-Nauer-Str. 1
87634 Obergünzburg



[+498372922874](tel:+498372922874)



info@alte-woag.de

Marktoberdorf Youth Club PION

Bahnhofstraße 40
87616 Marktoberdorf



[+498342914198](tel:+498342914198)



jugendtreff_pion@web.de

Füssen Youth Club JUFO

Von-Freyberg-Str. 1
87629 Füssen



[+48362921044](tel:+48362921044)



info@jufo-fuessen.de

Pfronten Youth Club FAME

Zentralschulweg 4
87459 Pfronten



[+4983639145322](tel:+4983639145322)



info@jugendtreff-pfronten.de

Care support centre

The Ostallgäu care support centre is a free advice service. The care support centre provides information and advice to people who need care and assistance due to age or illness. For example: Help for everyday life, funding, applications and much more.

You can find the contact details [here](#).

Senior Citizens Gathering

A **senior citizens gathering** offers the possibility for social contacts and exchange with peers.

There are several senior citizens gatherings in the District of Ostallgäu. [The guide for the 60+ generation](#) of the district lists various contact points for Ostallgäu and Kaufbeuren from page 11 to 15.

Sport

You can get to know new people through **sport** and other hobbies. This can lead to new social contacts and friendships.

■ Sports clubs in the Allgäu: [Sports clubs in the Allgäu](#)

■ Gyms in the Allgäu: [Find a gym in the Allgäu](#)



Holiday offers

Holiday pass

The holiday pass is for children and young people up to the age of 17. With this pass, they can visit over 180 different facilities in the Allgäu free of charge:

- swimming pools
- mountain railways
- boats
- Minigolf courses and other sports facilities
- cinemas
- museums
- Castles
- Events and activities

■ With the holiday pass, children and young people can travel free of charge by bus throughout the Allgäu during the summer holidays.

You can find out where to buy the holiday pass and which vouchers are included [here](#).

Holiday programme

Every year, [the Kreisjugendring](#) Ostallgäu puts together an exciting holiday programme for children and young people to take part in.

Many communities also offer their own holiday programmes. Simply enquire directly with the municipality or at the town hall.

Clubs

Living together - volunteering connects

The Bavaria-wide programme "Miteinander leben - Ehrenamt verbindet" started in 2016. It aimed to encourage people from different countries and groups to volunteer. The aim is to create new opportunities for volunteering.

The programme aims to:

- Promote equal opportunities

- Strengthen diversity
- and support diversity in volunteering

Handbook on the topic of "Promoting diversity in volunteering"

In this book you will find information and tips for voluntary projects carried out by, for and with migrants. There are also expert contributions and practical recommendations for action. The content is based on the experiences of the project "Miteinander leben - Ehrenamt verbindet", which took place from 2016 to 2020.

You can download the book [here](#). Or you can order it as a print book at info@lagfa-bayern.de

Contact person

Vanessa Körner
Schaezlerstraße 13 1/2
86150 Augsburg

Phone: [+49 1523 1997334](tel:+4915231997334)

E-mail: vanessa.koerner@lagfa-bayern.de

Life

Holidays and public holidays

There are the following public holidays and school holidays in Bavaria:

[Calendar school holidays](#)

Night rest applies from 22:00. Sunday is a day of rest. Rest days are important for recovering from work. Rest days can be used to reduce stress, exercise and catch up on sleep.

Telephone and Internet / WLAN

There are various providers for a **telephone and Internet connection**. There are telephone and Internet contracts for the home (landline telephone and WLAN) and there is a mobile phone contract for mobile phones.

There are two types of mobile phone contracts in Germany: Prepaid contract and fixed-term contract.

Prepaid contract: no contract term

Term contract: minimum contract term; contract is automatically extended if you do not cancel in good time (pay attention to the deadline!)

Important questions when concluding a contract:

- How much is the one-off connection fee?
- How much is the monthly basic fee?
- What service do I receive in return?
- How long is the contract term?
- When do I have to cancel?



□ Concluding a WLAN contract - step by step

1. select provider

There are various providers, e.g. Telekom, Vodafone, 1&1, o2.

You can compare providers online to find the best contract for you. For example here. www.check24.de

2. select your tariff

Tariff means what services you get.

Choose a tariff with a suitable internet speed (how fast the internet is).

Think about whether you want a mobile phone with it (some tariffs also include smartphones).

3. finalise the contract

You must enter your address so that the provider knows where you can get the WLAN.

Think about how long you would like to take out the contract for: 1 year, 2 years or a flex contract (shorter).

Data such as name, date of birth and bank details are required to finalise the contract.

4. submit documents

The provider will sometimes send you documents by e-mail or post for you to sign.

5. get equipment

You will receive a modem or router, which is the device that provides the Wi-Fi for you.

Some providers send it to your home, others require you to collect it from a shop.

6. installation

In many cases, you can set up the Wi-Fi yourself (with instructions). If you don't know how, you can ask the provider for help.

7. use

Once everything is set up correctly, you can use the Internet. You don't have to do anything else except pay the contract regularly.

Important: Make sure that you can cancel the contract in good time if you no longer want to stay with the provider. If you want to cancel the contract early, you may incur costs.

Insurance and bank

Social insurance

If you work in Germany, you pay money for insurance. These insurances help if you are ill, have an accident or grow old. There are five important insurances: - Health insurance (if you are ill) - Accident insurance (if you have an accident) - Pension insurance (for money in old age) - Unemployment insurance (if you are out of work) - Care insurance (if you need help in everyday life)

Health insurance

Everyone in Germany needs health insurance. If you are allowed to live here, you must register with a health insurance company.

Private insurance

There are voluntary insurances. For example, liability insurance. You do not have to have this insurance. If you have any questions, insurance advisors can help.

Liability insurance

This insurance helps if you break something. The insurance only pays out if it was an accident. If you break it on purpose, it will not pay.

Bank account

You can choose a bank and open an account yourself. Please note: Some accounts cost money.



Supermarket/shops

You can buy food, cleaning products, clothes and other items in **supermarkets** and **shops**. Most supermarkets and shops are open from 9:00 to 18:00. Many shops close earlier on Saturday. Most shops are closed on Sunday. You can find the opening hours in the shop or on the internet.

On Ostallgäu-Maps there is a list of [international supermarkets](#) in the neighbourhood.



Second-hand goods

Many things such as clothes, furniture or kitchen appliances are still good and can be used again. You can hand these items in at the following shops or buy them there:

Red Cross shop in Marktoberdorf, [more information here.](#)

Address: Salzstraße 8, 87616 Marktoberdorf

Reserve clothing: [+4915111677402](tel:+4915111677402)

Questions: ██████████ [+498342 966910](#)

Red Cross shop in Kaufbeuren, [More info here.](#)

Address: Münzhalde 5, 87600 Kaufbeuren

Phone: [REDACTED] +49834296690

The clothes shop in Kaufbeuren, [More info here.](#)

Address: Bürgerstraße 27, 87600 Kaufbeuren

Phone: [REDACTED] [+4983419542186](tel:+4983419542186)

Aufwind (second-hand shop) in Kaufbeuren, [More info here.](#)

Address: Am Bleichanger 9, 87600 Kaufbeuren

Phone: [REDACTED] [+49834112540](tel:+49834112540)

Family Store - Second-Hand in Kaufbeuren, [More info here.](#)

Address: Hüttenstraße 10, 87600 Kaufbeuren

Phone: [REDACTED]+4983419728092

Furniture Exchange Altdorf

Address: Industrial estate Altdorf, Mühlenstraße 60, 87640 Biessenhofen

Phone: [REDACTED] +4915151320654

Christine Lerchner second hand market

Address: Mindelheimer Str: Mindelheimer Str. 17, 87600 Kaufbeuren

Phone:  [+4983419558449](tel:+4983419558449)

KLOI HOI - Used and new for children in Kempten, [More info here](#).

Address: Lindauer Str. 8, 87439 Kempten (Allgäu)

Phone:  [+4983152731032](tel:+4983152731032)

ZAK Gebrauchtwarenkaufhaus, [More info here](#).

Address: Eicher Str. 2, 87435 Kempten (Allgäu)

Phone: [+4983174587960](tel:+4983174587960)

Ruppel's Möbelkiste, [More info here](#).

Address: Erlenweg 9, Waltenhofen / Lanzen

eBay Classifieds, [More info here](#).

Foodsharing

FOODSHARING

In some places there is **food sharing**. This means that people share food that they no longer need with others. Some supermarkets also give away food that they can no longer sell.

In Ostallgäu, there is food sharing in Marktoberdorf, Eisenberg, Pfronten, Füssen and Buchloe. Further information and the exact locations can be found at Foodsharing.

"Fairteiler" in the "Family Centre" Kaufbeuren (Neugablonzer Hüttenstraße) - Here you can take products from two fridges and a shelf in the "Family Store" free of charge.

Foodsharing Marktoberdorf

Anyone can collect food free of charge from Salzstraße 10 in Marktoberdorf. Volunteers collect the food several times a day from supermarkets, bakeries and other businesses so that it is not thrown away. The best-before date has often expired, but the food is still good to eat. The aim of food sharing is to waste less food. The Foodsharing Marktoberdorf team also offers free cooked meals five times a week. Please bring your own containers.

Opening hours:

Monday to Saturday from 8:00 to 20:00

Distribution times:

Tuesday: 17:30

Wednesday: 10:00 a.m.

Thursday: 17:30
Friday: 10:00 am
Saturday: 17:30

The board

TAFEL

The **Tafel is an aid organisation** that distributes food to people in need or gives it away for a small amount of money. The addresses and opening hours can be found on the respective websites.

- [Tafel Marktoberdorf](#)
- [Tafel Buchloe](#)
- [Füssen food bank](#)
- [Kaufbeuren food bank](#)

Religions

Freedom of religion is a fundamental and human right. Freedom of religion means that every religion and every world view is permitted. Everyone is free to decide what they do or do not believe in.

Religions and traditions

What religious festivals and traditions are there?

There are many different traditions and occasions that are celebrated. Every religion has its own specialities. Examples of world religions are

Christianity

The Christian religion has existed for over 2 thousand years. Followers of the religion are called Christians. The most important book for Christians is the Bible. The Bible has two parts: The Old Testament and the New Testament.

Jesus is very important in Christianity. He is also called Jesus Christ. Christians believe that Jesus Christ is the Son of God.

An important symbol for Christians is the cross. The religious home of Christians is the church.

Christians have various customs and festivals:

- Christmas
- Easter
- Ascension Day
- Pentecost
- Harvest festival
- All Saints' Day

Islam

The Islamic religion has existed for over 1 thousand years. Followers of Islam are called Muslims. The most important book is the Koran.

For Muslims, God is called Allah. Devout Muslims worship a prophet. A prophet tells people about God. Prophet means: sent by God. The prophet is called Mohammed.

An important symbol in Islam is a star and a moon. The religious house of Muslims is called a mosque.

There are customs and festivals in Islamic life:

- Islamic New Year
- Ramadan, the month of fasting
- The Feast of Sacrifice

Judaism

The Jewish religion has existed for over 3 thousand years. It is one of the oldest religions in the world. Followers of Judaism are called Jews. Judaism also means: belonging to a people.

Jews believe in God. But Jews do not believe in Jesus. Jews believe: God has no son.

The most important book for Jews is the Torah. The Torah contains the 10 commandments, for example. They are part of the rules for the faith of the Jews.

An important symbol of the Jews is the Star of David. This is a star with 6 points. The religious house of the Jews is called the synagogue.

There are customs and festivals in Jewish life.

- Hanukkah
- Purim
- Passover

Hinduism

Hinduism has existed for over 3 thousand 5 hundred years. Followers of the religion are also called Hindus. The religion originated in India.

Hindus pray to many gods. There are no rules: Which gods a Hindu should worship. These are the 3 best-known gods in Hinduism: Brahma, Vishnu and Shiva. There are also many saints and other beings.

There are also gurus in Hinduism. A guru is a teacher. He advises his followers. He wants to help them with his wisdom.

- Pongal (harvest festival)

- Ganesha festival
- Holi (colour festival in India)
- Divali (festival of lights in India)

Buddhism

Buddhism has been around for over 2 thousand 5 hundred years. Followers of the religion are called Buddhists. Buddhists do not believe in a god.

Buddhism was founded because of Siddharta Gautama. Siddharta Gautama lived a long time ago. He was called Buddha. Buddha is not a god. Buddha means: the awakened one or the enlightened one. It means: someone who has understood the world. He knows more than other people.

Siddharta Gautama laid down various rules. The rules say: How we humans can live together. The rules are also known as the Buddha's teachings. The name of the teaching is: the 8-fold path.

The Buddhists have a symbol. It is a wheel. The wheel has 8 spokes. They stand for the 8-fold path. Religious houses are temples, for example.

There are also customs and festivals:

- Various New Year festivals
- Vesak festival (Buddha's birthday)
- All Souls' Day (Asia)
- Moon Festival (China)

Source: [What are religions and which ones are there? - D.I.P.E.S.H. \(dipesh.biz\)](https://dipesh.biz/what-are-religions-and-which-ones-are-there/)

Source: [Religions | Information in plain language | Bundesvereinigung Lebenshilfe e. V.](#)

Ramadan - fasting month 1 March to 29 March 2025

Ramadan

Ramadan is the 9th month in the Islamic calendar. It is a very important time for Muslims. Muslims believe that the Koran was revealed for the first time during this month.

What is Ramadan?

Ramadan is the month in which Muslims fast. Fasting in Ramadan is one of the five most important duties in Islam.

When is Ramadan 2024?

In 2024, Ramadan begins on Sunday 10 March and ends on Tuesday 9 April.

The start of Ramadan is based on the Islamic calendar. Ramadan therefore begins on a different day every year.

What is Ramadan about?

Ramadan is primarily about self-restraint and renunciation. It is also about reconciliation, humanity, making life simple and helping others. Ramadan is therefore also known as the "month of good deeds".

Fasting in Ramadan is one of the five pillars of Islam. This means that it is one of the most important duties for devout Muslims who are old enough.

What is allowed and what is not allowed in Ramadan?

During Ramadan, Muslims are not allowed to eat or drink from sunrise to sunset. Smoking is also not allowed.

There are some people who are exempt from fasting, such as the elderly, sick people, diabetics, children, pregnant women, travellers or soldiers at war. These people can make up the fast later.

[Source: Ramadan 2024: start, schedule, fasting rules for Muslims and date for Eid](#)

Ramadan and the school

In 2009, the German Islamic Conference (DIK) provided information on the issue of "Ramadan at school". It explained what the rights of pupils are during Ramadan and how schools should deal with them.

- Pupils are allowed to fast and abstain from food and drink during Ramadan because it is their right to practise their religion.
- However, pupils must continue to do their school work and study.
- Children do not have to fast before puberty. Parents should make sure that their children get enough sleep and can work well at school.
- The school should also take Ramadan into account when planning school trips or celebrations.

Source: [DIK - German Islam Conference - In dialogue - Things to know about Ramadan \(deutsche-islam-konferenz.de\)](#)

Eid al-Fitr and the feast of breaking the fast

In Germany, the festival after Ramadan is sometimes called "Eid". This name comes from the customs of the first guest workers from Turkey. Muslims in other countries call it Eid al-Fitr, which means "festival of breaking the fast". Muslims in Turkey and the Balkans call the festival Bajram or Bayram.

The name "Eid" comes from the fact that in many countries sweets are distributed to children. But the name does not describe the festival correctly. In Turkey, the government wanted to reduce the religious influence on the festival and therefore changed the name. In Germany, many people adopted this term, even though it is not correct.

Places of worship

This page is currently under construction...

[Southern Allgäu: Churches & Chapels \(suedliches-allgaeu.de\)](#)

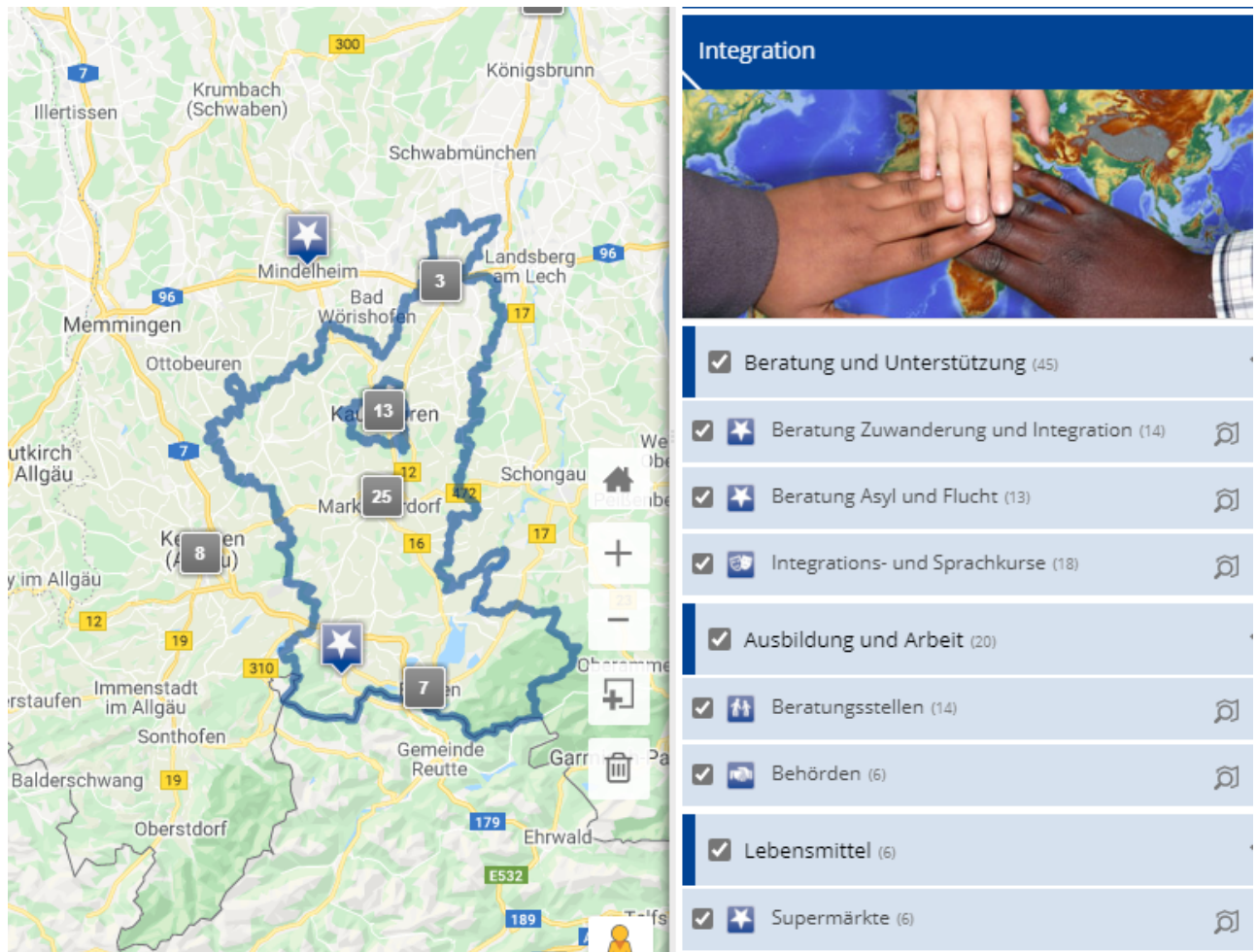
Contract Law

Contracts have a duration and usually incur monthly costs.

It is important that the **notice period** is observed for contracts, as otherwise contracts are often automatically extended. Cancelling a contract is very difficult, so you should read carefully before signing a contract.

MAPS Ostallgäu

Maps Ostallgäu ist eine interaktive Karte des Landkreises Ostallgäu. [Hier](#) finden Sie alle Ansprechpersonen zum Thema Integration mit Adressen und Öffnungszeiten.



Integration

- ☒ Beratung und Unterstützung (45)
 - ☒ Beratung Zuwanderung und Integration (14)
 - ☒ Beratung Asyl und Flucht (13)
 - ☒ Integrations- und Sprachkurse (18)
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