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Important information for war refugees from Ukraine

Important information:

You are a Ukrainian citizen and have a Aufenthaltserlaubnis (= document that you are allowed to stay here) according to § 24 AufenthG, which is valid until at least 1 February 2025? **This permit is automatically extended until 4 March 2026.**

This means that **your permit will automatically remain valid until 4 March 2026.** You will not receive any extra notification or a new permit. You do not need an appointment with the Ausländerbehörde. Benefit authorities and advice centres are informed about this.

You can find more information on the website and app "Germany4Ukraine":

[Стартова сторінка - Germany for Ukraine](#)

Entry

Refugees from Ukraine can normally enter the country without a visa and move around freely. They only need a biometric passport. This is valid for up to 90 days.

Refugees from Ukraine do not have to apply for asylum. They must submit an application to Aufenthaltserlaubnis for temporary protection. The family of persons entitled to protection is also entitled to protection.

Registration, residence permit, work permit

Have you found accommodation or a flat? Then register this with the **Amt für Integration und Migration** register it.

You will also receive a residence permit from the Office for Integration and Migration.

You want to work? Go to the Office for Integration and Migration. You will get a work permit there.

Contact:

Amt für Integration und Migration

Abteilung Ausländerangelegenheiten

[Maximilianstr. 26, 93047 Regensburg](#)

Mail: auslaenderangelegenheiten@regensburg.de

Opening hours:

Monday, Tuesday, Thursday and Friday: 08.00 am to 10.30 am. And by appointment

Counselling, help for life

Do you need help? Do you have questions? The Flüchtlingsberatung will help you! For example, when looking for a flat and on other topics.

The areas of responsibility are organised alphabetically by surname:

A to L: The counselling service of the city Regensburg is there for you:

Flüchtlings- und Integrationsberatung der Stadt Regensburg - Stadt Regensburg | Integreat

M to Z: The Johanniter counselling service is there for you:

Flüchtlings- und Integrationsberatung der Johanniter - Stadt Regensburg | Integreat

Financial support and job placement

Refugees from Ukraine are entitled to Bürgergeld if they fulfil the requirements. You can find all the important information here:

[Stadt Regensburg - Direktorium 2 - Jobcenter Stadt Regensburg](#)

Financial support / medical assistance for elderly people and unaccompanied children

The Federal Republic of Germany provides temporary emergency accommodation, benefits to cover living expenses and medical care. The benefits can be applied for at Amt für Soziales . You can find all the important information here:

[Stadt Regensburg - Grundsicherung - Anspruchsvoraussetzungen für Geflüchtete aus der Ukraine](#)

Information on attending school

Ukrainian children and young people who would like to attend school should contact their nearest school with their parents:

[Stadt Regensburg - Bildung u. Wissenschaft - Schulen](#)

The data is first recorded there and passed on to the steering group. The children and young people are then assigned to a school that offers a suitable welcome programme. Children and young people who have fled are **legally required to attend school after three months**. You can find more information here:

[Stadt Regensburg - Regensburg hilft - Ukraine - Schule und Studium](#)

Further information and help

[Regensburg hilft - Ukraine](#)

Welcome to Germany and Regensburg: First information

Welcome to Regensburg!

Welcome to Regensburg!

The Lord Mayor of the city would like to welcome you. Under the link you will find a message:

<https://www.youtube.com/watch?v=fBGIN7FoDGg&feature=youtu.be>

In Regensburg we speak German. And many other languages:

[Regensburg spricht - bunt!](#)

Regensburg in Germany

Welcome to Regensburg!

Regensburg is a large city with over 160,000 inhabitants.

There is a lot to see in Regensburg:

[Erleben & Entdecken: Regensburg Tourismus GmbH](#)

Regensburg is an old city.
Regensburg is 2000 years old.

The Romans founded Regensburg.
Many buildings from the Middle Ages can still be seen here today.

The Danube is a river.

The river Donau flows through the city.
One of the bridges is Steinerne Brücke.
The bridge is 870 years old.

Regensburg is located at the northernmost point of Donau.

Regensburg is located in Bayern in the **district Oberpfalz**.
Bayern is part of Germany, in the south.
The Oberpfalz is a part of Bavaria.

Many Christians live in Regensburg.
Muslims, Jews, other believers and non-denominational people also live in Regensburg.
They all live together peacefully.

Regensburg has many schools. These schools can be found in Regensburg:

[Stadt Regensburg - Bildung u. Wissenschaft - Schulen](#)

Regensburg has three colleges/universities.

There are many large companies in Regensburg:

[Stadt Regensburg - Start - Wirtschaft](#)

For example car industry and other companies.

The distances in Regensburg are short.
You can get to your destination quickly by bike or **bus**:

[RVV - Ihr Regensburger Verkehrsverbund](#)

There is an app for bus connections in Regensburg:

[RVV – Apps bei Google Play](#)

In summer it often gets over 30°.
In winter it gets below -5°.

Regensburg loves sport!

You can do many types of sport in Regensburg:

[Stadt Regensburg - Leben - Sport u. Freizeit](#)

Regensburg has large and small parks.

Everyone can relax in the park or meet up with friends.

You will also find lots of beautiful nature in the surrounding area:

[Wandern | Landkreis Regensburg](#)

Regensburg has many cultural and entertainment offerings:

Theatres, concerts, museums, cinemas ...

[Stadt Regensburg - Start - Kultur](#)

People in Regensburg like to celebrate often!

There are many events.

[Stadt Regensburg - Veranstaltungen](#)

Twice a year is the Dult (Dult = a small October festival in Regensburg).

[Stadt Regensburg - Aktuelles - Dult](#)

There are many shopping centres.

[Einkaufszentren in Regensburg - Einkaufszentrum.com](#)

There are also many shops in the Old Town.

Regensburg is a city for families. There is plenty on offer for children:

[Stadt Regensburg - Leben - Familien](#)

There are playgrounds, youth centres, sports parks, swimming pools, puppet theatres, handwork and handicraft courses, children's cinema programmes and much more.

Admission prices and meals in restaurants are often cheaper for children than for adults.

Good to know:

The tap water in Regensburg is clean.

Tap water is drinking water.

You can drink the water from the tap.

Keywords: sights, tourism, attractions, shopping, Danube, federal state, Bavaria, Free State

Important laws and rules

There are many laws in Germany.
 The laws are important.
 The laws are the same for everyone in Germany.
 The laws ensure your safety.

In Germany, everyone must obey the laws.
 Anyone who does not obey the law will be punished.

The basis for all laws in Germany is the Grundgesetz (=constitution):

[Deutscher Bundestag - Grundgesetz](#)

Here you will find important information:

[Informationen für Asyl-Bewerber zum deutschen Recht](#)

(also in English/Arabic), for example on:

- Civil law
- Criminal law
- Marriage, family, child-raising
- Equal status of men and women

Information from the Federal Ministry of Justice in easy-to-understand language:

[BMJV - Leichte Sprache](#)

Men and women are equal in Germany.
 Equal = nobody has more or less rights.

Keywords: laws, justice, rules, equality, rights

Democracy and elections in Germany

Germany has been a democracy since 1949. Here you will find the most important information about democracy in simple language:

<https://www.lpb-bw.de/demokratie-leichte-sprache>

In Germany, there are various elections to determine the political leadership. German electoral law is based on the constitution, Grundgesetz.

The most important elections are

- Bundestag elections (all of Germany; the German parliament is elected in Berlin (Bundestag))
- State elections (only individual federal states such as Bavaria or Hesse; the Bavarian parliament is elected in Munich)
- Local elections (only cities or districts; the city council is elected and the mayor's office is decided)
- European elections (The entire EU; the EU parliament is elected)

A German passport is required to participate in elections.

Local elections are an **exception**: since 1992, people who are nationals of a member state of EU have the right to vote in local elections.

A new city council will be elected in 2026 in Regensburg

<https://www.regensburg.de/rathaus/stadtpolitik/wahlen/allgemeine-gemeinde-und-landkreiswahlen-2026>

Here you can find information about elections in Germany:

<https://www.lpb-bw.de/infos-in-leichter-sprache>

Or:

<https://handbookgermany.de/de/elections>

Living together in Germany

Communication and relationships

Communication

You will meet lots of new people in Germany.

Look around you.

Observe: How do people talk to each other?

Greeting

Greeting: Two people shake hands.

Eye contact is very important!

Eye contact is a sign of respect and security.

People respect you. You respect other people.

"You"

People often address you as "you".

Why is that? They don't know you.

"She" is polite. Always with strangers.

For example: doctor, teacher, at the office/authority...

Relationships between people

Man and woman

Men and women are equal in Germany.

Equal = no one is better or worse.

Men and women have the same rights in Germany.

Example: Women and men are allowed to work in all professions.

I am an individual

All people are different.

All people in Germany decide individually:

How I want to live.

What do I eat.
 What do I wear.
 What do I work.
 Who do I love.
 What do I believe.
 All people in Germany are allowed to be different.
 We respect all people.

Relationships and family

Every man looks for his partner himself.
 Every woman looks for her partner herself.
 People say about their partners when they are **not** married:
 "This is my girlfriend".
 "This is my boyfriend".
 Partners decide together: Do we want to get married or not?
 I can't marry two people.
 Polygamy = polygamous marriages are forbidden in Germany.

Women and men are allowed to live their sexuality freely.
 Women and men should respect the wishes of their partners.
 Other people must be respected.

Germany is a **sexually tolerant country**.

A man and a woman can love each other.
 A man can love a man.
 A woman can love a woman.

A man or a woman can also be alone.
 People don't have to get married.
 How you live is your own decision.

Sex in public is a criminal offence!
 Sex with people under the age of 18 is a criminal offence!
 Sex without the consent of a woman or a man is always rape.
 Rape is a criminal offence!

Keywords: relationships, courtesy, equality, individuality, partnership, couple, sexuality, consensus

Dates, authorities, documents

Appointments

You have many appointments in Germany. (at the doctor, at the immigration office)
 An appointment is an important meeting.
 For a time and a place.

Example: the appointment is at 12:00.
 Everyone arrives exactly at 12:00. 12:15 is too late.
 If a person arrives at 12:15, they say "sorry".

Example: Your friend can't come to the appointment.
Your friend tells you in advance: "I'm not coming".
There is a new appointment.

Authorities

Authority = office (immigration office, social welfare office, youth welfare office, etc.)

Important:

When is the office open? Look for the opening times.

Opening hours = You can come.

Bring your documents with you:

For example: passport, proof of arrival, fiction certificate, residence permit (EAT)...

Documents

Example: Letters, forms, contracts...

Documents are important in Germany.

You will receive many new documents in Germany.

In letters, at the doctor's, at the authorities...

You often have to sign documents:

At the doctor: information, clarification

At the authorities: Form, declaration

Flat and mobile phone: contract

Always read documents carefully!

Don't understand a document? Questions?

Here you will find various organisations that can help you.

Depending on your country of origin, age and type of certificate for your stay, different counsellors are there for you:

[fly_6seit_wegweismigration_st_lkr_reg_240110a.indd](#)

You sign a contract.

You must fulfil the contract.

Your signature = obligation.

Letters, documents and contracts are important! Do not throw them away.

Keywords: bureaucracy, appointments, papers, post, authorities, punctuality

About the Regensburg app Integreat

Welcome to Regensburg!

The Regensburg app Integreat helps you with life in Regensburg.

The app is in simplified language.

The app is always aimed at women and men.

The app is also available in **English, Arabic, French, Russian, Serbian, Spanish and other languages.**

The app provides information on many topics:

Health, family, learning German, school, work, leisure, housing, asylum...

The app helps you to find the right **contact person.**

The app endeavours to provide you with all the important information and addresses.

However, many topics are constantly changing.

The app endeavours to keep all information up to date.

Keep checking the app!

You can use the app offline.

The app updates itself automatically online.

Please note:

The app is an aid.

The Regensburg Integreat app does not replace counselling!

Many people and institutions work together for the app:

Integreat, city Regensburg, CampusASYL, Caritas, KJF, Jugend-Werkstatt, many language course providers...

Do you have any questions? Do you want to tell the App Team Regensburg something?

Write an email or give them a call:

Stadt Regensburg

[Amt für Integration und Migration](#)

E-Mail: aim@regensburg.de

Tel.: [0941 507 - 3772](tel:09415073772)

The App Team Regensburg wishes you every success with your integration in Regensburg!

Keywords: contact, feedback, questions, suggestions, criticism

Asylum

Asylum application

How does the asylum procedure work?

The asylum procedure in Germany is complicated.

Your asylum is decided by a state authority, the **Bundesamt für Migration und Flüchtlinge (=BAMF):**

[BAMF - Bundesamt für Migration und Flüchtlinge - Asyl & Flüchtlingsschutz](#)

The video explains the asylum procedure:

[BAMF - Bundesamt für Migration und Flüchtlinge - Infothek - Informationen zum Asylverfahren. Ihre Rechte und Pflichten.](#)

(Languages: German, English, Albanian, Arabic, French, Persian)

This video from Bayerischen Flüchtlingsrat provides more information:

[Asylwegweiser - Bayerischer Flüchtlingsrat](#)

(Languages: German, English, Arabic, Farsi, French, Russian, Spanish, Turkish)

The brochure explains your rights and obligations at Asyl-Verfahren (=the authorities will check whether you can stay):

[BAMF - Bundesamt für Migration und Flüchtlinge - Infothek - Broschüre: Informationen zum Asylverfahren. Ihre Rechte und Pflichten.](#)

(Languages: German, English, Arabic, Albanian, Farsi, French)

How can you get asylum?

- You have just arrived in Germany.
You must register with a **government agency** .
For example: police, immigration office, reception centre, AnKER centre.
You can register at the border or at another location.
- You will now be **registered**.
Your personal data will be written down.
For example: Name, age, language, country of origin.
Everything is saved.
You will be photographed and fingerprinted.
==> Register only once!
==> You will receive your proof of arrival.
The proof of arrival is very important! It proves that you are authorised to stay in Germany.
Keep it in a safe place!
- You will now go to an **AnKER centre** or another **reception facility**.
Here you will live with other people seeking asylum.
Here you will receive money for food, hygiene and other necessities.
Here you will get help if you are ill.
- You may have to move to another federal state.

Apply for asylum

Just say it: Important information about the asylum application (= an application that is important for your future stay):

[Informationen zur Antragstellung](#)

Just say it: Important information about Anhörungstermin (= an interview at the BAMF that is important for your future stay).

Informationen zum Anhörungstermin

- You submit your **asylum application** at the AnKER Centre or the Arrival Centre.
You will be told when you can submit your asylum application.
You submit your asylum application in person.
An interpreter will help you.
- Now you have to wait for your **personal interview at the BAMF** .
This is **your most important appointment!**
The interview is a kind of interview.
An interpreter will help you.
Here you explain why you have come to Germany.
You can bring evidence with you.
This shows why you fled to Germany.
For example: photos, letters, documents.
Think carefully about what you say.
You can seek counselling beforehand.
Look at "Counselling and help".

Important information about the interview:

BAMF - Bundesamt für Migration und Flüchtlinge - Persönliche Anhörung

(Languages: German, English Albanian, Amharic, Arabic, Farsi, French, Kurdish-Kurmanji, Macedonian, Pashto, Russian, Serbian, Somali, Tigrinya, Turkish, Urdu)

Your asylum application will be decided

You will have to wait after the interview.
The BAMF will examine your asylum application.
This can take some time.
Then you will receive a **letter from the BAMF**.
Are you allowed to stay in Germany?

=> Yes!

Your asylum application will be granted.
You will receive a **favourable decision**.
You will receive one of four protection authorisations.
These are: **Entitlement to asylum, refugee protection, subsidiary protection, prohibition of deportation**.

=> No!

Your asylum application is rejected.
You will receive a **negative decision** and a **threat of deportation**.

What can you do if the answer is "no"?

BAMF - Bundesamt für Migration und Flüchtlinge - Rechtsmittel gegen die Entscheidung

That is difficult.

You only have very little time!
Therefore, seek help!

Who can help you?

A lawyer: You have to pay money for a lawyer.

Social worker: The job of a social worker is to help you.
You don't have to pay any money.

Look at "Counselling and help".

Volunteers: These are people who help you voluntarily.
You don't have to pay any money.

Look at "Counselling and help".

What else can you do?

You can leave Germany voluntarily.

This means that you return to your country of origin without being forced to do so.

Sometimes you get money for this departure.

There are various offers.

Search for your country here and find out more:

[Informationsportal zu freiwilliger Rückkehr und Reintegration](#)

What happens if you don't leave?

You no longer have permission to stay in Germany.

This can lead to **deportation**.

This means that the immigration office and the police force you to leave.

They pick you up from your hostel.

Then they take you straight to the **airport**.

You have to fly back to your country of origin.

Sometimes the police also take you to a **deportation centre**.

You have to wait in a special **prison** until you are taken to your country of origin.

Deportations are not always possible.

For example:

If you cannot be deported to your country of origin because there is a war there.

If your country of origin does not want to take you in.

If you do not have a passport from your country of origin.

If you are very ill.

=> If you cannot be deported for important reasons, you will be given a **tolerated stay**.

This means that you can stay in Germany for a certain period of time.

=> Here you can find further information on toleration:

[Was ist eigentlich eine »Duldung«? | PRO ASYL](#)

Further information on the asylum application:

The app "Ankommen" also informs you about asylum:

[Asyl, Ausbildung, Arbeit](#)

(Languages: German, English Arabic, French, Persian)

Keywords: asylum application, proof of arrival, hearing, deportation, ban on deportation, detention pending deportation, residence permit, obligation to leave the country, voluntary departure, negative asylum decision, negative asylum decision, right to stay, toleration , refugee, refugee protection, refugee recognition, interview, registration, subsidiary protection

ANKER facility Regensburg

What is an Anker facility?

There are places in Bavaria where people who want asylum and have recently arrived in Germany can live temporarily.

Anker is an abbreviation and stands for **arrival, decision and return**.

This does not mean that you automatically have to travel back if you live temporarily in the Anker.

During this time, however, a decision is made as to whether you will be granted asylum for the time being.

The Anker-Einrichtungen are houses where people seeking asylum live for a certain period of time.

Many important organisations for this are directly on site.

For example, the Federal Office for Migration and Refugees (BAMF), the refugee and integration counselling service or the social welfare office.

The Anker in Regensburg is run by the government of the Upper Palatinate:

[Sachgebiet 14.2 - Unterbringung und Verteilung von Flüchtlingen, Integration - Regierung der Oberpfalz](#)

Keywords: initial reception, transit, anchor centre, asylum

Refugee and integration counselling at Anker

Who is Flüchtlings- und Integrationsberatung for?

For residents of the Anker facilities in the [Bajuwarenstraße 1a](#), the [Zeißstraße 1](#) and [Zeißstraße 9](#).

What does Flüchtlings- und Integrationsberatung do ?

Help and counselling on the following topics:

- Asylum procedure
- Health and illness, health insurance
- Children, family and school
- German courses
- Living in the accommodation
- Applications and forms

- Financial benefits (money)
- Laws and rules in Germany
- Return to the country of origin
- Queer, sexual orientation, LGBTSIQ+
- We tell you where you can go for training, work or leisure and sport.

That is important:

- You can go to the counsellors with your questions.
- What you say here remains private.
- Counselling is free of charge.

The staff at Caritas and Johanniter are there for you:

Monday, Thursday and Friday: 9:00 to 12:00

Tuesday: 13:00 to 15:00

You can find more information here:

[Flüchtlingsberatung der Johanniter](#)

[Flüchtlingsberatung der Caritas](#)

You can also look up counselling and help in the app:

<https://integreat.app/regensburg/de/beratung-und-hilfe/mbe/mbe-der-caritas-regensburg>

Asylum procedure counselling in the AnKER (AVB)

Who is the asylum procedure counselling for?

For residents of the



[ANKER facility Regensburg](#)

What does Asyl-Verfahrens-Beratung do?

The counsellors explain the asylum procedure in Germany.

There is help with preparing for the asylum interview.

This is important:

- You can go to the counsellors with your questions.
- What you say here remains private.
- Counselling is free of charge.

The staff at Caritas and Johanniter are there for you:

Monday, Thursday and Friday: 9:00 to 12:00

Monday, Tuesday and Wednesday: 14:00 to 16:00

For appointments with the asylum procedure counselling service, you can register with the refugee and integration counselling service at AnKER:

[Flüchtlings- und Integrationsberatung im AnKER - Stadt Regensburg | Integreat](#)

Keywords: asylum, procedure, counselling, AVB, ANKER, hearing, interview

Offers at the AnkER facility

What is available at AnkER-Equipment Bajuwarenstraße 1a?

Offers from Campus-Asyl:

Sports and games for children
Dancing for children
A bicycle workshop (= you repair your bicycle)

More information can be found here:

[Was wir tun | CampusAsyl e.V.](#)

Offer Caritas

For children aged 3 to 5

Mornings: Monday to Thursday from 9 to 11 a.m.
What: Playing, talking, handicrafts

For children from 6 to 7 years

Afternoon: Monday to Thursday from 1 to 3 pm
What: Preparing for school

Contact:

Outbuilding, ground floor, purple entrance
Tel: [0941/56 80 - 34 05](tel:094156803405)
Email: p.kampermann@caritas-regensburg.de

Offer Ökumenischer Helferkreis

Clothes room: You can get clothes here.
The clothes do not cost any money.
When is it open? Ask the staff at the **AnkER**.
How much clothing can you take?
Ask the staff in the clothes room.

More information can be found here:

[Impressionen aus der Kleiderkammer - Ökumenischer Helferkreis Regensburg](#)

What is available at AnkER-Dependance Zeißstr. 1 ?

Offer Campus-Asyl

Clothes chamber:

You can get clothes here.

The clothes don't cost any money.

You can pick up clothes once a month.

More information can be found here:

[Kleiderkammer | CampusAsyl e.V.](#)

What is available at AnkER-Dependance Zeistr. 9?**Offer Campus-Asyl****Tower-Treff:**

We meet to drink tea, talk, sing, make music and play games.

More information can be found here:

[Tower-Treff | CampusAsyl e.V.](#)

Ombudsman's office

The Ombuds office (Ombud = mediator) is part of the government of Oberpfalz.

Do you have questions about AnkER-facilities in Regensburg? Or questions about Asyl in general? Do you want to make a complaint?

Then the Ombuds centre is the right place for you.

Contact:

[Regierung der Oberpfalz](#)

[Bajuwarenstrae 1a](#)

93053 Regensburg

Please contact us via the e-mail address provided!

E-mail: anlaufstelle-asyl@reg-opf.bayern.de

Fax: 0941 / 5680-93211

I live in shared accommodation (GU)**I have to abide by the rules in the GU****Important rules in the shared accommodation (GU)**

Every house has rules.

All the rules are in the house rules.

You must observe the house rules and regulations.

Be quiet!

There are quiet times.

When do I have to be quiet?

Monday to Saturday: 1 p.m. to 3 p.m. and 10 p.m. to 6 a.m.

Sunday and all day on public holidays:
No loud music.
No noise...

You have to separate rubbish!

See Living in Regensburg for more information:

[Abfall, Recycling, Müll-Trennung und Müll-Vermeidung - Stadt Regensburg | Integreat](#)

You must ventilate!

You must ventilate = let fresh air into the room.
Fresh air helps against mould in the home.
You must open your window for 5 minutes every day.

Operator of the shared accommodation:

Regierung der Oberpfalz
Sachgebiet 14.2 - Unterbringung und Verteilung von Flüchtlingen, Integration
[Emmeramsplatz 8](#)
93047 Regensburg

Telephone: [\(0941\) 5680-1618](tel:094156801618)

Website:

[Regierung der Oberpfalz - Regierung der Oberpfalz](#)

Learning German in shared accommodation

Do you want to learn German?

Are you an asylum seeker in Germany?
You have many options. Look in the app at Language, School, Study:

[Deutsch lernen in Regensburg - Stadt Regensburg | Integreat](#)

Learn German in shared accommodation:

There is a project that can help you. The Patenschaftsprojekt für Geflüchtete of Stadt Regensburg has many volunteers:

[Patenschaften für Geflüchtete - Stadt Regensburg | Integreat](#)

A person from Regensburg comes to you.
The person learns and speaks German with you.
Ask the asylum social counsellors of the city of Regensburg:

[Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement](#)

You can call them: [0941 507 7774](tel:09415077774)

Monday: 08:30-12:00

Tuesday: 08:30-12:00

Wednesday: 08:30-12:00

Thursday: 08:30-12:00 and 15:30-17:30

Friday: 08:30-12:00

Support groups

In some shared accommodation centres, there are helper groups for the residents.
Helferkreis = a group of people. The people help you voluntarily. They are not experts.

The carer in the shared accommodation will tell you:

Where you can find a help group.

Social welfare office: Money and benefits

The social welfare office

You can get money and benefits (= things to live on) from the social welfare office.
You go to the social welfare office.
You apply for benefits and money at the social welfare office.
The social welfare office will tell you whether you will receive money and benefits or not.

What documents do I need to take with me?

- ID card, Ankunfts-Nachweis, Aufenthalts-Gestattung or Duldung
- If you live in the AnKER facility: House ID card
- If you have: Tenancy agreement
- If you have: Bank statements for the last 3 months
==> IMPORTANT: Keep all bank statements!
- If you need: a friend who speaks German or English

You are in the social welfare office

You will be assigned a counsellor at the social welfare office.
You will receive a letter from the counsellor.
The letter will say:

- Name of the counsellor.
- The counsellor's telephone number.
- An appointment with your counsellor.
- The appointment is in the letter.

IMPORTANT: Read all letters from the social welfare office carefully!

Important: Rules with the social welfare office

You must tell the social welfare office information about yourself.
For example:

- Marriage
- Separation from your spouse
- Birth of children
- Death of a person in your family
- Moving to another flat or accommodation
- Starting an apprenticeship
- Starting a job
- Being in hospital
- You receive money from friends
- You have a bank account

==> **Not sure what to say?**

==> **Then ask your counsellor!**

What do I get from the social welfare office?

You live in the AnKER centre in Regensburg:

You get Sach-Leistungen (= things you need):

Food

Things for the household

Hygiene articles (for example shampoo, toothpaste or tampons)

Vouchers for clothes

Tickets for the bus

The social welfare office also pays for your accommodation and heating.

You receive money

for your health (e.g. for medication)

for your free time (= pocket money)

You live in shared accommodation (GU):

You receive benefits in kind (= things you need):

Things for the household

The social welfare office also pays for your flat and heating.

You receive money:

for food

for clothes

for hygiene articles (e.g. shampoo, toothpaste or tampons)

for your health (for example for medication)

for your free time (= pocket money)

==> IMPORTANT: You need a bank account!

Look also at "Asylum"

=> "After being recognised as a refugee"

=> **"You need a bank account for money"**

Are you pregnant? Are you having a child?

You can apply for more money and benefits.
Ask the counsellor at the social welfare office.

Where is the social welfare office?

For asylum applicants:

Amt für Soziales (= Sozial-Amt)

[Bajuwarenstr. 1 A](#)

93053 Regensburg

Opening hours:

Monday to Friday: 08:00 to 11:30

You can make an appointment at a different time.

Ask your counsellor!

Contact:

E-mail: Sozialamt-asyl@regensburg.de

Telephone numbers for residents of the AnKER facility:

[0941 507-2593](#), [0941 507-2506](#), [507-2590](#) or [0941 507-2595](#)

Telephone numbers for the family names A - Ge:

[0941 507-7504](#) or [0941 507-7503](#) or [0941 507-2594](#)

Telephone numbers for the family names Gf - Moh:

[0941 507-1507](#) or [0941 507-2505](#)

Telephone numbers for the family names Moi - Z:

[0941 507-2591](#) or [0941 507-7502](#)

Information on the social welfare office for asylum seekers can be found [here](#).

For all others (non-asylum applicants):

Amt für Soziales (= Sozial-Amt)

[Johann-Hösl-Str. 11 A+B](#)

93053 Regensburg

Information on opening times and contact details can be found [here](#).

Keywords: authority, social benefits, financial aid, authorisation, notification, application, extension, pregnancy and birth, benefits in kind, health

Payment card for asylum seekers

What is a Bezahlkarte?

The Bezahlkarte is like a bank card.

You can use the payment card to pay in shops and withdraw cash.

Benefits according to the Asylbewerberleistungsgesetz (AsylbLG) are transferred to the payment card as a credit balance.

You can only spend as much money as is on the card.

You can also find information on Bezahlkarte in several languages here:

<https://bezahlkarte.eu/>

Who gets a payment card?

All persons aged 14 and over who receive benefits in accordance with the Asylbewerberleistungsgesetz (AsylbLG) receive a payment card.

Where can I get my payment card?

If you receive benefits, you will receive a letter from the Office for Social Benefits (ASL).

It will contain all the information and an appointment to collect it.

How much money do I have on the card?

You can check your balance online at

<https://meine.bezahlkarte.eu/#/login>

and in the Bezahlkarte-app.

To do this, you need the cards-ID and PIN. Both can be found in the letter you received with Bezahlkarte .

Are there any regional restrictions?

You can only pay with Bezahlkarte in your authorised area of residence.

You can define this area at

<https://meine.bezahlkarte.eu/#/login>

and in the Bezahlkarte app.

In exceptional cases, payment may also be permitted at other locations (for example, if you need to visit a lawyer or an authority at another location).

Are there problems with certain transactions?

Yes, certain transactions are not possible. For example, you cannot use the payment card with money transfer services such as Western Union or MoneyGram.

Can I withdraw cash from the payment card?

Yes, you can withdraw cash up to €50 free of charge from ATMs or at the checkout in many shops.

Each person in the family can withdraw up to €50 in cash. Withdrawals from ATMs are only possible twice a month. You can withdraw cash more often in shops.

Can I transfer money with the payment card?

A bank transfer may be authorised in certain cases.

Can I pay by direct debit with the payment card?

Yes, direct debit is permitted in certain cases.

This applies, for example, to mobile phone contracts, ÖPNV-providers, WLAN-vouchers and gym contracts or sports club membership fees.

I have lost my payment card. What do I have to do?

You can return your payment card online at

<https://meine.bezahlkarte.eu/#/login>

or by telephone at

[116116](tel:116116) (in German or English).

Where can I get help?

Online at

<https://meine.bezahlkarte.eu/#/login>

and in the Bezahlkarte app there is a support chat.

Or by phone at : [09 41 / 507 77 99](tel:09415077799)

Keywords: payment card, cash, withdrawal, money

Working and training as an asylum seeker

Internship

Doing an internship

In an internship, you test a job or profession.
You can do several internships.

You learn:

What am I good at? What is difficult.

What is important when working in Germany.

What does a Arbeit-Geber (boss) expect.

What do colleagues (other workers) expect?

⇒ **An internship is good!**

Are you allowed to do an internship?

1. you have no Aufenthalts-Erlaubnis (= your asylum procedure is not finished)

⇒ **No**, if you have been in Germany for less than 4 months.

⇒ **Yes**, if you have been in Germany for more than 4 months.

IMPORTANT: You need a **Genehmigung** (= authorisation) from Ausländer-Behörde!

What do you have to do?

- Fill out this **application form**:

[erklaerung-zum-beschaefigungsverhaeltnis-16012023.pdf](#)

This application is also valid for an internship.

You must complete this application even if you do not receive any money.

- Have the application signed by your internship provider (= boss).
- Send the application to this address. Or drop the application in the letterbox there:

Amt für Integration und Migration

Abteilung Ausländerangelegenheiten

[Maximilianstr. 26](#)

93047 Regensburg

2. you have a residence permit (= you are a recognised refugee)

Look at "Working in Regensburg"

Where can I find an internship?

You can find internships in Regensburg here:

[Übersicht: Sprungbrett Bayern](#)

You can also ask a boss directly.

Keywords: training, application, labour market, job profile, professional orientation, career choice

Training, learning a profession

Do a vocational training programme

During an apprenticeship, you learn everything about a profession.

Z. E.g. salesperson, carpenter, bricklayer, hairdresser, metalworker, baker,...

- The apprenticeship lasts 2 to 3.5 years.
- You are mostly in the company.
- You also have to go to vocational school.
- You earn money.
⇒ that means **Duale Ausbildung**

You do some apprenticeships at **vocational school**.

Z. E.g. nursing assistant, child carer, assistant for nutrition and care,...

- This training lasts 1 to 3 years.
- You are mostly at school.
- You **only** go to the company for practical training.
- You **don't** earn any money.

- ⇒ **An apprenticeship is good!**
 ⇒ **You become a specialist (= expert) in your profession!**

More information: Here are videos on many professions:

[Startseite - Lehrlinge für Bayern](#)

IMPORTANT: You need a **permit** (= authorisation) from the immigration authorities!

What do you have to do?

- Fill out this **application form**:

[erklaerung-zum-beschaeftigungsverhaeltnis-16012023.pdf](#)

- Have the application signed by your employer (= boss).
- Put the application in the letterbox.

Address:

Amt für Integration und Migration

Abteilung Ausländerangelegenheiten

[Maximilianstr. 26](#)

93047 Regensburg

2. you have a residence permit (= you are a recognised refugee)

IMPORTANT : You **do not** need a permit from the immigration authorities!

Who will help you find an apprenticeship?

**The employees (= Ausbildungs-Akquisiteure) of Handwerkskammer
Niederbayern-Oberpfalz (HWK):**

[Ausbildungsakquisiteure für junge Flüchtlinge](#)

The Handwerkskammer is an organisation of skilled trades companies.

There are over 130 training occupations in the skilled crafts sector.

You can find an overview here:

[Filter the jobs | Das Handwerk](#)

**The employees (= training advisors) of the Industrie- und Handelskammer
Niederbayern-Oberpfalz (IHK):**

[IHK-Ausbildungsberater - IHK Regensburg für Oberpfalz / Kelheim](#)

**The Chamber of Industry and Commerce is an organisation for industry and
commerce.**

There are over 250 training occupations in industry and commerce

You can find an overview here:

[Ausbildungsplätze | Meine Ausbildung in Deutschland](#)

Who can help you with problems during your training?

The employees of the HWK and IHK (see above)

Campus Asyl with the trainee tandem project :

[Azubi-Tandems | CampusAsyl e.V.](#)

Write an email to : azubi-tandems@campus-asyl.de

Keywords: labour market, dual training, apprenticeship, school-based training, application for training permit, vocational qualification, qualification, skilled worker, tutoring

Working

Are you allowed to work?

You are in Germany for 1 to 3 months.

⇒ You are **not yet** allowed to work.

You have been in Germany for more than 3 months.

You have a tolerated stay permit. Your tolerated stay permit states "**Erwerbs-Tätigkeit nicht gestattet**"

⇒ You are **not** allowed to work.

Your residence permit or tolerated stay permit states:

"Beschäftigung nur nach Genehmigung der Ausländer-Behörde"

⇒ You are allowed to work.

Even in the **asylum procedure**.

Even with a **tolerated stay permit**.

IMPORTANT: You need a **work permit** from the immigration authorities!

This is how it works:

- You find a job.
- Your boss fills out this **application** for employment:

<https://www.regensburg.de/sixcms/media.php/206/erklaerung-zum-beschaefigungsverhaeltnis-16012023.pdf>

- Your boss signs the application.
- You send the completed application to the foreigners authority.

Send it by e-mail to this address Adresse: aaa@regensburg.de

Or send a letter to this address:

Amt für Integration und Migration

Abteilung Ausländerangelegenheiten

[Maximilianstraße 26](#)

93047 Regensburg

- The Immigration Office will check your application and say:
- ⇒ **Yes**, you are allowed to work ⇒ You will receive a work permit.
- ⇒ **No**, you are not allowed to work.

You are a skilled worker

There are different rules for you.
Ask the Regensburg Employment Agency.

<https://www.arbeitsagentur.de/fuer-menschen-aus-dem-ausland>

Keywords: gainful employment, labour market, job, permission to work, work permit, residence permit, job search, work regulations

After being recognised as a refugee

You go to the immigration office for new documents

Where?

Amt für Integration und Migration

[Abteilung Ausländer-Angelegenheiten](#)

[Maximilianstraße 26](#)

93047 Regensburg

When?

Monday, Tuesday, Thursday and Friday: 08:00 to 10:30 a.m.

IMPORTANT: During this time you can come **without an appointment!**

IMPORTANT: You can only do this:

- **Pick up** your completed electronic **Aufenthaltstitel (=document for your stay)**.
- **Register** yourself . Because you have just moved to Regensburg.
- **Deregister** yourself . Because you are moving away from Regensburg.
- **Re-register** yourself . Because you are moving to another flat in Regensburg.

Do you need something else?

Do you have another question?

IMPORTANT: You have to **call, write** an **e-mail** or a **letter**.

IMPORTANT: If necessary, you will be given **an appointment**.

The staff at the Immigration Office will give you the appointment.

Call:

A lot of people call.

The line is often busy.

Tip: Call before 8.00 am and after 10.30 am.

Only call if it is very important!

Only call this number: Tel: [0941 507 - 2777](tel:09415072777)

Write an e-mail or letter:

IMPORTANT: Only write your question once!

If you write often, it will take longer.
 The staff will then have to check more.
 Do not call another authority.
 Only the Foreigners' Registration Office is responsible for all foreigners in Regensburg.
IMPORTANT: If you are in the asylum procedure, ask your counsellor.

Write this information in your e-mail or letter:

- What do you need?
- Your surname and first name
- Your date of birth
- Your address

Send the e-mail to this address: aaa@regensburg.de

Send the letter to this address:

Amt für Integration und Migration
 Abteilung Ausländerangelegenheiten
 Maximilianstraße 26
 93047 Regensburg

You are going to Ausländer-Behörde:

You have an appointment at the immigration office:

Bring these documents with you:

- Invitation to the appointment.
- If you have: Passport; residence title
- Asylum decision (= letter from the Federal Office for Migration and Refugees)

What can you do at the Immigration Office?

You apply for your "**Aufenthalts-Erlaubnis**" at the Foreigners' Registration Office.
 The residence permit is very important (= document).
 You will receive a small plastic card.
 The residence permit shows that you are authorised to be in Germany.

Until your residence permit is ready, you will receive a "**Fiktions-Bescheinigung**".
 The "Fiktions-Bescheinigung" is very important (= document).
 You will need the "Fiktions-Bescheinigung" at the job centre and for work.

The electronic residence permit

Your small card with the residence permit also works online.
 You can use it to **identify** yourself **online**.
 Detailed information on the electronic residence permit can be **found here**:

[BAMF - Bundesamt für Migration und Flüchtlinge - Infothek - Broschüre "Der elektronische Aufenthaltstitel"](#)

The information is available in **many languages**.

Keywords: Foreigners' Registration Office, Aliens' Registration Office, residence title, residence permit, application, extension, papers, fictitious certificate, visa,

visas

You can get money, work and integration courses at the job centre

Jobcenter

You always have two advisors (= people) at the job centre:

- Advisor for "**benefits**" (money / unemployment benefit II)
- Counsellor for "**placement**" (work / training and German course)

Address:

[Jobcenter Stadt Regensburg](#)

[Gewerbepark D 83](#)

93059 Regensburg

You can find more information about the job centre under the following link:

www.regensburg.de/jobcenter

Opening hours:

Monday, Tuesday, Wednesday, Friday: 08:00 to 12:00

Thursday only if you are working: 13:00 to 17:30

You can call during opening hours.

1. benefits: Money from the job centre

What do you have to do?

Phone the job centre.

Phone: [0941 640900](tel:0941640900)

Then dial the number on your phone: 2

Make an appointment for

"Antrag auf Leistungen" (= Arbeitslosengeld II)

for.

You need these documents for your application for Arbeitslosengeld II

- passport
- Recognition notice from BAMF (Federal Office for Migration and Refugees)
- Fiktions-Bescheinigung (= green document from the foreigners authority)
- Health insurance membership certificate (= letter from your health insurance company)
- Bank account: Bank statement, account card
- Rental contract or proof of your rent

At the job centre:

- Go to the appointment with your documents.
- You say to the security:
"I have an appointment with Mrs or Mr ..."
- With the counsellor you make an **application** for Arbeitslosengeld II.

- At home you will receive a **Bewilligungsbescheid** (=letter from the job centre).
- The letter states how much money you will receive.
- The letter states how long you will receive money.

2nd placement: Help with work, training and a German course

- You will receive a second appointment at Jobcenter.
- The letter will tell you when you have to go to Jobcenter.
- Or: The letter says when you will be called by Jobcenter .
- The second appointment is for work, training and your language/integration course.

IMPORTANT! You will be invited to Jobcenter.

=> You have to go to the appointment!

=> If you don't go, you will receive less money.

You need these documents for your appointment:

- Letter from Jobcenter with the appointment
- Passport
- Fiktionsbescheinigung (= green document from the foreigners authority)

At Jobcenter:

- Go to the appointment with your documents.
- You say to the security:
"I have an appointment with Mrs or Mr ..."
- The counsellor informs you if you can work.
- The counsellor informs you if you can do a German course.

Rules in the Job-Center

What do you have to tell Jobcenter immediately?

- You have a job or training.
 - You have found another flat and want to move.
- IMPORTANT!** You must have the rent approved by Jobcenter!

You will receive Arbeitslosengeld II:

- You will only receive money from Jobcenter for a certain period of time.
- You will receive a letter one month before the end of the period.
- The letter says: You must apply for a new „Antrag auf Leistungen“ .
- The papers for the „Antrag auf Leistungen“ are in the letter.
- You fill in the papers.
- You send the papers with your signature by post to Jobcenter.
- Then you receive another letter (= Bewilligungsbescheid).
- The letter will tell you by when you will receive the money.

For an appointment at Jobcenter you always need:

- letter from the Jobcenter
- passport

Keywords: authority, social benefits, financial aid, approval, notification, application, extension, language course, job placement, labour market, training, counselling, Hartz IV, Hartz 4, ALGII, ALG2

You need a bank account for money

What is a bank account?

Here you can withdraw your money.
 You can transfer money (= send money to other people).
 You can get an EC card (EC= electronic cash).
 You can pay in shops with your EC card.
 You can get a bank account at a bank or Sparkasse.
 You can choose your bank or Sparkasse (also a bank) yourself.

Here you will find many banks

[regensburg banken - Google Suche](#)

and savings banks

[regensburg sparkassen - Google Suche](#)

in Regensburg.

Why do I need a bank account?

Do you receive money from your work?
 Do you get money from an office?
 You have to pay your rent?
 You have to pay your phone bill?
 ⇒You need a bank account.

How do I get a bank account?

Go to your bank or Sparkasse.
 Say: "I would like to open an account".

Many people in Germany have a Bürger-Konto or a Guthaben-Konto.
 You cannot incur debts with a citizen account or a credit account.
 There are also other accounts.
 Ask at your bank.
 You can go there without an appointment.

If you need to:

Take a friend with you who speaks German or English.

What documents do you need to take with you?

- Passport or identity card
- A document for your stay in Germany
 - for example: a Ankunfts-Nachweis or a Aufenthalts-Gestattung or a Duldung)

Good to know:

There is a **spouse-partner bank account**:
 You have a husband or a wife?
 You can share a bank account with your husband or wife.

Important:

You must pay a Konto-Führungs-Gebühr:
 You give the bank money for your account.
 Ask your bank how much you have to pay.

You have to get account statements.
 You must keep account statements.
 Ask your bank or Sparkasse!

The bank will write you letters.
 The letters are very important.
 You have to open all the letters.
 You don't understand the letter?
 Ask your bank or Sparkasse!

Keywords: finance, cash, bank transfer, current account, savings account, banking, Maestocard, credit card

You need health insurance**What is statutory health insurance?**

Look here in the app for the healthcare system in Germany:

 [Healthcare system in Germany](#)

There are many health insurance companies.
 Krankenkassen give you health insurance and a card.
 The card is an "electronic health card".
 You need the card when you go to the doctor or hospital.

How do I find a Krankenkasse?

Health insurance is a type of insurance. It pays when you have to go to the doctor.

Search online for Krankenkassen. There is a list of all health insurance companies in Bavaria:

<https://www.gesetzlichekrankenkassen.de/preise/bayern/bayern.html>

Here you can also see which health insurance companies are available in Regensburg.
 Decide on a health insurance company.
 Check when this health insurance company is open.
 It is best to make an appointment.

IMPORTANT: The health insurance company needs your documents! Bring them with you to the appointment:

- Anerkennungs-Bescheid BAMF (Federal Office for Migration and Refugees)
- "Fiktions-Bescheinigung" or electronic residence title (card)

Keywords: health insurance, health insurance, insurance card, medical treatment, cost bearer, medication, healthcare system, doctor, hospital

You need a flat

When are you allowed to move into your own flat?

You are a recognised refugee.

You have a letter from BAMF: "Anerkennungs-Bescheid"

People from the **community accommodation** (GU) or reception centre tell you: You may move out.

You can pay the rent (= money) for a flat.

I can move out. But I have no money for the rent. Who can help me?

The Job-Center can give you money for the rent:

You must first go to Job-Center .

Later you sign the rental contract.

The Job-Center will check: Is the flat too big or too small.

The Job-Center tells you: You will get money for the flat or not.

Then you can sign the tenancy agreement and move.

I have a flat: What do I have to do now?

You must immediately stick your name on the letter box of the new flat.

You will receive important letters from Job-Center.

How do I look for a flat?

Look under "Housing" in the app:

[Wohnen - Stadt Regensburg | Integreat](#)

Keywords: accommodation, flat search, flat adverts, tenancy agreement, rent subsidy, rent subsidy, social housing

Counselling and help

Refugee and integration counselling

What is refugee and integration counselling?

Who is the counselling for?

- All new migrants in their first three years in Germany
- Residents of accommodation

What does the counselling do?

Help and counselling on the following topics

- Asylum, procedure and residence
- Health and illness
- Children and family
- Education, career and work
- Language courses
- Living in the accommodation
- Finding accommodation and living
- Applications and forms
- Benefits and money
- Laws and rules in Germany
- Sport and leisure
- Returning abroad
- Sexual orientation

Counselling is **free of charge**.

Keywords: asylum, counselling, support, everyday life, integration, social affairs, Caritas

Refugee and integration counselling of the city of Regensburg

For whom is the city's Flüchtlings- und Integrationsberatung Regensburg ?

- You have come from abroad.
- You now live in Regensburg.
- You live in shared accommodation (GU) in Regensburg.

Where?

- You are a new immigrant **living in Regensburg**?
Go to the [Maximilianstr. 26](#) or to the [Jugend- und Familienzentrum Kontrast in der Vilshofener Str. 14.](#) or to the youth and meeting centre [Guerickestraße 79d.](#)
- You live in the **GU Dieselstr.** or the **GU Weinweg**?
You can go there directly for counselling.
- You live at **GU Grunewaldstr.?**
Go to the youth and meeting centre [Guerickestraße 79d.](#)
- You live in the **GU Plattlinger Str. or the GU Alte Straubinger Str.?**
Go to the [Jugend- und Familienzentrum Kontrast in der Vilshofener Str. 14.](#)

- You live in the **residential complex Benzstr.** or the **neighbourhood?**
Go to the [Benzstr. 44](#).

When?

We offer counselling at these times. Please make an appointment in advance:

Monday to Wednesday: 08.30 to 12 noon

Thursday: 08.30 to 13.00 and 15 to 17.30

Friday: 08.30 to 12 noon

Contact:

Amt für Integration und Migration

[Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement
Maximilianstraße 26](#)

93047 Regensburg

Phone: [0941 507-7799](tel:09415077799)

E-mail: aim7712@regensburg.de

Internet: www.regensburg.de/FIB

Caritas refugee and integration counselling

Who can go to the refugee and integration counselling service at Caritas?

All people in the eastern district of Regensburg

(Bernhardswald, Neutraubling, Pentling, Regenstauf, Schierling, Tegernheim, Wörth ,...)

You can go to the consultation hours at the Caritas counselling centre:

[Caritas Beratungs-Zentrum, Bruderwöhrdstraße 3, 93055 Regensburg](#)

Consultation hours:

Tuesday: 9.00 to 11.00 a.m.

Thursday: 13.00 to 15.00

You can go to the counsellors with your questions.

You can just turn up during consultation hours.

You may have to wait.

You can also make an appointment for another day:

Time to book an appointment:

Monday, Tuesday, Thursday, Friday: 9.00 a.m. to 12.00 p.m.

You can come to our office during the registration period.

Or: You can call during the registration period.

Or: You can write an e-mail for registration.

Address: Phone [Caritas Beratungszentrum, Bruderwöhrdstraße 3, 93055 Regensburg](#)

Telephone: [0941 5021 550](tel:09415021550)

Mail address: migration@caritas-regensburg.de

You will get an appointment on another day.
At the appointment you will get a counsellor.
The counsellor will help you.
These are our counsellors:

Mrs Vasfiye Ermegan
Mrs Katrin Brunner
Mrs Nadine Liebert

This is important:

You can go to the counsellors with your questions.
What you say here remains private.
Please bring all documents with you.
Documents are for example: ID, letters...
We speak: German, English, Turkish

Refugee and integration counselling of the CVJM

Who is the refugee and integration counselling service at CVJM for?

- You live in the **western district of Regensburg** (Sinzing, Lappersdorf, Nittendorf, Beratzhausen, Hemau...).
- You have a Ankunfts-Nachweis, a Aufenthalts-Gestattung, Duldung or no identity card.
- You are entitled to protection and have been recognised.

When and where?

Shared accommodation Hemau
[Dietfurterstraße 51, 93155 Hemau](#)

Monday - Tuesday - Thursday
Open consultation hours 8:00 - 16:00

CVJM Office
[Hemauerstraße 20a, 93047 Regensburg](#)

Monday to Thursday

8:30 -14:00 open consultation hours
14:00 - 16:30 by appointment only

Contact:

Sabine Ulbrand
[0176 57855831](tel:017657855831)

Julie Lin
[017657855818](tel:017657855818)

Johannes Sok

Tel: [0941/5997253](tel:0941/5997253)

E-Mail: asyl@cvjm-regensburg.de

Website:

[CVJM Regensburg - Wir beraten](#)

Refugee and integration counselling by Johanniter

Who is the refugee and integration counselling service at Johanniter for?

- You have come from abroad.
- You now live in Regensburg.
- You live in the AnKER centre in Regensburg OR
- You have fled from Ukraine and your surname begins with M-Z.

This is important:

If you have fled from Ukraine and need help arriving in Regensburg , the first letter of your surname is important.

- Your surname begins with M-Z: The refugee and integration counselling service at Johanniter will advise you.

The Johanniter team is there for you:

[Bajuwarenstraße 1a](#)

93053 Regensburg

Monday, Thursday and Friday: 9:00 to 12:00

Tuesday: 13:00 to 15:00

In general, no appointments are necessary. The team works with open consultation hours. However, additional appointments can be made.

Contact and further information here:

[Flüchtlingshilfe Ostbayern](#)

- You have fled from Ukraine and your surname begins with A-L:

The refugee and integration counselling service of the Office for Integration and Migration of the city of Regensburg can advise you:

[Flüchtlings- und Integrationsberatung der Stadt Regensburg - Stadt Regensburg | Integreat](#)

Migration counselling for adults (MBE)

What is the MBE?

Who is the migration counselling for adults for?

- For EU citizens

- For recognised refugees
- For other immigrants

When can I go to the migration counselling service for adults?

- You live in Regensburg OR in the district of Regensburg.
- You are older than 27 years.
- You have only been in Germany for 1 to 3 years.
- OR you have been in Germany for a long time and have a question because you are a refugee or foreigner.

The Migration Counselling Service has information:

- On laws and regulations in Germany
- About your residence permit
- On the job centre, employment office, immigration authorities, health insurance companies...
- About work and career

You can ask this:

- What am I allowed to do with my residence permit? What am I not allowed to do?
- How can my family come to Germany?
- What help is available for families in Germany?
- How do I get money?
- How do I look for a flat?
- How do I learn German?
- How do I find work?
- Can I do an apprenticeship?
- Can I go to university?
- Will my certificate be recognised in Germany?

Migration counselling can help:

- With family reunification (= your family should come to Germany)
What do you have to do? What papers do you need?
- You need an appointment at the embassy.
- You don't understand a form or application.
- You do not understand a letter.
- You need to make an application to:
Job centre, government office, bank, health insurance company, ...
- You have health problems.

Unfortunately, the migration counselling service cannot help:

- Getting an appointment at the embassy earlier.
- Find a flat for you.

Keywords: migration counselling, orientation, residence permit, family reunification, language course search, certificate recognition, fill out application, fill out form, information, help migrants, migration, integration, third-country nationals, European Union, Caritas

MBE of Caritas Regensburg

That is important:

You can go to the Caritas counsellors with your questions.

What you say here remains private.

Please bring all documents with you.

Documents are for example: ID, letters...

We speak: German, English, Spanish, Polish.

You can go to the consultation hours at the Caritas-advice centre.

Caritas Beratungs-Zentrum

[Bruderwöhrdstraße 3, 93055 Regensburg](#)

Consultation hours:

Tuesday: 9.00 to 11.00 a.m.

Thursday: 13.00 to 15.00

This is important:

You can go to the counsellors with your questions.

You can just turn up during consultation hours.

You may have to wait.

Or:

You can also make an appointment for another day:

Time to register for an appointment:

Monday, Tuesday, Thursday: 9.00 a.m. to 12.00 p.m.

You can come to our office during the registration period.

You can call during the registration period.

You can write an e-mail for registration.

Address: [Caritas Beratungszentrum, Bruderwöhrdstraße 3, 93055 Regensburg](#)

Telephone: [0941 5021 550](#)

Mail address: migration@caritas-regensburg.de

You will get an appointment on another day.

At the appointment you will get a counsellor.

The counsellor will help you.

These are our counsellors:

Mrs Marta Pelties

Mrs Veronika Seger

Mrs Rosy Magallanes Medina

Mrs Elisabeth Stärk

woman Nika Krausnick

The advisors can also help you at the AnkER-centre:

<https://integreat.app/regensburg/de/asyl/anker-einrichtung-regensburg/beratung-caritas>

MBE of the Landsmannschaft of Germans from Russia

Migration counselling for adult immigrants (MBE) LMDR e.V.

Where:

[Puricellistr. 40](#)

93049 Regensburg

When?

We currently do not offer open consultation hours .

Counselling is **only** possible by prior appointment.

Opening hours are: Monday to Thursday 8:00-16:30 and Friday 8:00-13:00.

Or: You can make **an appointment for another day.**

The advisors are there every day.

Then you don't have to wait.

Contact:

Puricellistraße 40

93049 Regensburg

Phone: 0941 59983880

Internet: [Counselling centres - LmDR](#)

E-mail: mbe.regensburg@lmdr.de

The Youth Migration Service (JMD)

What is the JMD?

The Jugend-Migrations-Dienst

Talk about:

School, work, learning German and living in Regensburg.

Help over a long period of time.

You can always come back.

Help no matter how long you have been in Germany.

Who can come?

You are between 12 and 27 years old.

You are not from Germany, but from another country (EU, Europe, world):

You are a refugee.

You have proof of arrival, toleration or a residence permit.

You are an au pair

You are a pupil

You are a student

You are working in Germany

All people who are not from Germany can come to a JMD.

People who are not yet in Germany can also ask.

You come to the Youth Migration Service:

Counsellor:

Always the same person.

We don't say anything else.

Everything stays with the person.

We speak German and English.

Take all documents with you to the appointment.

We talk to you about

- right school
- the right German course
- the right training
- speaking correctly at school and work

Please be on time!

Where and when?

You need an appointment.

Call or write an e-mail.

Without an appointment you may have to wait.

Jugendmigrationsdienst
der Katholischen Jugendfürsorge
der Diözese Regensburg e. V.
Heiliggeistgasse 7
93047 Regensburg

Phone:

0941 58685 - 30

E-mail: jmd@kjf-regensburg.de

Jugendmigrationsdienst der
Jugendwerkstatt Regensburg e. V.
Glockengasse 1
93047 Regensburg

Phone: 0941 58553-23

E-Mail: jmd@jugendwerkstatt-regensburg.de

Keywords: counselling, orientation, information, help for young people, tutoring, support, learning German, language course search, job application training, pupils, vocational students

JMD of the youth workshop

We advise teenagers and young adults between the ages of 12 and 27.

Where?

[Glockengasse 1](#)
93047 Regensburg

By e-mail:

jmd@jugendwerkstatt-regensburg.de

Tel: [0941 5855360](tel:09415855360)

Website with further information:

[JMD Regensburg \(ev.\)](#)

Open consultation on Wednesdays from 2 to 4 pm (also without appointment).

For appointments please call or write an e-mail.

JMD of the Catholic Youth Welfare Service of the Diocese of Regensburg e.v.

We offer counselling for teenagers and young adults aged 12 to 27.

Please contact us for an appointment, either by phone or e-mail.

Website: <https://www.jugendmigrationsdienste.de/jmd/regens...>

Where?

[Heiliggeistgasse 7](#)

93047 Regensburg

[Telefon](#)

[E-Mail](#)

Help for victims of violence and discrimination

Information about violence and what you can do as a victim (in easy language):

[Bayern gegen Gewalt: Infos in Leichter Sprache](#)

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

B.U.D. is a Bavaria-wide counselling service for people affected by right-wing, racist and anti-Semitic violence. B.U.D. helps people who have been insulted, threatened or attacked by right-wing extremists or racists, or who have witnessed an attack.

There you can talk about your fears and your emotional situation. B.U.D. explains the process of an investigation. We will accompany you to the police and to court if you wish. We can also help you find a lawyer or therapist.

Counselling is free and confidential. We will come to you. We can also organise interpreters. B.U.D. is independent of state authorities. You decide for yourself how B.U.D. can support you.

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

Mail: info@bud-bayern.de

Telephone: [0151 / 216 53 187](tel:0151_216_53_187)

Internet: www.bud-bayern.de

Keywords: right-wing extremism, anti-Semitism, racism, violence, help with criminal offences

Anti-Discrimination Centre of the City of Regensburg

What does discrimination mean?

Diskriminierung Discrimination = someone is treated worse, for example, because of the colour of their skin, their origin or their religion.

Anti-discrimination = no one should be treated less favourably because of their skin colour, origin or religion, for example.

For whom is the city's Anti-Diskriminierungsstelle Regensburg ?

You feel discriminated against by others (= treated worse).

You think that you are being discriminated against.

You are treated unfairly by others, for example because of your origin.

What does the Anti-Discrimination Office do?

It offers counselling.

It offers support.

It refers you to other contact points.

It acts in accordance with the General Equal Treatment Act (AGG).

Where?

In the Equal Opportunities Office

[Von-der-Tann-Straße 1, 93047 Regensburg](#)

Telephone: [0941/507-1143](tel:09415071143)

E-mail: Antidiskriminierungsstelle@Regensburg.de

The AGG prohibits discrimination on six grounds:

1. you must not be discriminated against because of your skin colour, language or origin.
2. you must not be treated badly because of your gender.
3. you must not be discriminated against because of your religion.
4. you must not be discriminated against because you are disabled.
5. you must not be discriminated against because you are "too young" or "too old".
6. you must not be discriminated against because you are, for example, homosexual, bisexual or transsexual.

Keywords: racism, everyday racism, sexism, ableism, discrimination, anti-discrimination centre, advice centre, help

Counselling and help for women

Are you a woman affected by violence? You can get help here.

General information in plain language:

[Startseite - LEICHTE SPRACHE - bff Frauen gegen Gewalt e.V.](#)

SOLWODI (Solidarity With Women In Distress)

What is SOLWODI?

It means "Solidarity with women in distress" - solidarity with women in need. We help women with their rights.

Who can come to us?

- You are a woman and you come from abroad.
- You were born in Germany and have foreign roots.
- You have problems with your partner (physical violence, sexual violence, psychological violence).
- People are forcing you or have forced you in the past to do things you don't want to do (sell your body/prostitution, begging...).
- You have to pay back extremely high travelling debts and have sworn to do so and not to tell the police (juju).
- You have to work a lot, have no holidays, get very little money or none at all in Germany or elsewhere.
- You married a man / had to marry a man, he brought you to Germany. Now you want to separate.
- You have to or had to marry someone you don't love. Your family decides everything for you.
- You have had your genitals cut and/or are afraid that this will happen to your daughter.
- You work in prostitution and want to stop.

How do you come to us?

SOLWODI Regensburg
[Obermünsterstraße 10](#)
 93047 Regensburg
regensburg@solwodi.de
 Telephone: [0941/89966547](tel:0941/89966547)
 Whatsapp: [0176/45855090](tel:0176/45855090)

We work with appointments!

You can make an appointment by phone, via Whats App or via another counselling centre.
 You can reach us Monday to Friday from 10:00 to 15:00 and by appointment.

You can find more information here:

[Solwodi - Regensburg](#)

What you say here remains private.
 Please bring **all** documents with you.
 Documents are for example: ID, letters...

We speak: German, English and can find an interpreter in your language.
 We stand by your side!

Keywords: women's rights, sexualised violence, human trafficking, exploitation, forced marriage, forced marriage, prostitution, circumcision, female genital mutilation, FGM, help, counselling, coercion

📍 [Obermünsterstraße 10, 93047 Regensburg](#)

✉ @regensburg@solwodi.de

☎ [0941-89966547](tel:0941-89966547)

🌐 <https://www.solwodi.de/seite/353255/regensburg.ht...>

Women's helpline Regensburg

Women's helpline Regensburg

Who are we?

We are a voluntary organisation. We help women in need!

What do we do?

1. counselling and support

We offer counselling on the phone, online and in person.

Counselling is free of charge and everything that is said remains a conversation.

You can find more information here:

[Beratung und Begleitung – Frauennotruf Regensburg e.V.](#)

We also accompany you to important appointments, such as to the police or court.

[Psychosoziale Prozessbegleitung – Frauennotruf Regensburg e.V.](#)

2. self-help

Are you affected by sexualised violence? You are not alone!

Come to our self-help group. You can talk to other women and find solutions.

You can find information here:

[Selbsthilfe – Frauennotruf Regensburg e.V.](#)

3. prevention

Anyone can become a victim of sexualised violence. We offer training courses on prevention.

These training courses can also be organised for parents' associations, companies, student groups and student councils, for example.

You can find more information about the training courses here:

[Prävention – Frauennotruf Regensburg e.V.](#)

4. girls' work

Are you between 8 and 19 years old?

Have you ever been harassed OR do you want to protect yourself? Then you've come to the right place!

You can call us on Tel: [094124171](tel:094124171).

Keywords: women's rights, sexualised violence, human trafficking, exploitation, forced marriage, forced marriage, prostitution, circumcision, female genital mutilation, FGM, help, counselling, coercion

Women's refuge - help for women

Welcome to Autonomes Frauenhaus Regensburg!

What is the Autonome Frauenhaus?

The Autonome Frauenhaus is a place for women and their children.
Are you not feeling well? Do you have problems? Are you scared? Do you need help?
Then you've come to the right place.

What do we do?

1. counselling

We offer free counselling. On the phone and in person. It's free and confidential.
You don't speak German well? No problem. We also have interpreters.

2. women's refuge

Are you in danger? Are you afraid? Don't have a safe home?
Then you can stay here free of charge.
We will protect you. We support you. We help your children.

How does it work?

You can find all the information on our homepage. There are 20 different languages:

[Autonomes Frauenhaus Regensburg](#)

You can call us:

[0941 24000](tel:094124000)

We'll explain everything in more detail over the phone.

Return to the home country

Central Return Counselling (ZRB)

Who is the ZRB there for?

You want to return to your home country. You live in the Upper Palatinate (e.g. in Regensburg). You are also registered there. You are in the asylum procedure, a rejected asylum seeker, recognised or a national of a third country.

The ZRB Nordbayern will help you.

What help can I get from the ZRB?

You will receive help with these questions: What is it like in my home country right now? Are there any qualification programmes? How can I get my travel documents? Where can I get the necessary tickets?

The ZRB will advise you on how to organise your trip. In the end, you decide for yourself whether you want to leave the country or not.

Contact the

ZRB for refugees in Northern Bavaria

[Marienstraße 23](#)

90402 Nuremberg

Tel.: + [49 911 2352 222](#)

Fax: + 49 911 2352 226

[E-mail address](#)

[Website](#)

Startfinder

Who is Startfinder for?

You want to return to your home country. You come from Afghanistan, Egypt, Albania, Gambia, Ghana, Iraq, Kosovo, Morocco, Nigeria, Pakistan, Senegal, Serbia or Tunisia. Are you looking for counselling and help on the subject of returning home? About new opportunities in your home country? Counselling in your native language? Options for regular migration to Germany?

[Startfinder](#) can help you. Here you can make direct contact with advice centres in your country of origin. They will advise you in your native language.

Keywords: start-up aid, voluntary departure, counselling on departure, return journey, working in your home country

Support from volunteers

Full-time integration guides of the city of Regensburg

Integrationslotsen supports people who help migrants to find their way around a new place in their free time.

They make sure that the volunteers are able to help well and are not overwhelmed themselves.

For example, they provide support when volunteers take refugees to the authorities.

Volunteers help voluntarily and in their free time. They do not do this for a living.

They usually don't get paid for it. They help because they enjoy it and because they want to help others.

What are our tasks?

We support all volunteers.

We are mediators.

We network offers.

We organise training courses.

We provide support in the search for accommodation.

We help volunteers with their questions.

We do public relations work.

Contact us

Stadt Regensburg, Amt für Integration und Migration

[Maximilianstr. 26, 93047 Regensburg](#)

E-mail address

aim-integrationslotsen@regensburg.de

Telephone

[09 41/ 507 77 74](tel:09415077774)

or

[09 41 / 507 77 76](tel:09415077776)

Website:

[Stadt Regensburg - Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement - Hauptamtliche Integrationslotsen](#)

The Free State of Bavaria finances integration guides in almost all towns and districts.

Keywords: volunteering, volunteers, help, offers, training courses

Sponsorships for refugees

What are sponsorships for refugees?

The refugees are new to Regensburg or have been living here for some time.

There are people who volunteer their time to help them or simply spend their free time with them.

For example

- show them the city
- practising German
- cooking together, doing sports or spending free time together
- help with homework
- Attending appointments with the authorities
- help with finding accommodation

The city of Regensburg helps to find sponsors for refugees. Sponsors are people who help and support. The city also provides help with questions or problems.

Contact:

City of Regensburg, Office for Integration and Migration

[Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement](#)

[Maximilianstraße 26 | 93047 Regensburg](#)

E-Mail: aim@regensburg.de

Telephone: [0941/507 7776](tel:09415077776)

Further information on the Internet:

[Stadt Regensburg - Leben - Zuwanderung u. Integration](#)

Keywords: New in Regensburg, orientation, help in everyday life, getting to know people, learning the language, arriving

Campus Asylum

At Campus Asyl, students, refugees and citizens work together on projects. They do sport, play music or create art. They provide clothing free of charge. There are German courses, information on working and studying in Germany. And much more.

More information here: <https://campus-asyl.de/>

Where?

Office at the AnKER centre

[Bajuwarenstraße 1a](#)

93053 Regensburg

Office at the university Regensburg

[Universitätsstraße 31](#)

93053 Regensburg
PT-Gebäude, Raum 2.2.02

Keywords: projects, volunteering, counselling, learning German, activities, projects for women, sport

Refugee Law Clinic

Refugee Law Clinic Regensburg - University Regensburg

The students in the project advise refugees on legal issues.

Would you like to stay in Germany?

Would you like your family to be allowed to come to Germany?

Would you like to work?

Do you have any other questions?

We will advise you on legal issues relating to asylum and immigration law.

We will help you prepare for your interview.

More information here:

[RLC Regensburg | Kostenlose Rechtsberatung für Geflüchtete | Universität Regensburg](#)

Our help is free of charge. Get in touch with us.

Where?

[Universitätsstraße 31,](#)

[93053 Regensburg](#)

Room:

RWL U.05

E-mail:

refugeelawclinic@uni-regensburg.de

Keywords: counselling, asylum law, aliens law, right of residence, right to stay, asylum procedure, flight, asylum, family reunification, legal issues, law

BI Asylum

BI Asyl Regensburg

BI (=BürgerInnen-Initiative) Asyl Regensburg stands up for refugees and asylum seekers.

More on the Internet:

[BI Asyl Regensburg](#)

E-Mail:

bi.asyl@yahoo.com

Integration service of the Malteser Regensburg

Would you like to help and be active?

Do you want to get to know people from other countries?

Do you need help or can you help others in everyday life (visits to the doctor, visits to the authorities, looking for a job)?

We are the integration service of Malteser. A group of people who like to help others when they come to Germany and live here. In our meeting café there is room for many ideas and help.

Further information on the Internet:

[Integration geflüchteter Menschen und Migranten](#)

 **When?** Every second and fourth Wednesday of the month at 6 pm

 **Where?** [Am Singrün 1, 93047 Regensburg](#)

We look forward to your visit!

Contact:

[Malteser Hilfsdienst e.V.](#)

Phone: [0941 585 15 0](tel:0941_585_15_0)

Email: malteser.regensburg@malteser.org

Keywords: refugees, refugees, sponsorships, orientation, getting to know each other, cooking together, learning German, arriving, joining in

Amnesty International

Amnesty International Regensburg

We stand up for people's rights. This means that every person should be treated fairly.

We work for the protection of refugees. There is a group of people in Regensburg who work on this topic. This group meets often and talks about how to help.

More information here:

[Amnesty International Regensburg](#)

Write us an e-mail:

asyl-ak@amnesty-regensburg.de

Language, school, studies

Learning German in Regensburg

Integration course

What is an Integrations-Kurs?

In an integration course, people learn German.

An integration course has two parts:

- German course
- Orientation course

The integration course ends with two exams:

- German test for immigrants
- Living in Germany

You pass both exams:

- You receive the integration course certificate.

Who can do an integration course?

You are:

- Migrant with a residence permit for Germany
- EU citizen and live in Germany
- Asylum seeker with good prospects of staying
- Recognised refugee or have subsidiary protection

⇒ Then you can do an integration course.

You can find more information in several languages here:

[BAMF - Bundesamt für Migration und Flüchtlinge - Integrationskurse](#)

IMPORTANT: Integrations-Kurse are not for children and young people.

They have to go to school.

Ask the counselling centres:

- Where can my children go to school?

⇒ Look under "**Counselling and help**" in the app

[Beratung und Hilfe - Stadt Regensburg | Integreat](#)

What integration courses are available?

Integration course for all adults (700 hours, about 7 months):

[BAMF - Bundesamt für Migration und Flüchtlinge - Inhalt und Ablauf](#)

Integration courses for ABC (learning to read and write the Latin alphabet, up to 1,200; approx. 1 year):

[BAMF - Bundesamt für Migration und Flüchtlinge - Alphabetisierungskurs](#)

Integration course for second-language learners (learning the Latin script, 1000 hours)

[BAMF - Bundesamt für Migration und Flüchtlinge - Zweitschriftlernerkurs](#)

Integration courses for women (1000 hours, one lesson lasts 45 minutes)

[BAMF - Bundesamt für Migration und Flüchtlinge - Integrationskurse für Frauen](#)

Integration courses for parents (1000 hours)

[BAMF - Bundesamt für Migration und Flüchtlinge - Elternkurs](#)

Integration course for teenagers and young adults (1000 hours)

[BAMF - Bundesamt für Migration und Flüchtlinge - Jugendintegrationskurs](#)

Support course (if you have been in Germany for some time, 1000 hours)

[BAMF - Bundesamt für Migration und Flüchtlinge - Homepage - Förderkurs](#)

Intensive course (500 hours)

[BAMF - Bundesamt für Migration und Flüchtlinge - Homepage - Intensivkurs](#)

When do integration courses take place?

- The courses are often **from Monday to Friday**.
- The course lasts 4 or 5 hours in one day.
- There are also courses on a few days a week.
- These courses last longer.
- Do you have work? There are also courses in the evening and on Saturdays.

How do you find the right integration course?

Many German course providers (= language schools) in Regensburg offer integration courses. Search here on the **Internet**:

[Integrations-Kurs suchen](#)

Ask the **migration advice centres**.

=> Look under "**Advice and help**"

[Beratung und Hilfe - Stadt Regensburg | Integreat](#)

The German course organiser will carry out **a test**.

This will put you in the right course.

Ask the German course organisers: What documents do I need?

How much does the German course cost?

- Participants **without authorisation** from BAMF (self-payers):
458 euros per month

- Participants **with authorisation** from the BAMF (without cost exemption):

229 euros per month

- Participants **with** BAMF **authorisation and cost exemption** :

0 euros

⇒ Do you have to pay? Ask your German course organiser

You can also find more information here on the Internet:

[BAMF - Bundesamt für Migration und Flüchtlinge - Teilnahme und Kosten](#)

German for the job

Job-related German courses (= learning German for your job):

What is a job-related German course?

There are **courses** for care, medical, office and technical professions.

1. The course prepares you for a profession.
2. The course helps you with your training or work.
3. The course builds on your integration course.

Who can take part in the job-related German course?

- You can already speak German well or very well (B1, B2 OR C1).
- You are registered as a jobseeker (with the Employment Agency) AND/OR receive unemployment benefit.
- You receive money from the job centre.
- You are a foreigner, immigrant, EU citizen, German with a migration background
- You are a refugee: Ask your advisor at the employment agency or job centre.
⇒ **The employment agency or job centre will decide whether you can take part**

How can you register?

Ask your advisor at the employment agency or job centre.

-> Your counsellor knows which course you can do.

-> Your counsellor knows where there are courses.

You can find more information here:

[BAMF - Bundesamt für Migration und Flüchtlinge - Homepage - Flyer: Berufssprachkurse \(gem. § 45a AufenthG\)](#)

Lunes App: Vocabulary for your job

- Are you just starting your career?
- Are you doing an apprenticeship?
- Is your final exam coming up?
- Then the Lunes app will help you with your language preparation.

More information and app download here:

[lunes.app](#)

German, initial orientation for asylum seekers

Initial language orientation for asylum seekers and ALPHA-courses

Who can attend?

You are not allowed to attend an integration course?

Would you like to learn German?

Then go to these courses:

ALPHA Asylum - reading and writing for asylum seekers.

You don't need any previous knowledge.

Where?

VHS Regensburger Land e.V.

Frau Britta Loutzenhiser-Brandt

Wann: **Montag bis Freitag** von 10.00 - 12.00 Uhr

Tel: [09401 525512](tel:09401525512)

E-Mail: britta.loutzenhiser@vhs-regensburg-land.de

You can find **current dates and information** here:

<https://www.vhs-regensburger-land.de/#inhalt>

Initial orientation and teaching of values for asylum seekers in Bavaria

You do not need any previous knowledge.

Where?

DAA Deutsche Angestellten-Akademie GmbH

Herr Dr. Dominik Schönecker

Tel: [0941 297867 28](tel:094129786728)

E-Mail: dominik.schoenecker@daa.de

Current dates and information can be found here:

<https://daa-bayern.de/deutsch/erstorientierung>

Familienzentrum (Humboldtstr. 34)

Herr Lindner

Tel: [0941/46467-112](tel:094146467112)

E-Mail: gregor.lindner@johanniter.de

German learning aid

Free offer for all German learners with the opportunity to ask questions and learn from others.

Where and when?

Every Monday from 3 to 5 p.m. (except school holidays)
Lernpunkt im BiC im KÖWE
Dr. Gessler-Straße 47, 93051 Regensburg

From 21 June: Every Tuesday from 5:30 to 7:30 p.m. (except school holidays)
BiC im Candis
Kastenmaierstraße 2, 93055 Regensburg

[Volkshochschule Regensburg](https://www.vhs-regensburg.de)

Tel: [0941/507-5433](tel:09415075433)

E-Mail: lernpunkt@regensburg.de

Integration courses and German courses in Regensburg

Integration courses at the VHS Regensburg

There are many courses at VHS.

The VHS is an institution where you can continue your education.

The VHS also offers courses for adults so that they can continue their education after leaving school.

It always belongs to a district or town.

You can find information and contacts on the Internet here:

[Deutsch lernen in Regensburg](#)

Integration courses at the VHS Regensburger Land

We are happy to help with applications and advise you on the right course. Further information and contacts can be found here:

[Sprachen lernen eröffnet neue Welten](#)

Integration courses with other providers:

DEB

[Hermann-Köhl-Str. 3](#)

93049 Regensburg

Telephone: [09 41 / 29 76 10](#)

E-mail: regensburg@deb-gruppe.org

[Website](#)

Kolping

Ladehofstr. 30

93049 Regensburg

Phone: [09 41 / 59 57 70](#)

E-mail: regensburg@kolping-ostbayern.de

[Website](#)

DAA

[Friedenstr. 30](#)

93053 Regensburg

Phone: [09 41 / 29 78 670](#)

E-mail: info.regensburg@daa.de

[Website](#)

Berlitz

[Friedenstr. 28](#)

93053 Regensburg

Phone: [09 41 / 78 52 07 41](#)

E-mail: regensburg@berlitz.de

[Website](#)

IGeL

[Bienenheimweg 2](#)

93055 Regensburg

Phone: [09 41 / 51 040](#)

E-mail: info@igel-regensburg.de

[Website](#)

IFP

[Grasgasse 10-12](#)

93047 Regensburg

Phone: [09 41 / 58 54 10](#)

E-mail: regensburg@ifp-fortbildung.de

[Website](#)

bfz

[Donaustauer Str. 115](#)

93059 Regensburg

Phone: [09 41 / 40 20 70](#)

E-mail: info-r@bfz.de

[Website](#)

More German courses in Regensburg:

[Deutsch-Angebote Stand 22.01.2025.pdf](#)

You haven't found a course?

Ask your counsellor at Migrationsberatung:

[Beratung und Hilfe - Stadt Regensburg | Integreat](#)

Ask your advisor at the job centre:

[Jobcenter Stadt Regensburg - Stadt Regensburg | Integreat](#)

Ask your counsellor at the employment agency:

[Arbeitsagentur Regensburg - Stadt Regensburg | Integreat](#)

School

School

IMPORTANT: In Bavaria, all children must go to school!

1. your children live in Regensburg:

Do my children have to go to school?

- Yes, if they are between 6 and 16 years old.
- Yes, if they have not yet been in school for 10 years.

⇒ If you are not sure, ask your school.

Which schools are there?

Primary schools

Young children go to primary schools from Year 1 to Year 4:

[Stadt Regensburg - Allgemeinbildende Schulen - Grundschulen](#)

Depending on their grades, children then attend these schools:

Secondary schools

Children attend secondary schools from Year 5 to Year 9 as normal.
After school, they start an apprenticeship or go to another school.

[Stadt Regensburg - Allgemeinbildende Schulen - Mittelschulen](#)

Realschulen

Children attend Realschulen as normal from Year 5 to Year 10.
After school, they start an apprenticeship or go to another school.

[Stadt Regensburg - Allgemeinbildende Schulen - Realschulen](#)

Grammar schools

Children attend grammar schools as normal from Year 5 to Year 12.
You can study after school.

[Stadt Regensburg - Allgemeinbildende Schulen - Gymnasien](#)

Special schools

Children who find it very difficult to learn or have a disability go to special schools:

[Stadt Regensburg - Allgemeinbildende Schulen - Förder- und Sonderschulen](#)

⇒ Here you can find more information about the school system in Bavaria:

[Schularten | Bayerisches Staatsministerium für Unterricht und Kultus](#)

Where is the school?

Each school has a specific area, the **Schul Sprengel**. Where your child goes to school depends on where you live. Many streets form a Sprengel.

You need to check which district your street belongs to:

Your **Grundschule** can be found here. Look there on the map or search for your address:

[Straßenverzeichnis-Grundschulsprengel sortiert nach Straßennamen](#)

Your **Mittelschule** can be found here. Look there on the map or search for your address:

[Straßenverzeichnis-Mittelschul-Einzugsbereiche sortiert nach Straßennamen](#)

On the **Realschule** and on **Gymnasium** you must be able to speak German well.

Do your children speak German well and have good grades?

Ask your Mittelschule.

They can recommend you to Realschule or Gymnasium .

How do I enrol my children at the school?

1. You have found the right school.
2. Call the school and make an appointment.
3. Say: "I want to enrol my children at the school."

You need to bring this with you **to enrolment**:

- Passport or ID card of the children (if available).
- Your passport or ID card.
- Meldebescheinigung Certificate of residence from the city (certificate that you and your children live here).
- Birth certificate of your children.

IMPORTANT: Register very quickly.

It is best to do this as soon as you have registered your children with the city Regensburg!

2. your children live in AnKER

IMPORTANT! You **do not** have to register your children for school **yourself** at the AnKER centres at Bajuwarenstraße 1a, Zeißstraße 1 or Zeißstraße 9.

- Your children are not allowed to go to school for the first three months.
- The AnKER staff will enrol your children in a school where they will learn German.
- The AnKER staff will tell you where your children have to go to school.

Counselling for young people

- You are 15 to 21 years old.
- You can also go to school.
- For example, you can go to the pre-school class or the vocational integration class.
- You can also graduate from school.

You can find information on counselling under Contact and Service:

[Kontakt und Beratung](#)

Make an appointment:

Telephone: [\(0941\) 507-2433](tel:09415072433)

E-mail: [service.vhs\(at\)regensburg.de](mailto:service.vhs(at)regensburg.de)

School-leaving certificate counselling: Competence agency

- You are 14 to 27 years old.
- You have no job, no training position or no school-leaving certificate.

You get support with

- Counselling for school and work
- Vocational aptitude tests
- Job search, application and preparation for job interviews
- Language courses and vocational preparation
- Search for internships for students
- Courses for the school-leaving certificate. Every year from October, a course starts to prepare for the qualifying or successful secondary school leaving certificate

Contact:

Kompetenz-Agentur

[Domplatz 3](#)

93047 Regensburg

Further information here:

[Stadt Regensburg - Wir sind für Euch da!](#)

Keywords: education system, school system, school leaving certificate, school education, learning, primary school, secondary schools

Tutoring and homework support

Do you have problems at school? We help with homework. We support parents, children and schools.

Help for school children

Arbeitskreis für Ausländische Arbeitnehmer: a.a.a. e.V.

Phone: [09 41 / 599 73 72](tel:09415997372)

E-mail: daf@aaa-regensburg.de

Internet: <https://www.aaa-regensburg.de/hausaufgabenbetreuung>

Jugend- und Begegnungszentrum Guericke

[Guerickestraße 79d](#)

93053 Regensburg

Phone: [09 41 / 507 - 75 50](tel:09415077550)

Under this link you will find offers from the city of Regensburg for help with homework and school:

Stadt Regensburg - Kinderbetreuung - Hausaufgabenbetreuung

The locations of the respective offers are here:

Lern-Insel

[Humboldtstr. 34](#)

93053 Regensburg

Phone: [09 41 / 507 - 75 50](#)

GRIPS im JuZ Utopia

[Kirchfeldallee 2](#)

Phone: [09 41 / 507 - 25 57](#)

Schul-Fit im JuZ Arena

[Unterislinger Weg 2](#)

93053 Regensburg

Phone: [09 41 / 507 - 15 59](#)

SbS (students educate students)

Students help you with your studies and homework. Tutoring is free of charge. If you need help, you can register here:

<https://studytutors.de/standorte/regensburg>

Help for trainees (Azubis)

Learning groups Jugendwerkstatt

Here you can get help with learning problems in small groups. Please register with us in advance.

[Jugendwerkstatt Regensburg](#)

[Glockengasse 1](#)

93047 Regensburg

Phone: [09 41 / 58 55 30](#)

E-mail: <mailto:info@jugendwerkstatt-regensburg.de>

You can find more information under this link:

[Jugendwerkstatt Regensburg](#)

CampusAsyl Azubi-Tandems

We provide learning partners for trainees in all professions and subjects. They will help you with German and other subjects at school:

Website: [Azubi-Tandems | CampusAsyl e.V.](#)

E-mail: azubi-tandems@campus-asyl.de

PUR Counselling

Counselling centre for young refugees at vocational school II

We advise young refugee pupils with questions about lessons, school and training.

PUR -Beratungsstelle für junge Geflüchtete an der Berufsschule II
[Ziegelweg 1](#)
 93053 Regensburg

Telephone: [09 41 / 507 - 17 88](tel:09415071788)

You can find more information under this link:

[Stadt Regensburg - Dezentrale Soziale Dienste - PUR](#)

ejsa youth café

We are happy to help you with your homework or study with you for exams.

ejsa-Jugendcafé
[Hemauerstraße 20a](#)
 93047 Regensburg

Phone: [09 41 / 58 61 21 55](tel:094158612155)

E-mail: juca@ejsa-regensburg.de

You can find more information under this link:

[Jugendcafé: EISA Regensburg](#)

Keywords: learning, homework, practising German, education, support, exams

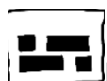
Welcome to school: Videos for parents

The specialist centre of the youth welfare office of the city Regensburg InMigra-KiD has made many videos for parents.

You can find information about starting school and everyday school life in primary school (e.g. topics such as letters to parents and parent-teacher conferences, reporting a child sick, etc.).

Here you will find these videos in German and in several languages: [Willkommen in der Schule](#)

You can find subtitles in several languages here:



Find subtitles



Select language

You can find the **video flyer (PDF)** with the links and QR codes here: [Flyer "Willkommen in der Schule"](#)

If you have any questions, you can write an e-mail to the specialist centre InMigra-KiD

inmigrakid@regensburg.de

Study

Studying in Germany

You can study at a university.

There are many types of Hochschulen in Germany. They are called Universität, Technische Hochschule or Kunst-Hochschule. Each one is different. Find out directly from them! They usually have an office for foreign students.

Further information

You can find general information about universities in Germany here:

[Allgemeine Infos zu Hochschulen in Deutschland](#)

You can find information for refugees who want to study here:

[Studium für Flüchtlinge \(in vielen Sprachen\)](#)

Here you can find information on having certificates recognised for your studies:

[Zeugnisse anerkennen lassen \(in vielen Sprachen\)](#)

You can find information here if you want to prepare for university in general:

[Category | Academic Skills](#)

OTH Regensburg

OTH Regensburg (= Ostbayerische Technische Hochschule)

You want to study at OTH:
What do you need to know?

<https://www.oth-regensburg.de/studieren/international>

What can I study?

<https://www.oth-regensburg.de/studieren/studienganguuebersicht>

Who can help me?

For questions about studying:

<https://www.oth-regensburg.de/studieren/international/personen>

Email: Studienberatung@oth-regensburg.de

For questions before your studies:

How good does my German need to be?

Are my certificates sufficient?

Money for the degree programme?

Consultation hours:

<https://www.oth-regensburg.de/studieren/international/personen>

Email: auslandsamt@oth-regensburg.de

Counselling for refugees

Email: refugees@oth-regensburg.de

By when do I have to apply?

Information about the application

<https://www.oth-regensburg.de/studieren/vor-dem-studium/studienbewerbung>

Deadline for Master's programmes (MA):

There are big differences. Ask the counsellor (=Kurskoordinator) for the Master's programme.
Have a look at the homepage of OTH.

<https://www.oth-regensburg.de/studieren/studienganguuebersicht>

Study support

German course before your studies

Are you applying to the OTH?

Maybe you can take a German course at the University of Regensburg.

Ask the **Studien-Beratung** or the **Akademische Auslands-Amt** at the OTH.

You want to study and take a German course at the University of Regensburg?

Ask at Job-Center Regensburg for money for the German course:

[Stadt Regensburg - Direktorium 2 - Jobcenter Stadt Regensburg](#)

Funding = money for your studies

Sometimes you can get money for your studies:

Bafög:

[Startseite - BAföG](#)

Advice about Bafög:

[BAföG - Warum sich ein Antrag lohnt – Studierendenwerk Niederbayern Oberpfalz](#)

University of Regensburg

You want to study at Universität Regensburg:

Here you will find a website with contacts for counselling:

<https://www.uni-regensburg.de/international/kontakt/index.html>

Please write an email to the counsellors to make an appointment for a counselling session for you:

studierende.fluechtlinge@ur.de

There are documents relating to your educational background that you should take with you to your appointment with your counsellor:

- Certificates that you have received from your school and university in your home country
- Your certificates should also be translated into English or German for the counselling session

The address where you can find the counselling centre is here:

University Regensburg
International Office
[Universitätsstr. 31](#)
93053 Regensburg

You can also ask for the administration building on site.

You can find more information about the university at Regensburg:

[Startseite - Universität Regensburg](#)

Working in Regensburg

Right of residence

The Aufenthaltsgesetz (AufenthG) is a law for people who do not come from the EU.

It regulates

- entry (if you come to Germany)

- residence (if you stay in Germany)
- Right to work

The law regulates who is allowed to come to and stay in Germany. **EU-Citizens** may travel to and live in all countries of the **EU** (=European Union) and live there.

Foreigners' Registration Office of the City of Regensburg

The **Ausländer-Behörde** is responsible for decisions regarding your residence and other legal measures and issues.

It does this in accordance with the Act on the Residence, Employment and Integration of Foreigners in the Federal Territory (AufenthG). It is also responsible in accordance with the legal provisions on foreigners in other laws of competent authorities. It is the first point of contact for all questions regarding cases in these areas.

After your arrival in Germany, you must **register your flat in the city of Regensburg**.
When can I do the registration?

Monday, Tuesday, Thursday and Friday: 08:00 to 10:30 a.m.

IMPORTANT: During this time you can come **without an appointment!**

You can only come in after an access control.

Please bring an interpreter with you if you do not speak German.

After your arrival in Germany you have to **apply for your Aufenthalts-Erlaubnis**.

You need an **appointment** for your residence permit.

To make an appointment, call, write an e-mail or a letter.

IMPORTANT: A lot of people call.

Tip: Call before 8.00 am and after 10.30 am.

Only call this number: Tel: [0941 507 - 2777](tel:09415072777)

IMPORTANT: Include this information in your e-mail or letter:

- What do you need? **"I need a residence permit"**
- Your surname and first name
- Your date of birth
- Which country you came from
- Your address

Send the email to this address: aaa@regensburg.de

Send the letter to this address:

Amt für Integration und Migration
Abteilung Ausländerangelegenheiten
[Maximilianstr. 26](#)
93047 Regensburg

You can **collect** your **completed Aufenthalts-Titel** without an appointment.

When: Monday, Tuesday, Thursday and Friday: 08:00 to 10:30.

Keywords: Foreigners' Registration Office, residence permit, documents, forms, residence, registration, residence permit, residence title, settlement permit, residence permit, work permit, certificate of good conduct, family reunification, naturalisation, student residence, residence, passport, visa, visas

Information on work permits and securing skilled labour from the IHK

You need a residence permit if you want to work in Germany.

There are residence permits for academic and non-academic professions.

We also explain special rules. We show you examples from everyday life on the subject.

Do you need help? You can also come to us or give us a call. You can find us here:

IHK Regensburg für Oberpfalz/Kelheim

[D.-Martin-Luther-Str. 12](#) | 93047 Regensburg

Tel. [+49 941 5694-258](tel:+499415694258) | Fax +49 941 5694-5258

schessl@regensburg.ihk.de

You can find more information here:

<https://www.ihk.de/regensburg/fachthemen/fachkraefte>

[Facebook](#)

[Instagram](#)

Keywords: skilled labour, skilled labour immigration law, gainful employment, professional activity, residence permit, residence regulations

Labour exchange

Help from the employment agency and job centre

The employees of the **Agentur für Arbeit** (= employment agency) and from the **Jobcenter** help you:

- if you are unemployed
- if you are looking for work or training
- if you are looking for work or training in the Regensburg region
- if you want to gain professional qualifications or further training (= learn more about a profession)

Agentur für Arbeit:

<https://www.arbeitsagentur.de/vor-ort/regensburg>

Jobcenter:

<https://www.arbeitsagentur.de/vor-ort/jobcenter/j...>

Tip: Simply ask for an appointment at the employment agency or job centre. You will receive counselling and support there

Job Centre City of Regensburg

You get **Arbeitslosengeld II?**

The Job Centre will help you with a German course, work and training:

- Your counsellor will look for a language course with you.
- Your counsellor will look for a job with you.
- Your counsellor will look for a job with you.

Contact us:

[Jobcenter](#) Stadt Regensburg

Im [Gewerbepark D83](#)

93059 Regensburg

Phone: [0941/64090-0](tel:0941/64090-0) => then dial 1

Fax: [0941/64090 444](tel:0941/64090-444)

jobcenter-regensburg@jobcenter-ge.de

Opening hours:

Monday/Tuesday/Wednesday/Friday -> 08:00-12:00

Thursday -> 08:00-12:00 and 13:00-16:30

Keywords: ALG II, Hartz IV, counselling, career counselling, job search, benefits, language course, employment

Regensburg Employment Agency

New immigrants **with access to the labour market** can contact the Employment Agency. Your personal data will be recorded. You will then be given an appointment with the relevant specialist.

You can find most job vacancies in Germany at Jobbörse of the Federal Employment Agency. You can, for example

- search for jobs in Germany and abroad.
- create and maintain a personal profile.
- apply for jobs online.
- receive suitable job offers by e-mail on request.

Jobbörse:

<https://www.arbeitsagentur.de/jobsuche/>

Address:

Agentur für Arbeit Regensburg

[Galgenbergstr. 24](#)

93053 Regensburg

Call us at:

Mon. - Fri. from 08:00 - 18:00

For employees: [0800 4 5555 00](tel:08004555500)*

*This call is free of charge.

Website of the Regensburg Employment Agency:

[Agentur für Arbeit Regensburg | Bundesagentur für Arbeit](#)

Keywords: occupation, employment, gainful employment, job advertisements, counselling, job placement, advice, Federal Employment Agency

Recognition of qualifications

Your professional qualification from abroad can be recognised in Germany. This gives you a better chance of finding a job in Germany.

Have you completed a state-recognised qualification lasting at least one year abroad? Then this procedure is open to you.

Depending on the profession, other authorities may be responsible. You can seek advice in advance about the procedure and how to apply.

You can find more information here:

[Anerkennung in Deutschland.](#)

[ANABIN, das Infoportal zu ausländischen Abschlüssen.](#)

You can also get help on this topic at Migrationsberatung:

[Beratung und Hilfe - Stadt Regensburg | Integreat](#)

Keywords: certificate, qualification, qualification, recognition, counselling, skilled workers

Career recognition and qualification counselling at the bfz

If you have a vocational qualification or a school-leaving certificate from another country, you can come for counselling. At the recognition and qualification counselling service, we will help you with the recognition of your qualification.

Get in touch with us:

Andreas Dick

Phone: [0941/40207-60](tel:09414020760)

Email: andreas.dick@bfz.de

[Donaustauer Str. 115](#), 93059 Regensburg

You can find more information here:

www.bfz.de

Career recognition counselling from the IHK

In Germany, there are 350 dual training occupations and many opportunities for further training.

The IHK offers free counselling. You can get information about careers there. We will look together to see which occupation matches your qualification. This is called a reference occupation.

We will also help you with the application documents.

This is how you can reach us:

Tanja Graf

IHK Regensburg für Oberpfalz/Kelheim

[D.-Martin-Luther-Str. 12](#)

93047 Regensburg

Phone: [0941/5694-362](tel:09415694362)

E-mail: graf@regensburg.ihk.de

Internet: www.ihk-regensburg.de/anererkennung

Recognition of healthcare professions

Have you worked abroad in the healthcare sector? Have you trained or studied in this field? Then you can have this profession recognised in Germany.

You can find more information and contacts here at the State Office for Nursing:

[Anerkennung ausländischer Berufsabschlüsse - Bayerisches Landesamt für Pflege](#)

Professional orientation and self-employment

There are many offers:

The VHS (= Voks-Hochschule, an opportunity for adults to continue their education after school) will advise you. It will help you with job applications or if you want to start a business. It also has information on school-leaving qualifications.

At bfz (= one of the organisations in Regensburg that also offers language courses) there are also special offers for migrants. You can get information on career guidance. You can practise job applications or take a language course for your profession.

Would you like to start your own business? The Handwerkskammer will help you.

Keywords: counselling, qualification, new profession, retraining, application, training, labour market, career entry, job-related language courses, compatibility of family and career

Educational counselling at the adult education centre (vhs) of the city of Regensburg

Do you have questions about education and training?

The education centres (BiC) at KÖWE and Candis offer individual advice on education and careers.

The topics of the counselling are

Career and work:

- What do you want to do for a living? What opportunities are there?
- Help with applications (application check)
- Back to work: How can you manage that? Or do you want to work independently?
- How can you combine work and family life?
- Learning tips: What is the best way to learn?

Learning:

- Learn to read and write better
- Catching up on school qualifications
- Learning alone or in small groups
- Computer and digital learning on site

The educational counselling service will help you find a suitable further education course. It will also show you how you can pay for further education. You will receive information on many educational programmes in the region.

Service team

Phone [0941 / 507-2433](tel:0941_507-2433)

E-mail: service.vhs@regensburg.de

www.vhs-regensburg.de

<https://www.facebook.com/volkshochschuleregensburg>

Career guidance programmes at the bfz

The bfz helps new immigrants with many offers to orientate themselves for their career.

For example:

Vocational orientation for refugees (BOF)

- o Orientation for the profession and career choice
- o Language courses for the profession
- o Practising job applications
- o Practical tests in workshops and practice rooms
- o Company phase to try out professions

Counselling for people with a migration background

- o Vocational integration
- o Social coaching
- o Preparation of documents for job applications

Practice-orientated qualification with job-related language training (PQS)

- o Teaching language for the job and specialised knowledge with practical components
- o Help with starting work
- o Education voucher required.

Contact

[bfz Regensburg](#)

[Im Gewerbepark D 65](#)

93059 Regensburg

[Telephone:](#)

[0941 402070](#)

[Mail:](#)

info-r@bfz.de

Advice for founders and successors in the skilled crafts sector

If you want to set up a company and become a craftsman, the Chamber of Crafts can advise you.

The counselling is free of charge.

You can find more information under this link:

[Handwerkskammer Niederbayern-Oberpfalz](#)

Mentoring partnership Regensburg**Get your career back on track with a degree from abroad**

Do you have an academic degree from another country? Would you like to work in your profession in Germany again? Do you live in the Regensburg region? With a mentor from your profession, you can clarify many practical and professional questions and build up a professional network.

What is the mentoring partnership?

The Mentoring-Partnerschaft helps people who are new to Germany and have a vocational qualification from abroad. It supports them in finding a job in Germany.

You can find more information about registration and the programme here:

[Information zur Mentoring-Partnerschaft in Regensburg](#)

You can register directly here as Mentee:

[Anmeldebogen für die Mentoring-Partnerschaft in Regensburg](#)

Contact:

Gabriela Wolosz
Project employee Mentoring-Partnerschaft Regensburg
Tür an Tür – Integrationsprojekte gGmbH

Phone: Phone: [0821 90799739](tel:0821 90799739)
E-mail: gabriela.wolosz@tuerantuer.de

Office address: [Obermünsterstraße 1, 93047 Regensburg](#) (Appointments possible by appointment, Mondays and Fridays)

Labour law

Labour law is a law. It says what is important **at work** .

For example:

- Employment contract,
- salary,
- holidays,
- dismissal, (quitting work)
- Unequal treatment.

There are new ways for skilled workers from abroad to work in Germany. If you need help, ask the specialised migration services or these offices.

Here you will find information on the various topics. There are many languages: German, English and Arabic:

[Faire Integration](#)

Keywords: Laws, labour rights, temporary work, work contract

Fair Integration Advice Centre

Here you can find all the information about your rights as an employee. If you know your rights, you can protect yourself from exploitation and discrimination.

We advise migrants who have a job, are doing an apprenticeship or an internship. We can also advise you if you want to work and have questions.

Counselling is free and confidential.

You can find more information under the following link:

<https://www.faire-integration.de/>

Information on the Skilled Labour Immigration Act (FEG) from the IHK

A law for well-trained migrants has been in force in Germany since 1 March 2020.

It is called Einwanderungsgesetz für Fachkräfte.

The law regulates the immigration of skilled workers from abroad.

Do you have questions about work permits or the recognition of professions?

You can find information and contacts at the following link:

[Fachkräfteeinwanderungsgesetz \(FEG\) - IHK Regensburg für Oberpfalz / Kelheim](#)

Vocational apprenticeship training and internship

Internship

Praktikum do = test a job. Test a profession.

A Praktikum is good:

You can decide: What is the right job for me?

You get to know a profession/job.

You can do an internship.

You can also do several internships. Try out different professions.

You can find opportunities here: [Praktikums-Stellen in Regensburg](#)

Keywords: training, application, labour market, job profile, career orientation, career choice

I want to learn a profession

What is vocational training?

What opportunities are there to do an apprenticeship?

What is an in-company apprenticeship?

You look for a profession.

You look for an employer (=company).

You sign a contract with the employer.

You work in the company and study at the vocational school.

You get paid.

You are entitled to holidays.

You have to pass exams at the end.

School-based vocational training

Some professions can only be learnt at school.

For example:

Geriatric nurse, paediatric nurse, health and medical nurse.

The training lasts between 2 and 3 years.

What is school-based training?

You go to a school for 2 to 3 years.

You do work placements.

You have holidays.

You don't get paid (exceptions: geriatric nurses/healthcare and nursing staff).

You have to pay school fees for certain school-based training programmes.

You have to pass exams at the end.

What are the advantages of an apprenticeship?

With an apprenticeship, you have a better chance of finding a good job and earning money.

You can continue your education.

After your apprenticeship, you can go back to school, do your A-levels and go to university.

Vocational school

Here you can find information about Berufsschulen in Bavaria. You can learn a profession at these schools.

You can find more information here:

<https://www.km.bayern.de/lernen/schularten/berufs...>

Here you can find all Berufsschulen in Regensburg:

<https://www.regensburg.de/leben/bildung-u-wissens...>

Advice on attending a vocational school is available here:

Beratungsstelle BMAF

[Haidplatz 8](#)

93047 Regensburg

Phone: [0941 507 - 24 38](tel:09415072438)

E-mail: Koordinationsstelle.BMAF@Regensburg.de

How do I find a job?**What requirements do you need for an apprenticeship? (=What do you need to be able to do/ have?)**

- School-leaving certificate: Are you under 21 years old? You do not have a recognised school-leaving certificate? You can catch up on school-leaving qualifications at vocational schools.
- You must be able to speak German well (at least B1, better B2).
- You must have lived in Germany for at least 3 months.

You must ask Ausländer-Behörde for permission before starting your training.

⇒ **Four steps to your profession:**

Step 1:

You find out about different professions.

You can find information:

on the internet:

[Planet Beruf](#)

and

[Berufenet](#)

at the Vocational Information Centre (BiZ) at Agentur für Arbeit Regensburg:

[Berufsinformationszentrum \(BiZ\) | Bundesagentur für Arbeit](#)

Step 2:

Talk to the careers advice centre at Agentur für Arbeit.

-> Make an appointment for this.

In urgent cases, you can also speak to the careers advice centre team during opening hours.

You can also ask at Kompetenz-Agentur:

[Stadt Regensburg - Wir sind für Euch da!](#)

Step 3:

You decide on a profession.

Step 4:

You are looking for a training place.

-> You find training places on the Arbeits-Agentur job exchange.

[Jobsuche der BA - Startseite](#)

-> You apply to companies for a training place.

-> You can find information on application letters on the website Planet Beruf:

[planet-beruf.de - Schüler/innen - Meine Zukunft. Meine Ausbildung. - planet-beruf.de](#)

-> You can create your application on a computer at BiZ (Vocational Information Centre).

[Berufsinformationszentrum \(BiZ\) | Bundesagentur für Arbeit](#)

You can find a video **here** . The video explains training in Germany:

[Duale Ausbildung](#)

Courses offered by the Regensburg Employment Agency

Do you need further help to find an apprenticeship? The Regensburg Employment Agency can help you:

- The Employment Agency has courses that will prepare you for an apprenticeship.

- The Employment Agency has courses to support you during your training. Find out more at the careers advice centre.

Who can help me?

Regensburg Employment Agency

[Agentur für Arbeit Regensburg | Bundesagentur für Arbeit](#)

Career counselling team (under 25)

[Telefon](#)

[Email](#)

Make an appointment.

Careers Information Centre (BiZ)

[Galgenbergstr. 24](#)

93053 Regensburg

You don't need an appointment.

Website: [Berufsinformationszentrum \(BIZ\) Regensburg | Bundesagentur für Arbeit](#)

All services offered by the Regensburg Employment Agency are free of charge.

Competence Agency City of Regensburg

Are you 14 to 27 years old? You have no job, no apprenticeship or no school-leaving certificate? We can help you!

[Am Domplatz 3](#), II. Obergeschoß

93047 Regensburg

[E-Mail](#)

Website: [Stadt Regensburg - Wir sind für Euch da!](#)

Contact centre for youth and work

Are you 17 to 25 years old? Are you registered as unemployed with the Job Centre or the Employment Agency? You can work at the Contact Centre for Youth and Work. You will receive support,

[Domplatz 3](#)

93047 Regensburg

[Telefon](#)

Website: [Stadt Regensburg - Kontaktstelle - Über uns](#)

Regensburg Youth Employment Centre

Are you under 25 years old? Are you new to Germany? Are you a young mum? You have no job, no training or no school-leaving certificate? Would you like to work, do a (part-time) apprenticeship and/or catch up on your school-leaving qualifications and need coaching, guidance and support? We can help you with this. You can make an appointment and get advice.

[Glockengasse 1](#)

93047 Regensburg

[Telefon](#)

Website: [Stadt Regensburg - Dezentrale Soziale Dienste - PUR](#)

PUR - Counselling centre for young refugees at vocational school II

We can advise you on questions about lessons, school and training.

[Ziegelweg 1](#)

Room: 3166a or 3166b

93053 Regensburg

Website: [Stadt Regensburg - Dezentrale Soziale Dienste - PUR](#)

Keywords: vocational counselling, vocational school, training, training position, internship, adolescents, young adults

Living in Regensburg

Living

Find a flat

I am looking for a flat

What do I have to do?

1. you see a flat advertised on the Internet:

[wohnungsangebote regensburg - Google Suche](#)

or in the newspaper, for example in the mittelbayerischen newspaper.

[Immobilien-Markt](#)

Here you can search for a flat, a shared flat, a room or a house:

[WG-Gesucht](#)

-> You call. You make an appointment to view the flat.

-> You view the flat.

You don't speak German well yet?
Take a friend with you who speaks good German or English.

You can ask:

- How much does the rent cost?
- How much does water, electricity, heating, gas, internet cost?
- ...

The landlord asks you:

- Where do you work?
- How much money do you earn?
- ...

The landlord says:
You get the flat or you don't get the flat.

You get the flat:

Sign the tenancy agreement.
The tenancy agreement is **important**.
Read it carefully!

I have a flat: What do I have to do now?

You must stick your name on the letter box of the new flat immediately.
You will receive important letters.

Finding flats in Regensburg is difficult.

Who can help me?

1. Zusammenleben Willkommen

**Refugees can get help finding accommodation here: What do I need to consider?
What documents do I need? How does life in a shared flat work? Counselling is also
available in Arabic.**

You can look for a room in a shared flat here:

<https://zusammenleben-willkommen.de/>

2. Wohnungs-Bau-Gesellschaften

Housing associations can help you.
Housing associations have a list of flats.
You have to go to the housing association and register.

[Stadt Regensburg - Wohnen u. Bauen - Wohnungssuche in Regensburg](#)

If a flat is available from a housing association, you will receive a letter.
The letter will tell you which flat is available and what you need to do.

Do you want to go to a housing association?
You need a Wohnungs-Berechtigungs-Schein.

The Wohnungs-Berechtigungs-Schein costs €7.50.
The Wohnungs-Berechtigungs-Schein is valid for 1 year.

You can obtain a housing authorisation **certificate** from the city's Office for Urban Development at Regensburg:

[Stadt Regensburg - Amt für Stadtentwicklung - Stadterneuerung und Wohnungswesen](#)

There are people there who can explain to you what you need to do. You can find more information here:

[Stadt Regensburg - Gefördertes Wohnen - Mieter](#)

You have a housing authorisation certificate.
You are put on a waiting list.
A flat is available: You will receive a message with an appointment. You can view the flat.
or: no flat is available.
You still have to wait.

Here you can find housing associations in Regensburg:

[Stadt Regensburg - Wohnen u. Bauen - Wohnungssuche in Regensburg](#)

Or you can look at Mieterbund Regensburg e.V. (an association that supports tenants):

[Wohn-Bau-Gesellschaften Regensburg](#)

Flat search via Makler

There are flat offers from Maklern.
An Makler is an intermediary.
An Makler will look for a flat for you.
An Makler receives money for its work.
Searching for a flat with Makler costs more money.

Keywords: housing, housing search, housing association, relocation, social housing, pre-registration certificate, housing entitlement certificate (WBS), affordable housing, register residence, address

Rent and deposit

1. you work, earn money and have found a flat?

You have to pay the rent yourself.
You pay money to the landlord every month.
You pay money for:

- Housing
- water
- electricity
- heating

- Waste disposal

What is Kaution?

You pay the landlord money **once** .

A deposit is a lot of money.

After that, you no longer have to pay the deposit.

The Kaution is a security deposit for the landlord.

Ask your landlord:

"How much Kaution do I have to pay?"

When will I get the Kaution back?

You are moving out. Nothing is broken in the flat.

The landlord gives you back the Kaution .

2. you work and don't earn much money?

You can **Wohn-Geld** apply.

What is Wohn-Geld?

Wohn-Geld is financial support.

You can get money for your flat every month.

You can apply for housing benefit.

You submit the application to the social welfare office:

Where?

Office for Social Affairs

⇒ Housing benefit department:

[Stadt Regensburg - Sozialamt - Wohngeld](#)

⇒ Here you will find forms for the **application for housing benefit**:

[Wohngeld - Bayerisches Staatsministerium für Wohnen, Bau und Verkehr](#)

The social welfare office says:

You will receive housing benefit

or: You will not receive housing benefit.

Information about the social welfare office on the Internet:

[Stadt Regensburg - Direktorium 2 - Sozialamt](#)

3. you receive money from Job-Center and have found a flat?

The Job-Center can give you money for your flat.

Have you found a flat?

Tell the Job-Center:

"I have found a flat".

Show the Job Centre the rental contract.

The Job Centre says:

You can move into the flat.

or: You can 't move into the flat.

Because: The flat is too big...

Because: The flat is too expensive...

You have no money for the deposit?

The Job-Center can lend you money for the deposit.

The Job-Center will then give you less money for a certain period of time.

Example:

Your deposit is €200.

The Job-Center lends you €200.

Now you have to pay the €200 back to Job-Center.

How do you pay the money back?

For example:

You normally get €150 from the Job-Center.

Now: You receive €130 from Job-Center for 10 months.

The job centre pays you €20 less each month.

After that, you get €150 from the Job Centre againob-Center.

Keywords: assumption of costs, accommodation costs, rent deposit, cold rent, warm rent, net cold rent

Housing entitlement certificate for social housing

There are special flats in Regensburg. The rent is particularly favourable.

The state helps to ensure that the flats are not so expensive. These flats are called Sozialwohnungen. You can rent such a flat if you earn little money.

You need a certificate so that you can rent the flat. The certificate is called Wohnberechtigungsschein. The short word for this is WBS.

What is the difference between Wohnberechtigungsschein and Vormerkbescheid?

You will be categorised according to your income.

If you are in income level II or III, you will be issued with a Wohnberechtigungsschein (WBS).

You can use it to apply for a suitable flat yourself.

If you are in income level I, you will receive a notice of reservation. The office will then recommend you to the landlord of a flat.

Please note:

The official language is only German. Bring an interpreter with you to ensure good communication! You and the other people in your household must meet certain income limits in order to be eligible for a WBS or Vormerkbescheid.

What documents do you need?

- Application
- Einkommenserklärung of the entire household
- Identity card or passport
- Residence permit if applicable or Fiktionsbescheinigung
- Severely disabled person's pass, if applicable
- if applicable Heiratsurkunde
- if applicable Mutterpass
- Proof of income for the last 12 months
- Reason for the urgency with corresponding evidence

Further information and the forms can be found here:

<https://www.regensburg.de/leben/wohnen-u-bauen/ge...>

Completed application to:

Amt für Stadtentwicklung
[D.-Martin-Luther-Str. 1](#)
 93047 Regensburg

Either by post or [e-mail](#), or drop the application directly into the letterbox opposite the waiting area.

E-Mail: wohnungswesen@regensburg.de

What are the fees?

The issue of a Wohnberechtigungsscheines or Vormerkbescheides costs:

WBS I + II and VB: 7,50 €

WBS III: 15,00€

You will receive an invoice once your application has been fully processed.

Notes on processing applications for housing permits and additional funding

Until further notice, applications can only be submitted by post or e-mail.

A personal visit is only possible by prior appointment (by telephone or online).

You can book an appointment online here:

[66 10083 Terminreservierung Wohnberechtigungsschein](#)

You can call here: [09 41 / 507 96 633](tel:094150796633)

You can find the form online here:

<https://formulare.regensburg.de/frontend-server/f...>

You can also write an e-mail: wohnungswesen@regensburg.de

Keywords: housing, urban development, social housing, housing authorisation, WBS, notice of reservation

Relocation

Relocation

- Is your flat too small?
- You no longer like your flat?
- Your flat is too expensive?

You can move (= move to another flat).

Moving is very time-consuming.

You have to think about many things:

- You have to tell your employer your new address.
- You have to tell the tax office your new address.
- You have to tell your bank your new address.

There are many other things.

⇒ You can find a list here:

[Checkliste Umzugsplaner INTERNET.pdf](#)

You can also print out the list.

Do you still have questions or need help?

Ask at the Citizens' Offices:

1. citizens' office city centre

[Stadt Regensburg - Rechts- und Regionalreferat - Bürgerzentrum](#)

2. citizens' office north

[Stadt Regensburg - Rechts- und Regionalreferat - Bürgerzentrum](#)

3. Burgweinting Citizens' Office

[Stadt Regensburg - Abteilung Bürgerbüros und Fundwesen - Bürgerbüro Burgweinting](#)

You get money from the Job Centre and want to move?

⇒ Ask your Job Centre advisor!

Important rules

There are important rules in Germany if you live in a flat or house.

Every house has house rules. The rules are set out in the house rules.
Between 1 p.m. and 3 p.m. is lunch time. Between 10.00 p.m. and 6.00 a.m. is night time. You are not allowed to make any noise during this time.

All residents must observe the night's rest.

All residents must separate their rubbish. See "Living in Regensburg" for more information.

Keywords: waste separation, recycling, night's rest, quiet times, neighbours, house community

Mobility

Bus, bike, train

There are many possibilities in Regensburg. The distances are short. You can get everywhere quickly.

You can find important information about transport in Germany here.

[German Road Safety | German Road Safety](#)

Cycling

You can cycle or walk. You can cycle almost everywhere in Regensburg.

Many people cycle in Regensburg. Many people also cycle in the city centre. Please ride carefully and watch out for pedestrians. You can find more information here:

[Stadt Regensburg - Fahrrad - Radfahren in der Altstadt](#)

Bus

There are many buses in Regensburg. There are many bus stops. You can travel almost anywhere by bus. Every bus has a timetable. You can find more information here.

[RVV - Ihr Regensburger Verkehrsverbund](#)

Download the **RVV App** download. You will find timetables, can buy tickets and find bus stops:

[Die RVV-App: Auskünfte und Handy-Tickets - Regensburger Verkehrsverbund](#)

Tickets cost less with the City Pass. You can find more information here:

[Stadt-Pass - Stadt Regensburg | Integreat](#)

If you travel without a valid ticket, you will have to pay 60 euros.

Taxi

There are many taxis in Regensburg. You can call a taxi. The driver will drive you and tell you the price at the end. You can find **more information and contacts here:**

[Taxi Regensburg - Taxi Zentrale Regensburg](#)

Rail (train)

There are several railway stations in Regensburg. The main railway station is here:

[Bahnhofstr. 18](#)

93047 Regensburg

There are many trains from Regensburg to other cities and countries.

You have to buy a ticket. You can do this online, via the DB app or on site at the ticket counter. You can also find timetables there.

There are many different tickets. You can't travel on all trains with all tickets. Not sure which ticket to buy? Ask the staff at the station!

If you travel without a ticket, you will have to pay 60 euros.

Long-distance bus

There are also many long-distance buses in Regensburg. Long-distance buses travel to other cities or countries.

You can buy tickets online **before your journey**. You can also buy tickets from the bus driver. But only if there are still seats available.

You cannot board the bus without a ticket.

The long-distance buses also depart from the main railway station.

Keywords: local public transport, public transport, public transport, traffic rules, road traffic regulations, timetable, bus route, local transport, long-distance transport, bus ticket, monthly ticket

Car and driving licence

What is a KFZ?

KFZ means "power-driven vehicle".

For example, a Kraft-Fahr-Zeug is a:

- car
- lorry
- Motorbike
- Motor scooter

Driving licence

You want to drive a KFZ in Germany? -> You need a Führer-Schein.
 You want to get a driving licence in Regensburg? -> You need a Haupt-residence in Regensburg.

-> You must pass two tests:

- Theoretical test
 - Practical test
- The tests and the driving licence cost money.

Ask your driving school:

[Fahrschulen in Regensburg \(Gelbe Seiten\)](#)

Do you already have a driving licence?

Check this list:

[Ausländischer Führerschein: Anerkennung | Fahrerlaubnis 2025](#)

Are you from a country on this list?

-> Then you no longer need a driving licence.

You must have your driving licence rewritten.

You will get a new driving licence.

You come from another country?

-> You have to get a new driving licence.

Ask for it:

City of Regensburg - Office for Public Order and Road Traffic:

[Stadt Regensburg - Rechts- und Regionalreferat - Amt für öffentliche Ordnung und Straßenverkehr](#)

Here you will find lots of information about driving licences in Germany:

[auslaendische-fahrerlaubnisse-merkblatt-ausserhalb-eu-und-ewr-staaten.pdf](#)

You can study for the theory test and the practical test.

There are books and learning sheets in many languages.

Look here or ask your driving school:

[Lehrmittelvertrieb M. Gründl - Lehrbögen ..](#)

Car licence

Would you like to buy a motor vehicle and drive it?

-> You have to register your vehicle (=registration)

-> You get a licence plate.

You want to register a motor vehicle?

You need many documents:

- Insurance
- vehicle registration document

- Registration certificate

Ask for KFZ-Zulassungsstelle (an organisation that decides whether your car is allowed to drive on the road):

**[Stadt Regensburg - Amt für öffentliche Ordnung und Straßenverkehr
- Kfz- Zulassungsstelle](#)**

TÜV

TÜV is called "Technischer Überwachungs-Verein".

The TÜV checks whether your KFZ is broken.

You have to go to TÜV regularly.

Look at the sticker (sticker) on your licence plate.

It says here:

When do you have to go to TÜV.

You can also find a list here:

[TÜV-Checkliste: Darauf sollten Sie bei der HU achten](#)

The TÜV says:

Your KFZ is safe or

Your KFZ is no longer secure. You need to have it repaired.

The TÜV has many locations in Regensburg.

You can find an overview here:

[Service-Center finden und online anmelden Gruppe | TÜV SÜD](#)

Do you have questions about the MOT?

Give us a call!

Keywords: motor vehicle, car, driving licence, driving test, traffic regulations, car insurance,

Car parks in Regensburg

There are many car parks at Regensburg.

Some car parks are free of charge.

Sometimes you have to pay.

You can find a list of all car parks here:

[Stadt Regensburg - Verkehr u. Mobilität - Parken](#)

The list says:

- Which car parks are there?
- When are the car parks open?
- How much do the car parks cost?

- Where are the car parks?
And much more.

You can find a list of car parks for motorbikes here:

[Stadt Regensburg - Verkehr u. Mobilität - Parken](#)

A list of car parks for bicycles can be found here:

[Fahrradstellplätze in der Regensburger Altstadt](#)

A list of car parks for people with disabilities can be found here:

[Stadt Regensburg - Verkehr u. Mobilität - Parken](#)

Naturalisation

Naturalisation turns foreigners into Germans. To do so, they must fulfil certain requirements. What exactly you need for this varies. Counselling is helpful. Please bring your passport or other proof with you.

Further information can be found here:

[Der Weg zum deutschen Pass](#)

Counselling and contact at Regensburg:

[Bürgerzentrum](#)

[D.-Martin-Luther-Straße 3](#)

[93047 Regensburg](#)

Telephone:

[\(0941\) 507-3333](#)

E-mail:

<mailto:buergerzentrum@regensburg.de>

Online application and further information :

[Stadt Regensburg - Bürgerservice - Dienstleistungen](#)

The specialist migration services also provide advice on all aspects of naturalisation:

[Beratung und Hilfe - Stadt Regensburg | Integreat](#)

Keywords: German, nationality, application, passport, identity card

City Pass

Do you know the city pass?

In Regensburg there is the "Stadt-Pass".

The Stadt-Pass is **not** an ID card.

The Stadt-Pass **does not cost any** money.

With the Stadt-Pass many things cost less:

For example:

- travelling by bus
- VHS-Courses
- Sports clubs
- museums
- ...

Many people can get the City Pass.

For example:

- You are a customer of Job-Center
- You are a customer of Sozial-Amt
- You get Wohn-Geld.
- You get money from Asyl-Bewerber-Leistungs-Gesetz (AsylbLG).
- ...

You want a Stadt-Pass?

You have to make an appointment:

[Amt für Soziales](#)

[Johann-Hösl-Straße 11b](#)

93053 Regensburg

Phone: [0941 507-1502](tel:09415071502)

Email: sozialamt@regensburg.de

Internet: [Stadt Regensburg - Direktorium 2 - Sozialamt](#)

The social welfare office will tell you:

You get a city pass or not.

You live in the district of Regensburg?

The Landkreis means the neighbourhood of Regensburg, but not the city area.

You cannot apply for a city pass. But there is a "Landkreis-Pass". Ask at the district office:

[LandkreisPass | Landkreis Regensburg](#)

You can find all information about the city pass here:

[Stadt Regensburg - Bürgerservice - Dienstleistungen](#)

Finances

Consumer education for refugees

There are many things you need to bear in mind when concluding contracts or making purchases. If you have problems understanding what exactly is in a contract, you can seek advice beforehand.

The Verbraucherzentrale and other advice centres can help you with many problems:

- Mobile phone contracts
- Purchase contracts
- insurance policies
- rent
- banks
- and more

This is how you can contact the advisors:

Send an e-mail with your questions to :

verbraucherbildung@ebw-regensburg.de

You can also find more information on this website:

[Verbraucherbildung für Geflüchtete – Evangelisches Bildungswerk Regensburg e.V.](#)

The Verbraucherzentrale also has information for refugees and helpers at this internet link:

[Informationen für Geflüchtete und Flüchtlingshelfer | Verbraucherzentrale.de](#)

Insurances

Insurance is important for you.

For example, if you have an accident or suffer financial loss.

In this case, you are protected if you have insurance.

There are various types of insurance. Some are even compulsory (for example: health insurance).

Other insurances are very useful.

Liability insurance: This insurance helps you if you accidentally break something and the damage has to be paid for.

This insurance is also useful if you have small children.

However, you don't need all types of insurance. It's best to find out which insurance makes sense for you.

You can find information on various types of insurance on these websites.

<https://www.dieversicherer.de/versicherer/versich...>

-a little further down on this page:

<https://www.verbraucherzentrale-rlp.de/leichte-sp...>

Here you will find information with more details:

<https://www.verbraucherzentrale-rlp.de/wissen/gel...>

Mobile phone and telephone

You want to make calls in Germany?

- You can buy a mobile phone with a SIM card.
- You can also buy only one SIM card at .
- You must enter your address for the SIM card.
- You must enter your bank account.

You want to make calls to your home country?

It's often **expensive** with a German SIM card.
There are many offers for your home country.
Ask your advisor in the mobile phone shop.

You can find a lot more information on this website :

<https://www.test.de/Telefonieren-ins-Ausland>

What mobile phone contracts are available?

There are various mobile phone contracts.
Look here:

[Finanztest 12 2015 Handytarife Flüchtlinge](#)

You don't have to take out a contract with fixed monthly costs.
You can also buy a prepaid card.
Read the contract carefully and ask your advisor in the mobile phone shop!

Can't read German very well yet? Take someone with you!
You have to understand **everything** . Only then can you sign.

Why do I have to understand EVERYTHING in the contract?

1. You have to read the contract.

->It tells you what you can do with your mobile phone (phone calls, text messages, Internet).

Example: Your contract says "You may only make calls to Germany".
You make calls abroad (= not in Germany).
You have to pay a lot of money.
The company takes the money from your bank account.

Keywords: mobile phone, mobile phone, mobile phone contract, SIM card, prepaid mobile phone, telephone tariffs, flat rate, roaming, mobile phone charges, telephone charges

WLAN and Internet free of charge in Regensburg

Sometimes you can use the internet without paying.
You can find some WLAN-hotspots in Regensburg here:

Telekom Hotspots:

[HotSpot | Telekom](#)

Vodafone Hotspots:

[Millionen-Hotspot-Netz für Deutschland - Vodafone](#)

Freifunk Regensburg :

[Freifunk Regensburg](#)

Some cafés also offer free WLAN. Ask in the café.

Internet is also available at the university and the university of applied sciences:

[Hilfe & Support - Universität Regensburg](#)

The "Bayern-WLAN" is free for everyone. Bayern WLAN is also available in the city centre and in public places:

[BayernWLAN](#)

Keywords: free internet, internet café, free wifi, WLAN

Shopping

There are many shops in Regensburg

You can buy clothes, food, drinks, mobile phones...
Many shops are open:

Monday to Saturday: 08:00-20:00

Some shops close earlier on Saturdays.

Shops are closed **on Sundays**.

There are "Verkaufs-Offene Sonntage" in Regensburg:

<https://www.verkaufsoffener-sonntag.com/?s=regensburg>

The "Verkaufs-offenen Sundays" are twice a year:
On these days, the shops are also open on Sundays.

Deposit

You want to buy a drink in a bottle or can?
 You have to pay a deposit.
 A deposit costs 8, 15 or 25 cents.
 You return the bottle:
 You get the deposit (= money for the bottle) back.
 You can return the bottle to any shop selling drinks.

Flea markets

There are various flea markets in Regensburg.
 You can buy things there.
 The items are second-hand. These things are often cheaper.
 Anyone can sell and buy at the flea market.
 Would you like to sell something?
 Ask the flea market operator beforehand.
 You have to pay a fee.

Here you can find many flea markets in Regensburg:

[Flohmarkt und Trödelmarkt in Regensburg](#)

In Regensburg there is a "Teilbar".
 You can hand in used items there.
 You can take used items there.
 The things in the "Teilbar" do not cost any money.
 There are many other things in the "Teilbar".

Look here for more information:

[TeilBar – Transition Regensburg](#)

Keywords: shopping, second hand, opening hours, cheap shopping

Waste, recycling, waste separation and waste avoidance

Waste

Waste is rubbish.
 Rubbish is things that we no longer need.
 Or things that are broken.
 We throw these things away.

Rubbish belongs in a rubbish bin. Rubbish must **not** be thrown on the floor or out of the window.

Recycling

Some types of rubbish can still be used.
 This rubbish is also called recyclable material.

Rubbish is turned into something new.
 New paper is made from used paper.

New glass is made from used glass.
Organic waste is turned into biogas and compost.
Old metal is turned into new metal.

See here for more information:

[Stadt Regensburg - Umwelt - Abfall und Recycling](#)

For recycling, you have to collect the waste separately.
This is called waste separation.

Waste separation

Separating waste is good for nature.

In Regensburg you have to separate waste:
Paper, glass, plastic, organic waste, residual waste.
You must throw your waste into the different bins, containers and bags:

Paper → Green bin

Glass → glass container

Plastic packaging and metal packaging (tin cans) → Yellow bag

Organic waste → brown organic waste bin

Residual waste → black bin

Residual waste is: raw meat, nappies, tissues...





More information can be [found here](#):

[abfalltrennung-in-regensburg-infolyer-2019.PDF](#)

Green and black bins belong to your home.

The brown organic waste bins are located in public places in the city. **You can find a map here:**

[Stadt Regensburg - Abfall und Recycling - Biomüll in Regensburg](#)

Or in the waste app under collection points:

[Sammelstellen - Stadt Regensburg Abfall-App](#)

You pay for the black bin (residual waste) with your rent.

The green bin (paper) is free of charge.

The bins are emptied. **Dates here:**

[Kalender - Entsorgungsdaten](#)

In March you will receive a roll of yellow sacks.

The yellow bags are free of charge.

Have you run out of yellow bags?

You must enter your street address **online** :

[Bestellung - Entsorgungsdaten](#)

You will be sent a Coupon (=voucher for yellow bags).

You can use the Coupon to collect your yellow bags from various locations:

[Ausgabestellen - Entsorgungsdaten](#)

Refrigerators, furniture, oil, car batteries, construction waste, toxic waste, TV, radio ... are not normal waste.

You have to take fridges, furniture, oil, TVs ... to different stations.

You can drop off many of these items free of charge.

You can drop these things off here:

Amt für Kreislaufwirtschaft, Stadtreinigung und Flottenmanagement
Markomannenstraße 3

93053 Regensburg

Telephone: [0941 507-1702](tel:0941 507-1702)

Internet: [Stadt Regensburg - Direktorium 3 - Fuhramt](#)

You can also ask your landlord or caretaker.

Batteries, electrical appliances (lamps, radio, TV, computer, mobile phone ...) and bulky waste (e.g. furniture, carpets, mattresses) are not normal waste.

Batteries must be handed in at shops.

Batteries (e.g. from remote controls or torches) can be handed in at many shops.

There is a "green box" in the shops.

The "green box" is for batteries.

You must **not** throw batteries in the normal rubbish!

You can dispose of lamps (e.g. LED lamps) in shops.

There is a "blue box" in the shops.

The blue box is for lamps.

You must not throw lamps in the normal rubbish!

You can hand in electrical appliances (radio, TV, computer, mobile phone ...) here:

Amt für Kreislaufwirtschaft, Stadtreinigung und Flottenmanagement

Markomannenstraße 3

93053 Regensburg

Telephone

[0941 507-1702](tel:0941 507-1702)

Internet: [Stadt Regensburg - Direktorium 3 - Fuhramt](#)

You can find detailed information on all waste and stations in the waste guide:

[Stadt Regensburg - Abfall und Recycling - Abfallwegweiser](#)

Don't know which waste belongs in which bin? Do you have any questions?

A waste advisor can help you!

You can find more information about the waste advisors on the Internet:

[Stadt Regensburg - Bürgerservice - Dienstleistungen](#)

Waste avoidance

Lots of rubbish is bad for the environment.

It is important to avoid waste.

Tips for avoiding waste:

1. Buy reusable products

Reusable products can be used several times.
These products are good for the environment.

Drinks and milk are available in returnable packaging.
These are glass bottles that can be used many times.

Want to drink coffee on the go?
Take your own cup with you.

2. Buy things without packaging

Packaging is bad for the environment.
Buy fruit and vegetables without packaging.
Use a cloth bag for shopping.

3. Repair instead of throwing away

You can repair things that are broken. E.g. electrical appliances.
You can reuse things and save money.
You can look for shops that repair things here: [Stadt Regensburg - Abfall vermeiden - Reparieren](#)

4. Borrow things or buy things second-hand

Borrow things that you only need once. For example, books and DVDs from the public library or Werk-Zeuge.

Buy things second-hand. This is good for the environment and saves money.
You can buy things at flea markets. You can buy things in second-hand shops.

Keywords: waste, waste separation, recycling, waste, waste disposal, yellow bag, green dot, waste avoidance, waste prevention

Waste app of the environmental agency

How does the waste app help you?

Waste = rubbish, for example plastic or paper.

The waste app tells you **when** the rubbish is collected.

The waste is always collected on **the same day of the week**.

If it is a different day, the waste app will indicate this.

What can the waste app do?

1. reminder: the app tells you when the rubbish will be collected
2. collection points: You can find places where you can drop off other rubbish (organic waste, glass, old clothes, green waste)
3. waste ABC: Here you can find out where you can dispose of different types of waste.

Link to the web version of the waste app: [Abfall-App](#)

You can also find the waste app at Google Store:

[Regensburg Abfall App – Apps bei Google Play](#)

and in the Apple Store

[Regensburg Abfall App im App Store](#)

for your mobile phone.

Further information here on the website of the City of Regensburg.

[Stadt Regensburg - Umwelt - Abfall und Recycling](#)

Keywords: waste, rubbish, waste disposal, waste collection, residual waste, used glass, used clothing, recycling, organic waste

News from Regensburg and Germany

Would you like to find out what's happening at Regensburg ?

Looking for news about what's happening in your neighbourhood?

You can find lots of current news on the city's website Regensburg:

[Stadt Regensburg - Start - Aktuelles](#)

There you can also find out what the city administration is doing and what is currently being planned.

You can also find a lot of news from Regensburg here:

[Stadt Regensburg - Aktuelles - Social Media](#)

In Regensburg there are several newspapers with regional news. In the newspaper you will also find a lot of information about what is currently happening in Regensburg.

In Regensburg there is the Mittelbayerische newspaper:

[Stadt Regensburg | Lokale Nachrichten | mittelbayerische.de](#)

There is the Regensburger Zeitung: [Regensburg - Nachrichten aus der Stadt](#)

There is also the online newspaper regensburg-digital: [Regensburg Digital » Andere Nachrichten aus Regensburg](#)

News programmes in simple language with news from Germany can be found here:

[Nachrichten in Einfacher Sprache](#)

[tagesschau in Einfacher Sprache | tagesschau.de](#)

Public holidays

Supermarkets and shops are **closed** on public holidays in Regensburg. There are various public holidays in Germany. They are not the same in all federal states.

Here is a list of the important public holidays in Bavaria:

- New Year - Every year on 01 January
- Three Wise Men - Every year on 06 January
- Good Friday - Friday before Easter
- Easter Monday - Monday after Easter: 01.04.2024
- Labour Day - Every year on 01 May
- Ascension Day - 39 days after Easter (it is always always a Thursday)
- Whit Monday - 49 days after Easter
- Corpus Christi - 59 days after Easter (it is always a Thursday)
- Assumption Day - Every year on 15 August
- Day of German Unity - National holiday in Germany. Every year on 03 October
- All Saints' Day - Every year on 01 November
- Christmas Day - First day after Christmas Eve, 25 December
- Second Christmas Day - Second day after Christmas Eve, 26 December

Here you will find a list of all public holidays in Bavaria:

[Feiertage Bayern, Deutschland 2025, 2026, 2027](#)

Keywords: public holiday, bank holidays, non-working days

Important apps and internet offers

Apps and internet services for arriving and living in Germany

The app: Ankommen

You can't speak German yet or don't speak it very well?

With "Ankommen" you will learn what is very important for everyday life in Germany.

You can find the app online here:

[App "Ankommen"](#)

The app: Miniila

In the app you will find important information and offers of help in your area on various topics. For example: health, WiFi, food...

The app is available in English, French, Arabic, Farsi, Tigrinya and German.

You can find the app here on the Internet:

[Miniila](#)

The app: mbeon

Do you need help or advice?

"mbeon" can support you online with many questions about arriving in Germany, e.g. on topics such as work and career, learning German, health and housing.

Online counselling - it's that easy:

- > Download the app
- > Select language
- > Ask questions
- > A counsellor will reply in German or English within 48 hours.

Counselling is not available **at weekends** and **on public holidays** .

You can find the app here on the Internet:

[mbeon - mobile Beratung und Informationen für Zuwanderer](#)

The website: JMD4you

jmd4you is the online counselling service of the Youth Migration Services for young people with a migration background aged 12 to 27.

You can ask the JMD counsellors questions online, e.g. on the topics of school, training, work and leisure. Counselling is anonymous and free of charge.

You can find the website here on the Internet:

[jmd4you-Beratungsportal](#)

The site is in German,

Russian: [jmd4you-Beratungsportal](#)

and Turkish: [jmd4you-Beratungsportal](#)

available.

The website: WDRforyou

At WDRforyou you will find important information about life in Germany, news and entertainment.

The online portal has contributions from the areas:

"Documentaries and News", "Information about Germany", "Sport and Entertainment" and "Children" WDRforyou offers in German, Arabic and Farsi.

You can find the website here on the Internet:

[WDRforyou: Angebote für Geflüchtete in drei Sprachen - WDRforyou - Nachrichten - WDR](#)

Arabic:

["ويروف را يديف" - WDRforyou - Nachrichten - WDR](#)

Farsi:

[WDRforyou - Nachrichten - WDR](#)
[سراف - نابز یسراف نایوجهانپ یارب یمگررس و شرانگ، رابخا](#)

The website: Handbook Germany

Handbook Germany provides answers from A-Z on life in Germany in videos and texts. With important tips on asylum, housing, health, work and training, as well as daycare, studying and much more. The site is available in

Arabic: [Arabisch](#)

Farsi: [Farsi](#)

Pashto: [Pashto](#)

French: [Französisch](#)

Turkish: [Türkisch](#)

English: [Englisch](#)

and German: [Deutsch](#).

You website here on the Internet:

[Von der Community für die Community | Handbook Germany : Together](#)

Arabic: [عمت جملای لای، عمت جملای نم | Handbook Germany : Together](#)

Farsi: [هعماج یارب هعماج لدا | Handbook Germany : Together](#)

Pashto: [هت ځنلوت یرول هل ځنلوت د | Handbook Germany : Together](#)

Turkish: [Bizler için, Bizlerden | Handbook Germany : Together](#)

French: [De la communauté vers la communauté | Handbook Germany : Together](#)

English: [From the community, for the community | Handbook Germany : Together](#)

The website: Basiswissen Asyl

Here you will find information on many topics: Asylum procedures, work, training, housing and much more. There is also material for learning German. Many texts are in simple German.

You can find the website here on the Internet:

[Start - basiswissen.asyl.net](http://Start-basiswissen.asyl.net)

The website: Mein Weg nach Deutschland

My way to Germany offers a lot of information for everyday life in Germany in audio texts under the headings "Living in Germany" and "Finding help". Under the heading "Practising German" there are also short films and photos with exercises and games for learning and practising German.

You can find the website here on the Internet:

[Mein Weg nach Deutschland - Goethe-Institut](#)

Apps for learning German:

The app: SerloABC

You can easily learn the Latin alphabet with this free app. The BAMF recommends the app as a supplement to literacy lessons.

You can find the website on the internet:

[Serlo ABC - lernen mit Serlo!](#)

The app: Deutschtrainer A1

You can:

- Learn words and sentences
- Listen to texts
- Play games

You can find the website on the internet:

[Kostenlos Deutsch üben - Goethe-Institut](#)

The app: Duolingo

You can learn German

- without prior knowledge (= you don't know any German yet)
- with prior knowledge (= you know a little German)

To learn German with Duolingo you need to know **English** well.

You can find the app here:

[Duolingo - Die weltbeste Methode, eine Sprache zu lernen](#)

The app: Phase6 hallo Deutsch

The app is for children and teenagers.

You can use the app to prepare for school.

You can listen to sentences/words and look at pictures.

You can find the app here:

[phase6 - Vokabeltraining und Grammatik passend zum Unterricht](#)

The app: WillkommensABC

The app is for children.

You learn the ABC.

There are lots of pictures. This is how you learn German words.

You can find the app here:

[WillkommensABC](#)

The app: Einstieg Deutsch

You learn sentences for everyday life (=life) in Germany and important words.

You can find the app here:

[Einstieg Deutsch – Apps bei Google Play](#)

You can learn German on the internet:**1. learn German for refugees: Goethe-Institut**

The website is available at:

- German
- English
- French, German
- Arabic
- Farsi

You can find the website here:

[Für Unterrichtende - Mein Weg nach Deutschland - Goethe-Institut](#)

2. course offers under: Deutsch lernen online

Many different (free) websites for learning German are collected here.

These courses are available:

- Grammar courses
- Vocabulary courses
- Reading/ Listening/ Speaking
- Courses for beginners

You can find the website here:

[Erfolgreich Deutsch lernen: Die besten kostenlosen Online-Lernangebote](#)

3. various offers under: Asylplus Akademie

Here you can find courses from A1 to C2.

You can also take placement tests (=test: How well can I speak German?)

You can find the website here:

[asylplus.de - Asylplus Akademie](#)

4. online courses: 50Sprachen.com

There are many different languages here.
50Sprachen.com is also available as an app.

You can find the website here:

[50LANGUAGES | Lernen Sie jede Sprache kostenlos online](#)

5. courses and videos/ radio: Deutsche Welle There are always new courses.

Recommended courses (=which courses are good?).

Courses from A1 to C.

Interactive courses (=to join in)

You can find the website here:

[DEUTSCH LERNEN](#)

6. online learning portal: Ich will deutsch lernen

You learn the ABC.

There are courses from A1 to B1.

You learn about: language and profession.

"I want to learn German" is also available as an app.

You can find the app here:

[Einstieg Deutsch – Apps bei Google Play](#)

You can find information on the internet here:

[vhs-Lernportal - Willkommen im vhs-Lernportal](#)

7. learn German with the Alumni-Portal Deutschland

There are interactive courses (=to join in)

You can:

- Listen to texts
- read texts
- watch videos
- Prepare for exams (=you can see: What do I have to learn for a German test?)

You can find the website here:

[Deutsch lernen | Alumniportal Deutschland](#)

8. online portal: Deutsch Info

Here you can find

- Courses
- Grammar
- Word book
- a community (you have contact with other people)

You can find the website here:

[Deutsch lernen im Internet kostenlos - deutsch.info](http://deutsch.lernen.im.Internet.kostenlos-deutsch.info)

9. language and music: [WelcomeGrooves](#)

Learn German through music: words, sentences, culture

You can find the website here:

welcomegrooves.de

Youtube-Tutorials:

German beginners course

German lessons

You can find the website here:

[Dining Table - für gesellige Abende](#)

Volunteering

What is voluntary work?

Helping other people without payment.

Sometimes you receive compensation for your time and effort (= a little money).

Helping makes you happy

You have come to Germany and perhaps received support yourself.

Other people were there for you. You can do the same.

There are various programmes to help.

Here you will find various opportunities to volunteer:

You can ask the integration guides of the city of Regensburg:

[Hauptamtliche Integrationslotsen der Stadt Regensburg - Stadt Regensburg | Integreat](#)

The city's Patenschaftsprojekt für Geflüchtete Regensburg is looking for people to look after migrants and spend free time with them:

[Patenschaften für Geflüchtete - Stadt Regensburg | Integreat](#)

You can speak German well (at least B1) and are happy to translate for others:

[Ehrenamtliche Dolmetscher - Stadt Regensburg | Integreat](#)

You can also help migrants with health problems:

[Migrantenmedizin Regensburg e.V. - Stadt Regensburg | Integreat](#)

You can get involved politically for migrants in Regensburg:

Volunteering has many advantages

You can help. Helping makes you happy.

You can meet new people.

You can learn new things.

You can use your skills. For example, you can speak your language(s).

You can give something back to Germany.

You make a good impression with the authorities.

You can do voluntary work even if you don't have a work permit.

Keywords: volunteering, helping, doing good, voluntary work

Full-time integration guides of the city of Regensburg

The integration guides support people who help migrants to find their way around a new place in their free time.

They make sure that the volunteers can help well and are not overwhelmed themselves.

For example, they provide support when volunteers take refugees to the authorities.

Volunteers help voluntarily and in their free time. They do not do this for a living.

They usually don't get paid for it. They help because they enjoy it and because they want to help others.

They also help migrants to get involved in voluntary work themselves.

Here you will find the most important tasks of integration guides:

[Stadt Regensburg - Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement - Hauptamtliche Integrationslotsen](#)

We invite you to talk to us. We can talk about your ideas and wishes as to where you can get involved.

Contact us:

Nadine Sandner-Neumann and Iris Wittmann
Amt für Integration und Migration
Maximilianstraße 26
93047 Regensburg

Tel: (0941) [507-7776](tel:507-7776) or [507-7774](tel:507-7774)

e-mail: aim-integrationslotsen@regensburg.de

Integrationslotsen supports people who help migrants to find their way around a new place in their free time.

They make sure that the volunteers are able to help well and are not overwhelmed themselves.

For example, they provide support when volunteers take refugees to the authorities.

Volunteers help voluntarily and in their free time. They do not do this for a living.

They usually don't get paid for it. They help because they enjoy it and because they want to help others.

What are our tasks?

We support all volunteers.

We are mediators.

We network offers.

We organise training courses.

We provide support in the search for accommodation.

We help volunteers with their questions.

We do public relations work.

Contact us

Stadt Regensburg, Amt für Integration und Migration

[Maximilianstr. 26, 93047 Regensburg](#)

E-mail address

aim-integrationslotsen@regensburg.de

Telephone

[09 41/ 507 77 74](tel:09415077774)

or

[09 41 / 507 77 76](tel:09415077776)

Website:

[Stadt Regensburg - Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement - Hauptamtliche Integrationslotsen](#)

The Free State of Bavaria finances integration guides in almost all towns and districts.

Keywords: volunteering, volunteers, help, offers, training courses

General information and advice on volunteering

KoBE Regensburg

We help and advise on all topics relating to volunteering.

You can find more information here on the Internet:

[Stadt Regensburg - Ehrenamt](#)

Freiwilligen Agentur Regensburg

Are you interested in volunteering?

Volunteering is something you do for others in your free time without receiving any money for it.

Depending on where you volunteer, you may receive some money to cover the costs (e.g. petrol).

Volunteering gives you a lot of recognition. It can also simply give you pleasure.

The Regensburg Volunteer Agency will advise you on what suits you and can put you in touch.

You can find more information here on the Internet:

[Freiwilligen Agentur Regensburg: Freiwilligen Agentur Regensburg](#)

Integrationslotsen der Stadt Regensburg

We look after people who would like to help with integration in their free time.

You can find more information here on the Internet:

[Hauptamtliche Integrationslotsen der Stadt Regensburg - Stadt Regensburg | Integreat](#)

Sponsorships for refugees

Would you like to help other people?

You can help refugees who have recently arrived in Regensburg or who have been living here for some time.

There are many ways to help them.

- Show them the city
- Practise German
- cook together
- Do sports
- spending free time together
- Help with homework
- attend appointments with the authorities

- help with the search for a flat

The city of Regensburg organises sponsorships and provides support with questions and problems. For example, there are discussion groups for sponsors and lots of information in one-to-one meetings or by e-mail.

Contact:

Stadt Regensburg, Amt für Integration und Migration
[Maximilianstraße 26, 93047 Regensburg](#)

E-mail: aim-integrationslotsen@Regensburg.de

Telephone: [09 41 / 507 - 77 76](tel:09415077776)

Website:

[Stadt Regensburg - Abteilung Flüchtlings- und Integrationsberatung und soziales ehrenamtliches Engagement - Ehrenamtliche Patinnen und Paten gesucht](#)

Keywords: volunteering, sponsorship, help, help for refugees

Migrant Medicine Regensburg e.V.

The association looks after the health of refugees. Many of us are studying medicine, psychology or a social subject. People from the medical field or volunteer interpreters can also help.

This is what we do:

Personal help in individual cases:

We help you with your medical care. For example, because you have a chronic illness. We help you to deal with your illness. We arrange medical appointments or find an interpreter.

Medical advice centre:

Open counselling on medical issues.

When?

Every Thursday from 4 to 6 pm

Where?

In the shared accommodation in the [Dieselstraße 3](#).

We can also make doctor's appointments and find interpreters here.
 There are no consultation hours during the semester break.

You can find information here:

<https://www.migramed.de/>

or

on Instagram

[Migranten Medizin Regensburg e.V. \(@migrantenmedizin_rgb\) • Instagram-Fotos und -Videos](#)

Write us an email at info@migramed.org

Keywords: migrants, health, health system, volunteering, help, information, medicine, counselling, care

Volunteer interpreters

Help for people who do not yet speak German well. Interpreters can translate. For example, at public authorities, doctors, counselling sessions and many other appointments.

Do you speak German well and another language? (e.g. Russian, Arabic, Ukrainian, Persian...)

Do you want to help other people? Please register with us. You can register here. We will then contact you and arrange a first appointment. There we will explain how everything works.

Contact us:

Stadt Regensburg Amt für Integration und Migration

[Maximilianstraße 26](#)

93047 Regensburg

E-mail: dolmetscherpool@regensburg.de

Telephone: [09 41 / 507 - 37 72](tel:09415073772)

Further information on the Internet:

[Stadt Regensburg - Abteilung Willkommenskultur und Integration - Ehrenamtlicher Dolmetscherpool](#)

Keywords: Translate, Volunteering, Language skills, Support

Integration Advisory Board

The Integrations-Beirat:

The city of Regensburg has various Beiräte.

For example, there is also Beiräte for young people and senior citizens.

The Beiräte support the city to help these groups.

The integrationBeirat looks after the interests of migrants in Regensburg.

It helps to ensure that everyone is treated equally and can live well in Germany.

It also helps their children and families.

There are many ways in which people can be integrated (= how they can participate in society):

For example:

- Participate in elections (politically)
- Getting to know other cultures and showing others your own culture (cultural)
- Finding work and earning money (economic)

It gives tips to the city and brings together migrant associations and organisations.

The Integration Advisory Council also organises events, for example

- the Intercultural Week
- events against racism
- and many more.

You can also find more information about the events on the Internet:

[Stadt Regensburg - Rathaus - Stadtpolitik](#)

Contact:

Integrationsbeirat
[Maximilianstraße 26](#)
 93047 Regensburg

Phone: [\(0941\) 507-3772](tel:09415073772)

E-mail: integrationsbeirat@regensburg.de

Internet: [Stadt Regensburg - Städtische Beiräte - Integrationsbeirat](#)

Clubs

Clubs

A club is a group of people.
 People do something together.

For example: sport, gardening, music, fishing...

Anyone can go and join in.

A list of clubs and organisations in Regensburg can be found [here](#).

Children and young people

Volunteer carers

Do you enjoy working with children and young people?
 We are looking for young people **between the ages of 18 and 27**.
 You will spend the holiday period (in summer) with children and young people aged 6 - 16.

Are you interested? Register here:

[Stadt Regensburg - Ehrenamtliche Betreuerinnen und Betreuer für Kinder- und Jugendfreizeiten - Betreuerin/Betreuer sein](#)

Jugendbeirat

Are you **14 - 17 years old**?

Do you want to stand up for your town and all young people?

Then you can be elected to the Youth Advisory Council in the City Council.

Elections are held every 2 years.

On the Youth Advisory Council, you can **campaign politically** for the interests of children and young people.

There are also various projects.

Website: [Jugendbeirat Regensburg | stadt. jugend. politik.](#)

Leisure time

Sport

Here you will find information on sports and leisure activities in and around Regensburg.

Sports portal of the city of Regensburg

Here you will find everything you need to know about sport in Regensburg. Information on clubs. Important places. Contacts and times. Take a look:

[Stadt Regensburg - Sport u. Freizeit - Sportportal - Sport von A-Z](#)

Keywords: sports clubs, football, basketball, tennis, swimming, sports ground, swimming pool

Sport in Regensburg

WHERE can you do sport for free in Regensburg?

WHAT can you do?

Halle 37 in the city of Regensburg - free of charge

You can do sport free of charge in the leisure sports hall.

You can go there without registering.

You can join in anywhere.

You can take your family and friends with you.

You can try out many different types of sport.

You can also chill out here.

Opening hours:

Monday to Friday 14:00 to 20:00

Address:

[Dieselstraße 7, 93093 Regensburg](#)

Further information can be found here on the Internet:

[Stadt Regensburg - Sport- und Freizeitangebote - Halle 37 - Freizeitsporthalle](#)

Sport im Park - free of charge

Sport in the Park is a sports programme for older people.

You can take part free of charge.

You can take part without registering.

You don't need any special sports clothing.

The programmes are offered in various parks in Regensburg.

The offer is available every year from 2 May to 31 October.

You can find current information and the programme here:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

Regensburg goes fit - free of charge

You do fitness in the open air.

You can do yoga, Zumba, functional training and energy dance.

The programme is available every summer from June to July.

When? Every Sunday from 4 pm to 7 pm.

Professional trainers are there for you.

You can find up-to-date information and the programme here:

[Stadt Regensburg - Sport- und Freizeitangebote - Regensburg goes FIT 2025](#)

Campus Asyl does sport - free of charge

You can do sport for free at Campus Asyl.

You can go without registering.

You can:

- swim
- Ride a bike
- dance
- play foot-ball
- much more

Here you will find current information and the programme:

[Sport | CampusAsyl e.V.](#)

Other outdoor sports activities - free of charge

You can also do sport on your own.

Or with friends.

Football, skating, curling, beach volleyball, fitness and boccia.

Here you can see where you can do these sports:

[Stadt Regensburg - Sport u. Freizeit - Sportstätten und Freizeitanlagen](#)

If you have children, you can go to playgrounds.
 You can make friends on playgrounds.
 There are lots of playgrounds in Regensburg.
 There are lots of different ways to play.
 Here you can see where the playgrounds are:

[Stadt Regensburg - Sportstätten und Freizeitanlagen - Regensburger Spielplätze](#)

Playgrounds often have football pitches and benches.
 That's good.
 So everyone has fun!

Jogging

You can jog anywhere in the city.
 That's normal.
 Pay attention to the traffic rules!
 There are many important traffic rules in Germany.
 You must observe these rules.

Other sports facilities

There are other sports halls and sports grounds in Regensburg.
 These often belong to a **club**.

You have to become a member of a **club**.
 This usually costs money.
 You can then do different types of sport.
 Ask at a club in your neighbourhood.

Look under "Sports clubs":

[Sport-Vereine und andere Vereine; Vereine von Migranten - Stadt Regensburg | Integreat](#)

Search here for a club for you:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

Women's integration through sport with fun (FIT Regensburg)

As a woman, you can join the project FIT Regensburg immediately.
 These are low-cost sports programmes especially for women with and without a migration background.

You can take part in Zumba, women's fitness, body shaping or progressive muscle relaxation.
 You can cycle for free.

The sports programmes sometimes include childcare.
 Sometimes there is a play corner for children.

You can find more information here on the Internet:

[Stadt Regensburg - Sport- und Freizeitangebote - Sport für Frauen](#)

Fitness centres and course providers

You can also do sports very well outside of sports clubs.
 You can go to fitness centres.

These programmes cost money.
 You often have to sign a contract.
 This means you have to pay for at least a year.
 Read the contract carefully!

Search the internet for "fitness studio".

Professional sport in Regensburg

There is also professional sport at Regensburg!
 For example:

- Football
- base-ball
- Ice hockey
- Tennis...
 ⇒ Take a look at the professional clubs: Top sport Regensburg.

Here you will find lots of information about the clubs:

[Startseite - SpitzenSport Regensburg](#)

Sports clubs and other clubs; migrant clubs

There are many **sports halls** and **sports grounds** in Regensburg.
 These often belong to a **Verein**.
 You have to become a member of Verein.
 This usually costs money.
 It is cheaper for children.
 It is cheaper for recognised refugees under 18.
 How much you have to pay varies.
 You can try out almost every sports club for free.
 Just ask directly!

Here you can find allsports clubs in Regensburg:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

Attention:

Are you a recognised refugee under 18?
 You can get money for a club.
 You have to fill in an application form with your sports club.
 Ask there!

Migrant sports clubs

People with migration experience have founded sports clubs.
 They also speak in their mother tongue.
 They belong to the **migrant self-organisations** (MGOs).

These clubs exist in Regensburg:

FC Kosova Regensburg**Football club**[Von-Donle-Straße 6](#)

93055 Regensburg

e-mail: fitim@ademaj.deWebsite: [FC KOSOVA REGENSBURG - VEREIN](#)**SV Türk Genclik Regensburg e.V****Football club**[Schlesische Str. 7](#)

93073 Neutraubling

e-mail:

muratdindar@hotmail.com,sv-tuerkgenclik@hotmail.comWebsite: [SV Türk Genclik Regensburg | BFV](#)**SV Donau e.V.****Football club**[Prüfeninger Str. 83a](#)

93049 Regensburg

E-Mail: netscho.novakovic@hotmail.de**Serbian Club Donau Regensburg e.V.****Football club**

No permanent clubhouse

e-mail: pajo-sachenbacher@web.deWebsite: [Serbischer Club Regensburg 72 | Facebook](#)**Titan e.V.****Russian martial arts club**[Bukarester Straße 9](#)

93055 Regensburg

E-Mail: titan.e.v@web.de**Other clubs**

There are also other clubs in Regensburg.

These are concerned with music, culture, animal protection, gardening, helping other people,

...

Here you can find other clubs in Regensburg:

[Stadt Regensburg - Start - Leben](#)

Other associations of migrants

People with migration experience have also founded other associations. These often focus on the culture, language and religion of the country of origin. They are also concerned with education and integration. They belong to the migrant self-organisations (MGOs) You can find an overview here:

[Stadt Regensburg - Integrationsbeirat - Regensburger Migrantenorganisationen](#)

City library

In a library you can borrow books, CDs, DVDs, games and much more or use them directly on site. There are also many media in other languages.

You can study there in peace and quiet.

You can use computers there.

You can practise reading there.

You can relax there.

It doesn't cost much. It's free for children. There are favourable rates for asylum seekers, students, welfare recipients and other groups. You can also use many of the services free of charge without a membership.

The library also organises regular free events. Many of them are for children and families. You can find a list here:

[Stadt Regensburg - Stadtbücherei - Veranstaltungen](#)

Locations

Stadtbücherei Am Haidplatz (Zentrale)

[Haidplatz 8](#)

Phone: [09 41 / 507 - 2470](tel:09415072470)

E-mail: stadtbuecherei@regensburg.de

Internet: [Stadt Regensburg - Büchereien - Haidplatz](#)

Stadtteil-Bücherei NORD

[Hans-Hayder-Straße 2](#)

Phone: [09 41 / 507 - 34 70](tel:09415073470)

E-Mail: buechereinord@regensburg.de

Internet: [Stadt Regensburg - Büchereien - Nord](#)

Stadtteil-Bücherei OST

[Alfons-Auer-Straße 18](#)

Phone: [09 41 / 507 - 34 74](tel:09415073474)

E-mail: <mailto:buechereiost@regensburg.de>

Internet: [City of Regensburg - Libraries - East](#)

Stadtteil-Bücherei SÜD
[Dr.-Gessler-Straße 47](#)

Phone: [09 41 / 507 - 34 76](tel:09415073476)

E-Mail: buechereisued@regensburg.de

Internet: [Stadt Regensburg - Büchereien - Süd](#)

Stadtteil-Bücherei BURGWEINTING im BUZ
[Friedrich-Viehbach-Allee 3](#)

Phone: [09 41 / 507 - 34 71](tel:09415073471)

E-Mail: buechereiburgweinting@regensburg.de

Internet: [Stadt Regensburg - Büchereien - Burgweinting](#)

Stadtteil-Bücherei CANDIS
[Kastenmaierstraße 2](#)

Phone: [09 41 / 507 - 34 77](tel:09415073477)

E-Mail: buechereicandis@regensburg.de

Internet: [Stadt Regensburg - Büchereien - Candis](#)

Keywords: library, library, books, reading, learning German, internet, computer

Art and culture

Calendar of events

Which events are taking place WHEN and WHERE?

Search for events here in the app:

[Veranstaltungen - Stadt Regensburg | Integreat](#)

Or in the Regensburg events calendar:

[Stadt Regensburg - Veranstaltungen](#)

You can find more information about culture in Regensburg here:

[Stadt Regensburg - Start - Kultur](#)

M26 - A place by all, for all

The M26 is an open art and culture centre for everyone. There are workshops, music and exhibitions. Almost all events are free of charge.

Contact:

[Maximilianstraße 26, 93047 Regensburg](#)

Monday, Tuesday and Wednesday the Community Cafe is open from 8.30 am to 12.30 pm.

Saturday 14 - 17:00 free hands-on workshops for everyone aged 10 and over.

www.m26kultur.de

kontakt@m26kultur.de

Keywords: culture, theatre, concerts, music, art, exhibition, cinema

KulTür Regensburg e.V.

You have little money? But you would like to go to the theatre or concerts? Would you like to get to know the culture here better? You can't afford tickets for events?

KulTür organises free offers. For people with little money. Also for asylum seekers and refugees.

Contact:

KulTür Regensburg e.V.

[Obermünsterstr. 1](#)

93047 Regensburg

Tuesday, Wednesday and Thursday from 9 am to 12 noon. Thursday from 1 - 4 pm.

Ticket office: [0941 3820 1669](tel:094138201669)

Project management: [0176 534 10 876](tel:017653410876)

Internet:

www.kultuer-regensburg.de

E-mail:

post@kultuer-regensburg.de

Keywords: culture, theatre, concerts, music, art, exhibition, cinema

Adult Education Centre Regensburg

The Volkshochschule (VHS) is a school where adults can attend courses. The courses are very diverse.

Courses are offered for learning languages, computer skills, sports, art and more.

Anyone who wants to can take part and the prices are usually favourable. The VHS helps people to learn new skills or further their education.

There are VHS centres in almost every city in Germany Volkshochschulen. A VHS often has several locations and there are centres all over Germany.

The majority of courses and events at Volkshochschule Regensburg take place at Thon-Dittmer-Palais at Haidplatz, Scheugässchen or in the BildungsCentern at KÖWE and Candis .

You can find out about the current programme on the VHS Regensburg homepage.

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

Museums in Regensburg

For lovers of art and history, we recommend the museums and galleries in the city of Regensburg.

Under this link you will find an overview of the museums in the city:

<https://www.regensburg.de/museen/die-museen>

Regensburg Theatre

Do you like going to the theatre?

Here you can find information on the many events and venues!

<https://www.theaterregensburg.de/start/index.html>

Family, women, children and seniors

Family app "We R Family"

Regensburg's FamilienApp is specially designed for families and parents-to-be. It was developed by the City of Regensburg's Youth and Family Office Regensburg. It is multilingual!

In the app you will find

- a calendar of events, courses and offers for children, young people and parents.
- Emergency telephone numbers and important addresses.
- lots of important **information** for families.

You can customise the app to suit your own needs.

Letters for parents from the Bavarian Youth Welfare Office and the Bavarian parenting guide are also linked in the app.

You can find the app here:

[Willkommen | Familien-App Regensburg](#)

Offers for families

Family centres

What is a family centre?

You can go here with your children. There are also other parents and children there. At Familienzentrum there are various offers for you and your child. For example, courses, events and activities.

Do you have problems? Do your children have a problem? The Familienzentrum can help you. There is help and counselling on site.

You can find more information and contacts here:

[Stadt Regensburg - Dezentrale Soziale Dienste - Familienstützpunkte](#)

Neighbourhood projects

What is a neighbourhood project?

A neighbourhood project organises various activities, projects and events. Do you have problems? Does your family have a problem? The neighbourhood project can help you. There is help for young people, childcare services, counselling for parents and much more.

You can find more information and contacts here:

[Stadt Regensburg - Dezentrale Soziale Dienste - Stadtteilprojekte](#)

Multi-generation centre

The multi-generation centre is there for everyone.

Everyone is welcome: Children, young people, families, parents, older people.

Further information and contacts can be found here:

[Stadt Regensburg - MGH](#)

Keywords: counselling, help, education, exchange, courses, offers, playing, meeting point, family, district

Financial aid for families

Families in Germany enjoy special protection.

This protection includes providing families with financial relief and support.

In Bavaria, there are special family benefits for young families.

There are also various financial aids (=money) in Regensburg.

You can find the information under the following link:

[Stadt Regensburg - Rat und Hilfe - Finanzielle Hilfen](#)

So that families are relieved. And have more time for their children.

Child benefit

Child benefit is available for almost every child in Germany. You receive child benefit if your place of residence and habitual abode is in Germany. Your children must also live here.

Note for asylum seekers: You cannot receive child benefit during the asylum procedure. This is only possible once you have received a **positive** decision from BAMF. From this point onwards, you can apply for child benefit.

You can find information on child benefit here:

[Kindergeld für Asylberechtigte und anerkannte Flüchtlinge](#)

[Kindergeld; Beantragung - BayernPortal](#)

You can find the application for child benefit here:

[Die wichtigsten Merkblätter, Formulare und Anträge der Familienkasse zum Download | Bundesagentur für Arbeit](#)

Parental allowance

Many parents want to look after their child after the birth. To do this, they do not work for a certain period of time.

Or they only work part-time. Part-time means that you work less than 30 hours a week.

You will receive at least 300 euros each month. But it can also be more.

There are differences. Those who earned a lot before the birth of their child: They get more parental allowance.

If you didn't earn as much: They get less parental allowance.

You normally receive parental allowance for 12 months.

You will receive parental allowance if you are resident and living in Germany. You need a residence permit. You must live together with your child.

Note for asylum seekers: You cannot receive parental allowance during the asylum procedure. This is only possible once you have received a **positive** decision from BAMF.

You can find information on parental allowance here:

[Leichte Sprache - Familienleistungen | ZBFS - Zentrum Bayern Familie und Soziales](#)

[Elterngeld - BMFSFJ](#)

You can apply for parental allowance online here:

[Herzlich willkommen - Elterngeld Onlineantrag](#)

Family allowance

In Bavaria, there is family money for parents of one and two-year-old children. Parents are supported with 250 euros per month and child. From the third child onwards, there is 300 euros per month. The family allowance is paid regardless of income.

If your child was born on or after 1 October 2015, you will receive family allowance.

You will receive family allowance if you have your habitual residence in Bavaria and live here. You must live with your child. You must bring up your child yourself.

You can find information on family allowance here:

[Bayerisches Familiengeld | Bayerisches Staatsministerium für Familie, Arbeit und Soziales](#)

You can find answers to frequently asked questions about family allowance here on the Internet:

[Häufige Fragen | ZBFS - Zentrum Bayern Familie und Soziales](#)

The application for parental allowance in Bavaria also counts as an application for family allowance if you are granted parental allowance.

If you have already received parental allowance, you do not need to submit an application.

If you have not received parental allowance, you must submit an application.

You can find the application form here:

[familiengeldantrag.pdf](#)

Keywords: financial benefits, child benefit, help for families, parental allowance

Childcare for children from 0-6 years

Childcare for children from 0-6 years

What do you do?

You bring your child to a house with lots of children and adults (= carers).

Your child stays there without parents.

The carers look after your child.

Your child can play, do handicrafts, learn and more!

You pick your child up again later.

When?

Monday to Friday. Mornings or mornings and afternoons.

Saturday and Sunday not.

How much does childcare cost?

That varies greatly. Ask the centre.

⇒ You can find more information here:

[Stadt Regensburg - Familien - Kinderbetreuung](#)

Types of childcare

1. crèche or toddler room

What: A group of children (12 or fewer).

Who is it for? Babies and children until they are 3 years old.

Who is looking after? Several adults.

Where? You can find a list here:

[Stadt Regensburg - Kinderbetreuung - Krabbelstuben](#)

2nd child day care:

Day mum:

What: A small group.

For whom? For children from 0-6 years.

Who looks after? An adult.

OR

Children's day care nests:

Approximately 10 children in a group.

For whom? Children from 1-3 years old.

Who looks after? 1 -3 adults.

Ask here:

Amt für Tages-Betreuung von Kindern

Kinder-Tages-Pflege

[Domplatz 3](#)

93047 Regensburg

Under these links you will also find telephone numbers and e-mail addresses:

[Stadt Regensburg - Kinderbetreuung - Kindertagespflege](#)

3. kindergarten

What: Kindergarten. Several groups in one house. Sometimes your child can stay there all day (=all-day care).

For whom? Children from 3-6 years.

Who looks after them? Several adults.

Where? You can find a list here:

[Stadt Regensburg - Kinderbetreuung - Kindergärten](#)

Tip: How can I find a crèche near me

- a crèche / toddler room?
- a day care centre?
- a kindergarten?

⇒ **Search with Kita-Planer Regensburg:**

[Startseite - Kita-Planer Stadt Regensburg](#)

Keywords: childcare, nursery, kindergarten, day care centre, crèche, day nursery, childminder, education, child development, support, language support, working parents

Holiday and leisure activities for children and young people

Youth Centre (JuZ)

Would you like to play, make music, climb or skateboard after school? There's bound to be a youth centre near your home. You can meet other children and young people there:

[Stadt Regensburg - Jugend - Jugendzentren](#)

Locations

JuZ Fantasy

[Taunusstraße 5](#)

93051 Regensburg

[Telefon](#)

[E-Mail](#)

Website: [Stadt Regensburg - JUZ Fantasy](#)

JuZ Arena

[Unterislinger Weg 2](#)

93053 Regensburg

[Telefon](#)

[E-Mail](#)

Website: [Stadt Regensburg - JUZ Arena](#)

JuZ Utopia

[Kirchfeldallee 2](#)

93055 Regensburg

[Telefon](#)

[E-Mail](#)

Website: [Stadt Regensburg - JUZ Utopia](#)

JuZ Königswiesen

[Dr.Gessler-Str. 22](#)

93051 Regensburg

[Telefon](#)

[E-Mail](#)

[Stadt Regensburg - JUZ Königswiesen](#)

Jugendzentrum Kontrast[Vilshofer Str. 14](#)

93055 Regensburg

[Telefon](#)[E-Mail](#)[Startseite - Jugend- und Familienzentrum Kontrast](#)**Zentrum für junge Kultur W1**[Weingasse 1](#)

93047 Regensburg

[Telefon](#)[E-Mail](#)Website: [Stadt Regensburg - W1 - Das W1](#)**Jugendtreff Don Bosco**[Hans-Sachs-Str. 4](#)

93049 Regensburg

[Telefon](#)[E-Mail](#)Website: [Don Bosco Regensburg - Don Bosco](#)**EJSA Jugend-Cafe**[Hemauerstr. 20a](#)

93047 Regensburg

Phone [0941 58612155](#)Email: juca@ejsa-regensburg.dePhone: [0941 58612140](#)Email: schueca@ejsa-regensburg.deWebsite: [Jugendcafé: Ejsa Regensburg](#)**Katholische Jugend-Stelle Regensburg Stadt**

Diözesanzentrum St. Emmeram

[Emmeramsplatz 10](#)

93047 Regensburg

1st floor, room 135

Telephone: Phone [0941 597-2339](#)Email: regensburg-stadt@jugendstelle.deWebsite: [Katholische Jugendstelle Regensburg-Stadt](#)**2nd play bus**Are you **6 to 14 years old** and want to play in the afternoon?You can come from May to October to the **Spiel-Bus** come.

The play bus is a lorry with toys for lots of games.

The play bus comes with nice adults who do activities with the children.

Website:

[Stadt Regensburg - Zentrum Guericke](#)

Ask:

[Spielbus](#)

[Ostengasse 29](#)

93047 Regensburg

Phone [0941 507-5553](#)

Email:

spielbus@Regensburg.de

3. holiday activities and international encounters

Are you **6 to 16 years old** and want to have fun during the holidays?

You can experience lots of fun things during your holidays.

You have to register.

The activities cost money.

Further information on the Internet.

[Stadt Regensburg - Jugend - Ferien und Freizeit](#)

Contact us:

[Amt für kommunale Jugendarbeit](#)

Margit Lungauer

[Domplatz 3](#)

93047 Regensburg

Room 232

Telephone: [0941 507-1552](#)

Email: Lungauer.Margit@Regensburg.de

4th holiday pass

Are you **6 to 15 years old** and staying in Regensburg during the summer holidays?

Buy the [Ferien-Pass](#) for 1 Euro.

The holiday pass is not a pass.

You get free and reduced admission and can buy a bathing or bus ticket.

Ask:

Amt für kommunale Jugend-Arbeit

Doris Stecher

[Domplatz 3](#)

93047 Regensburg

Phone: [0941 507-1554](#)

Email: Stecher.Doris@Regensburg.de

You can find more information on the Internet here:

[Stadt Regensburg - Jugend - Ferien und Freizeit](#)

5th multi-generational house

Meeting point for everyone:

Children, young people, families, mums, senior citizens

What?

- Playing theatre
- Offers of help
- Support in everyday life
- Mutual help
- education
- Letting rooms to groups
- Café with favourable prices and no obligation to eat = you don't have to buy anything.

Ask:

Mehr-Generationen-Haus

[Ostengasse 29](#)

93047 Regensburg

Website: [Stadt Regensburg - MGH](#)

6th Mini-Regensburg

Are you **between 8 and 14 years old**?

Do you live in the city or district of Regensburg?

Then spend the summer in the children's play city Mini-Regensburg:

[Mini-Regensburg 2025 - Mini Regensburg 2025](#)

There are lots of play stations, for example:

- cinema
- carpenter's workshop
- museum
- university
- Buying house
- Sewing workshop
- Radio Mini-Regensburg

Ask:

Amt für kommunale Jugend-Arbeit

Rosemarie Wöhr

[Domplatz 3](#)

93047 Regensburg

Phone: [0941 507-1551](#)

Email: Woehrl.Rosemarie@Regensburg.de

Website: [Stadt Regensburg - Direktorium 2 - Kommunale Jugendarbeit](#)

7th playground

The playgrounds are for children and young people **aged 6** and over.

On the playground you can play volleyball, basketball or football.

For the little ones there are sand boxes, games with water ...

You can play from 9.00 am until it gets dark, until 8.00 pm at the latest

Search for a play area on the Internet:

[Stadt Regensburg - Sportstätten und Freizeitanlagen - Regensburger Spielplätze](#)

8. youth leisure centres

There are **two** youth leisure centres in Regensburg.

You can spend the night there with a group, cook for yourself and also go swimming.

Primarily for youth welfare organisations, youth work and youth education, but also privately.

Jugend-Frei-Zeit-Stätte Haslbach

You can find more information on the Internet here:

[Stadt Regensburg - Jugendfreizeitstätten - Haslbach](#)

Jugend-Frei-Zeit-Stätte Schwalbennest

You can find more information on the Internet here:

[Stadt Regensburg - Jugendfreizeitstätten - Schwalbennest](#)

Ask:

Amt für kommunale Jugend-Arbeit

Margit Lungauer

[Domplatz 3](#)

93047 Regensburg

Phone: [0941 507-1552](tel:09415071552)

Email: Lungauer.Margit@Regensburg.de

You can find more information about Jugend-Freizeitstätten on the Internet here:

[Stadt Regensburg - Ferien und Freizeit - Jugendfreizeitstätten](#)

⇒ **Here you can find more organisers of holiday activities!**

[Stadt Regensburg - Ferien und Freizeit - Weitere Veranstalter von Ferienaktionen](#)

Keywords: youth centre, leisure, leisure activities, holiday activities, games, sports, entertainment

Offers for women

Women's integration through sport with fun

As a woman, you can take part in the project FIT Regensburg immediately.
These are low-cost sports programmes (for women with and without a migration background):

[Stadt Regensburg - Sport- und Freizeitangebote - Sport für Frauen](#)

You can do Zumba, women's fitness, body shaping or progressive muscle relaxation.
You can cycle for free.

Sometimes the programmes include childcare.
Sometimes there is also a play corner for children.

You can find out more here:

Landrats-Amt – Gesundheits-Amt
Gerlinde Axmann
Phone: [0941 4009761](tel:09414009761)
Email: sozialdienst@lra-regensburg.de

Offers for women at CampusAsyl e.V.

Refugee women can take part in many different projects at CampusAsyl.
There are also projects just for women.
All CampusAsyl projects are free of charge.
For example: language courses with childcare, cycling courses, sports courses, computer courses, MotherSchools or meetings for women "Let's talk!".
You can find the projects here:

[Frauenförderung | CampusAsyl e.V.](#)

Would you like to take part?
You can write an email to : info@campus-asyl.de
Or you can send a WhatsApp message to: [017695286077](tel:017695286077)

Offer for women and girls with a migration background from IN VIA Regensburg e.V.

At IN VIA you can meet up with other women, exchange ideas and go on excursions together.
You can also take part in an integration project "Living in Bavaria" and learn more about Bavaria.
You can find the programme here:

[Mädchen und Frauen - IN VIA Regensburg e.V.](#)

Women's Health Centre

The Women's Health Centre offers a programme on the mental and physical health of women and girls twice a year. There are courses, lectures and much more.
You can find the programme here

[Start | FrauenGesundheitsZentrum e.V.](#)

⇒ **Here you can find many more offers and advice centres for women in Regensburg!**

[Stadt Regensburg - Frauen u. Männer - Aktuelles aus dem Büro für Chancengleichheit](#)

Keywords: women, counselling, help, exchange, courses, offers, meeting point, sport

Offers for senior citizens

There are many offers for senior citizens at Regensburg . You can get advice, help and support there You can find a collection here.

[Stadt Regensburg - Leben - Senioren](#)

Contact:

[Seniorenamt](#)

[Johann-Hösl-Straße 11](#)

93053 Regensburg

Telephone: [0941 507-1542](#)

Sport and leisure

There are many sports and leisure activities for senior citizens. You can go hiking, do yoga, dance and much more!

Click here for more information:

[Stadt Regensburg - Aktiv im Alter - Freizeit und Bewegung](#)

Culture

You can also do theatre (no experience necessary). Or make music. And much more. Click here for more information.

[Stadt Regensburg - Aktiv im Alter - Kultur](#)

Education

Do you speak several languages? Meet up with others and speak these languages! You can also take a computer course. Are you interested in philosophy, literature or art? Click here for more information:

[Stadt Regensburg - Aktiv im Alter - Bildung](#)

Some programmes are free. Some cost money. Check with the senior citizens' office beforehand.

Keywords: senior citizens, age, computer, leisure, sport, help, courses, events

Health

Healthcare system in Germany

General information

There is a lot of information about health in Germany on the Internet. Much of it is available in several languages.

How does healthcare work? What do I do if I am ill? What help can I get?

[Ratgeber Gesundheit für Asylsuchende](#)

Health for all: [Gesundheit für alle](#)
Guide in many languages.

Visit to the gynaecologist (film in different languages):

[Gut zu Wissen Film | Besuch bei der Frauenärztin](#)

Health vocabulary

- [Take Care Projekt](#)
- Picture-word book: [Das Bildwörterbuch für Geflüchtete | Apotheken Umschau](#)

Further information in many languages

[Mehrsprachige Gesundheitsinformationen](#)

Keywords: doctor, specialist, vaccinations, health, illness, pharmacies, medicine

Health insurance

- You **must** have health insurance.
- Many people have statutory health insurance.
- You have to pay for health insurance **every month**.

Children **do not** have to pay.

You are ill:

-> The health insurance company pays the doctor, the medication, the clinic.

-> You usually have to pay extra.

- You can choose your own health insurance fund.
- You can change health insurance company.

Find out exactly what you need to know!

Questions? Ask your counsellor at the migration counselling service.

Health insurance for asylum seekers

Your asylum application is recognised OR you have been in Germany for more than 18 months?

- > You can get a card for health insurance (electronic health card).
 - > You do not need to submit an application to the social welfare office. The social welfare office will check automatically.
 - > You will receive a letter from the social welfare office.
- The letter **says**: You will receive a card.

You can choose a health insurance fund.

You have the card. With the card you go directly to the doctor.

You no longer have to go to the social welfare office.

Keywords: statutory health insurance, GKV, insurance card, health insurance, costs for treatment, costs for medication, insurance, insurance card, chip card

Doctors

Doctor (physician)

You can choose the doctor yourself.

Doctors have a duty of confidentiality:

You can talk to the doctor about anything. The doctor will not tell anyone.

Take your doctor with you:

- Insurance card
- Your medication
- a sheet with your questions
- Perhaps an interpreter

If you need medication, you will receive a **prescription**.

Appointment: You call the doctor. Ask for an appointment: "I'm ill! Can I come and see you?"
Without an appointment, you often have to wait a long time.

⇒ You can find doctors in Regensburg on the Internet. You will also find different languages spoken by the doctors:

[116117.de - Arzt- und Psychotherapeutensuche](https://116117.de)

Doctors are normally open from Monday to Friday.

The opening hours vary depending on the doctor. They are usually closed on Wednesday afternoons.

General practitioner and paediatrician

If you are ill, you first go to the general practitioner. They are often also called **family doctors**.

Children should go to a paediatrician.

This doctor is the first point of contact for all illnesses. They will examine you and decide on further treatment.

If treatment by a specialist doctor is necessary, he will send you there. He will give you a **referral**.

Specialist doctor / specialist

Specialist doctors specialise in one medical field. They take over the further treatment after the referral from the general practitioner. For example: gynaecologist, lung specialist or ear, nose and throat specialist, urologist, orthopaedist ...

On-call service

If you need a doctor at night or at the weekend and it is not an emergency, you can call here:

1st medical on-call service

only in the evening and at weekends

Telephone: 116 117

2. medical on-call practice Regensburg

in the hospital of the Barmherzigen Brüder

[Prüfeninger Straße 86](#)

Wednesday and Friday from 4 p.m. to 8 p.m.

Saturday, Sunday and public holidays from 8.00 a.m. to 9.00 p.m.

3rd Dental emergency service

only in the evening and at weekends

Telephone: [0941 5 98 79 23](#)

Saturday, Sunday and public holidays from 10.00 a.m. to 12.00 noon and from 6.00 p.m. to 7.00 p.m.

4th Dental emergency service at the university hospital

Telephone: [0941 94 40](#)

You can always call (24 hours a day). It is intended for emergencies such as acute pain, swelling, suppuration, post-operative bleeding and accidents.

Keywords: doctor, specialist, practice, medical practice, referral, referral slip, medical treatment, dentist, general practitioner, family doctor, paediatrician, KV on-call service

Hospital

Hospital

A hospital (= clinic or hospital centre) is a building in which sick people are cured.

- A large number of doctors and nurses work in a hospital.
- You only go to hospital if you are very ill or seriously injured.

- You go to hospital when there is an emergency.

You can find out what an emergency is on the "**Emergency**" page.

You cannot choose the doctor in the hospital.

The doctor can be a woman or a man.

You are in the room with other people.

You have to pay a little money for each day in the clinic.

The health insurance company pays the rest.

Hospitals in Regensburg:

Caritas Krankenhaus St. Josef

Landshuter Str. 65

93053 Regensburg

Internet: <https://csj.de/medizin-und-pflege/kliniken>

Krankenhaus Barmherzige Brüder

Prüfeninger Str. 86

93049 Regensburg

Internet: <https://www.barmherzige-regensburg.de/>

Universitätsklinikum Regensburg

Franz-Josef-Strauß-Allee 11

93053 Regensburg

Internet: <https://www.ukr.de/>

KUNO Klinik St. Hedwig

Steinmetzstraße 1-3,

93049 Regensburg

Internet: <https://www.barmherzige-hedwig.de/>

Regensburger Kinderzentrum St. Martin

Wieshuberstr. 4,

93059 Regensburg

Internet: <https://www.kinderzentrum-regensburg.de/>

Sick as an asylum seeker

You are ill

I. Do you live in the AnKER centre (Bajuwarenstraße 1a, Zeißstraße 1 oder 9)?

Here you can get help if you need a doctor.

1. medical area

Go to the **medical area of the AnKER-Zentrum** centre. There you will be helped by a doctor from [Refumed](#) or another doctor.

- If you need a specialist doctor, you can get one here. [Überweisungs-Schein](#).
- If you need a dentist, you can get one [Zahn-Behandlungs-Schein](#) from the social welfare office.
-> Then go to the **Sozial-Amt** office in the **Bajuwarenstraße 1a**.

II. Do you live in shared accommodation (GU) or in your own flat?

Do you want to go to the family doctor, paediatrician, gynaecologist, ophthalmologist or dentist?
⇒ You need a **Kranken-Behandlungs-Schein (= paper for the doctor)**.

The medical treatment voucher is valid for one quarter (= three months):

1. Quarter: January, February, March
2. Quarter: April, May, June
3. Quarter: July, August, September
4. Quarter: October, November, December

For example:

You can go to the doctor in January, February and March with the sickness treatment voucher in the 1st quarter.

For April, May and June (2nd quarter) you will need a **new** sickness treatment certificate.

How do I get the Kranken-Behandlungs-Schein?

You go to the [Sozial-Amt](#).

You **do not** need an appointment at the social welfare office.

You get the Kranken-Behandlungs-Schein from the social welfare office.

You can find more information about the social welfare office here:

[Stadt Regensburg - Direktorium 2 - Sozialamt](#)

With the **Kranken-Behandlungs-Schein** you go to the family doctor, paediatrician, gynaecologist, ophthalmologist or dentist.

If you need to see a specialist

- The doctor says: You need a specialist (e.g. orthopaedist)
- The doctor gives you a **Überweisung (=paper for the specialist)**
- You make an appointment with the specialist
- **Important:** Take your Überweisung with you to the appointment!

If you have to go to hospital:

- The doctor says: You have to go to hospital (= clinic)
- The doctor gives you a **Einweisung (= paper for the hospital)**
⇒ You have to go to the social welfare office with the referral.

The social welfare office checks:

1. Can you go to the hospital?
2. The social welfare office will tell you: **yes** -> you may go to hospital; **no** -> you may **not** go to hospital

Have a look at the article "**Health**"

Here is a lot of information about health and illness:

- => Health system in Germany
- => Pregnancy and birth
- => Contraception and family planning
- => Child health
- => Trauma and mental health
- => Disability
- => Hospice and palliative care
- => Health advice centres
- => Emergency

What can I have treated by a doctor? What does the social welfare office pay for?

The social welfare office will **only** give you a medical treatment voucher **or** an admission to hospital if it is absolutely necessary:

if it is absolutely necessary.

For acute illnesses and acute pain.

if you need the usual vaccinations and medical check-ups.

if you are pregnant: you will receive all necessary services.

You can find more information at "[Schwangerschaft und Geburt](#)"

[Schwangerschaft und Geburt - Stadt Regensburg | Integreat](#)

At birth: You and the child will receive all necessary services.

You can find more information here [Kindergesundheit](#):

[Kinder-Gesundheit \(Krankenversicherung, Kinderarzt\) - Stadt Regensburg | Integreat](#)

What do I do in an emergency (= unexpected situation in which you need help from a doctor quickly)?

1. You go **directly** to a doctor or hospital.
2. You go **without** Einweisung or Kranken-Behandlungs-Schein.
3. In an emergency, the doctor or hospital speaks directly to Sozial-Amt.

IMPORTANT:

ONLY in an emergency do you go to the doctor **without** Einweisung or Kranken-Behandlungs-Schein .

Here are telephone numbers and rules for emergencies. - >

<https://integreat.app/regensburg/de/notfall/>

When can I get a card for health insurance?

- Your **asylum application** has been **recognised**.
- You have been **in Germany for more than 18 months**.

Then you can get a health insurance card (= electronic health card):

- You **do not** have to submit an application to the social welfare office.
- The social welfare office will check automatically.
- You will receive a letter from the social welfare office.
The letter says: You will receive a card.
- You have the card and can go straight to the doctor. You **no longer have to go to the social welfare office**.

Look under "Asylum"

=> "After being recognised as a refugee"

=> "**You need health insurance**"

Where is the social welfare office?

[Amt für Soziales](#)

[Bajuwarenstraße 1A](#)

93053 Regensburg

Telephone: 0941 507-1502

E-mail: sozialamt-asyl@regensburg.de

Opening hours:

Monday to Friday: 08:00-11:30

Keywords: health treatment certificate, treatment certificate, referral, referral certificate, specialist, hospital, necessary treatment, pain treatment, health card, health insurance

Pregnancy and birth

Pregnancy

Are you having a baby?

Are you pregnant?

Take a pregnancy test!

You buy a pregnancy test in a pharmacy:

[Apotheken in Regensburg | aponet.de](#)

or a drugstore:

[Drogerien Regensburg \(Gelbe Seiten\)](#)

Go to the gynaecologist:
The gynaecologist takes care of you and your child.

You can search for gynaecologists in Regensburg here:

116117.de - Arzt- und Psychotherapeutensuche

You will receive a Mutter-Pass:
The mother's passport contains the results of the examinations.

The mum's passport is important!

You must always take the Mutter-Pass with you to the gynaecologist.
The Mutter-Pass is not an identity card.

Go for regular check-ups!

Health insurance

The **health insurance fund pays for pregnancy examinations.**

Go for regular check-ups!

Do you have any questions?

Ask your gynaecologist.

He will help you.

⇒ **There is also a lot of information on the internet in many languages. Look under "Health insurance" here in the app.**

Your health insurance will also pay for counselling from a midwife.

The midwife can come to your home.

- Do you have questions about your pregnancy?
- The midwife will help you.
- Before the birth and after the baby is born.

How can the midwife help you?

You can find information about the work of midwives here:

⇒ [Informationen zur Arbeit von Hebammen](#)

You urgently need a midwife, but you can't find one who has time for you and your baby? You can get help here:

[Hebammenhilfe - Koordinierungsstelle der Stadt und des Landkreises Regensburg - Gesundheitsförderung & -hilfe | Landkreis Regensburg](#)

Are you looking for more advice?

⇒ Take a look at "Who can help me? Advice on health and illness".

- Help phone "Pregnant and lots of questions": [0800 4040020](tel:08004040020)
- Information on pregnancy and birth in many languages:

[Familienplanung und Schwangerschaft | Zanzu](#)

Birth

The baby is born:

Clinic/hospital

There are two specialised maternity clinics in Regensburg:

[Hospital: Klinik St. Hedwig](#)[Unser Haus - Klinik St. Hedwig](#)

[Hospital: Caritaskrankenhaus St. Josef](#)

[Schwangerschaft und Geburt](#)

At home

You can also have your baby at home.

⇒ Ask your gynaecologist.

Geburts-Urkunde

What is the Geburts-Urkunde?

The Geburts-Urkunde is an important document.

You must keep the Geburts-Urkunde.

The Geburts-Urkunde says:

- What is the child's name?
- Where was the child born?
- When was the child born?
- Who is the mother?
- Who is the father?

How do I get the Geburts-Urkunde?

After the birth you have to fill in a form.

The form is called: Geburts-Anzeige.

You fill in the Geburts-Anzeige at the hospital or birth centre.

The Geburts-Anzeige contains the following information:

- First name of the child
- Surname of the child
- Much more information about the child and the parents

Important:

Mother and father must sign the birth registration form.

The birth certificate costs **10€**.

What documents do I need to take with me?

- Passport
or Aufenthalts-Erlaubnis
or Fiktions-Bescheinigung

or Duldung

- Geburts-Urkunde from mother
- Geburts-Urkunde from father
- German translation of Geburts-Urkunde from mother and father

If you are married:

- Heirats-Urkunde
- German translation of the Heirats-Urkunde

I have no Hochzeits-Urkunde or Geburts-Urkunde!

You do not have all the documents?

The hospital will **NOT** give you a birth certificate.

You have to go to Standes-Amt.

Call and make an appointment at the registry office:

Stadt Regensburg - Standes-Amts-Wesen

[D.-Martin-Luther-Straße 3](#)

93047 Regensburg

Phone: [0941 507-1347](tel:09415071347)

Email: [Email: Standesamt_geburt@regensburg.de](mailto:Standesamt_geburt@regensburg.de)

Internet:

[Stadt Regensburg - Abteilung Standesamtswesen und Versicherungsamt - Sachgebiet Standesamtswesen](#)

⇒ **Look here for more information:**

[So registrieren Sie Ihr neugeborenes Kind](#)

Counselling

⇒ **You can find pregnancy counselling services in Regensburg under "Who can help me? Counselling on health and illness".**

Keywords: gynaecologist, pregnancy test, maternity pass, prenatal care, check-ups, midwife, birth preparation, birth, delivery, birth certificate

Contraception and family planning

Family planning/contraception

If you

- do not want to get pregnant
- protect yourself from sexually transmitted diseases

you must use a contraceptive during sex. For example condoms.

There are many different contraceptives. Some cost more money than others. The contraceptives work differently. Find out more! If you are not sure which contraceptive is right

for you, ask a doctor.

You can find information on contraception in many languages here:

[Verhütung | Zanzu](#)

ATTENTION:

Only condoms can protect you from AIDS and other diseases!

No contraceptive is 100 per cent safe!

Costs for contraception

Are you under 23?

Your health insurance will pay a large part. You only have to pay a small part yourself.

From the age of 23 you have to pay for contraception.

If you have little money, the city of Regensburg can cover the costs of contraception. You must submit an application to the social welfare office.

You can find information here:

[Flyer Kostenübernahme für Verhütungsmittel](#)

Keywords: contraceptives, contraception, condoms, pill, birth control pill, sexually transmitted infections, STI, preventing pregnancy, safer sex

Pregnancy conflict and abortion

Are you unintentionally pregnant? Have you tested positive for pregnancy?

You don't want a child at the moment?

Because you are very young.

Because you have no money.

Because you have no support.

Because you don't want to be a mum.

Then you can have an abortion. (= terminate pregnancy)

In Germany, it's **okay not to** want a child. Every woman can decide for herself. Do I want to be a mum or not. In Germany you are allowed to terminate a pregnancy.

It is allowed. But only if

- it is before the 12th week
- after the 12th week only if there is a serious risk to you or your baby (e.g. illness, disability)

What do you have to do now?

- Call the gynaecologist --> make an appointment

"I am pregnant, I need an examination"

- Go to a counselling centre --> Make an appointment

"I need counselling about my pregnancy"

Counselling is **compulsory**. Counselling is **free of charge**. The staff there want to help you. They have a duty of confidentiality. They are not allowed to tell anyone about it. You can trust them.

- after the counselling --> think for at least 3 days: Do I want the child? Do I not want the child?

- Make an appointment for an abortion or keep the baby

If your German is not yet so good, the doctor or counselling service can book an interpreter for you.

You can get help and information here:

- pro familia Regensburg

[An der Schergenbreite 1](#)

93059 Regensburg

Phone: [\(0941\) 70 44 55](tel:(0941)704455)

E-mail:

regensburg@profamilia.de

Website:

www.profamilia.de/regensburg

- DONUM VITAE in Bayern e. V.

[Maximilianstraße 13](#)

93047 Regensburg

Phone: [\(0941\) 595 64 90](tel:(0941)5956490)

Website:

[Regensburg - donum vitae](#)

[Gesundheitsamt Regensburg Schwangerschaftskonfliktberatung](#)

[Altmühlstraße 3](#)

93059 Regensburg

Phone: [\(0941\) 4009 764](tel:(0941)4009764)

Website:

[Schwangerschaftskonfliktberatung - Abteilungen und Sachgebiete | Landkreis Regensburg](#)

Keywords: pregnancy, unwanted pregnancy, pregnancy conflict, abortion, pregnancy counselling, help with pregnancy, counselling centres

Children's health (health insurance, paediatrician)

Health insurance for children

Health insurance for your child **does not** normally cost **any** money.

Your child is "familien-versichert ", which means that they are insured together with you.

Your child will receive an insurance card.

You must take your child's insurance card with you to the doctor.

You **do not** have to pay any money for your child at the doctor.

Paediatrician

There are special doctors for children: paediatricians (doctors for Pädiatrie).

They know all about paediatric health.

Choose a paediatrician for your child.

⇒ **Here you can find paediatricians in Regensburg:**

[kinderarzt regensburg - Google Suche](#)

U-Untersuchungen (= paediatric check-ups)

You must take your child to the doctor regularly.

The U-Untersuchung is good for your child's health.

The health insurance company pays for the U-examinations.

You will receive an examination booklet (yellow) -> The Gelbe Heft

You can find information about the "yellow booklet" here:

[Das Gelbe Heft | kindergesundheit-info.de](#)

Take the examination booklet with you to the examinations!

What are the U-examinations?

You must make an appointment for your child with the doctor for the U-Untersuchung examination.

The doctor will examine

- Mobility
- dexterity
- Speech and comprehension
- social behaviour

He advises on various topics:

- Vaccinations
- Accident prevention
- Dental health
- nutrition
- other problems and concerns you have about your child's development

Important: the examination must be carried out at a specific time!

⇒ **Here you can see when your child needs to be examined:**

[Terminrechner für die U1-U9-Untersuchungen | kindergesundheit-info.de](https://www.kindergesundheit-info.de/terminrechner)

The U examinations are early detection examinations.

This means that if your child is ill, the illness can be detected and treated **early**.

The doctor will check whether your child is developing properly (for example: how well can they speak?)

Your child can be supported and encouraged.

Vaccination

The paediatrician can vaccinate your child.

(Vaccination = protection against a disease)

Ask the paediatrician.

The health insurance company pays for the vaccination for children.

⇒ **Recommended vaccinations for children:**

[RKI - Infektionskrankheiten](https://www.rki.de/Infektionskrankheiten)

My child is traumatised, what can I do?

⇒ **Here you will find important information for parents:**

[Patient*innen – BPTK](#)

Available in German, English, Arabic, Farsi, Kurdish

Keywords: family insurance, preventive care, check-ups, yellow check-up booklet, U-booklet, paediatrician, U1, U2, U3, U4, U5, U6, U7, U7a, U8, U9, child development, child health

Trauma and mental health

What could be signs of mental illness?

- You are not feeling well.
- You have worries.
- Bad memories or thoughts.
- You are homesick.

- You can't sleep.
- Your concentration is poor.
- You are often afraid.
- You eat a lot or very little.
- You are always tired.

Mental illnesses are depression, anxiety disorders, addictions or trauma.
There are special doctors for mental illnesses.

There is help!

A **doctor** can help. Or a **therapist**. You can also do something yourself.

You can also go to your migration counsellor. Some counsellors can also help you with psychological problems and trauma.

Information and help on trauma:

1. Refugee Trauma Help

Here you can find information in many languages. You can help yourself:

[Soforthilfe-Projekt für traumatisierte Flüchtlinge](#)

2. online psychotherapy in English, German and Arabic:

[Home - Ilajnafsy](#)

3. Almhar - App for refugees

Information and exercises on sleep problems, stress, depressive symptoms and more - in Arabic, English and Farsi:

[ALMHAR - App für Geflüchtete - Zentrum ÜBERLEBEN](#)

3rd trauma picture book in many languages

Help for traumatised children. What can parents do?

You can find the picture book online here:

[Bilderbuch - Little Trauma Help](#)

Keywords: mental illness, mental health, therapy, psychotherapy, psychologist, psychiatrist, self-help services, trauma therapy, traumatised

Disability

Everyone should be able to participate in social life. This also applies to people with disabilities.
There is special counselling, projects, help and support for this.

You can find lots of information and contacts here:

[Stadt Regensburg - Leben - Inklusion](#)

Keywords: Inclusion, accessibility

Hospice and palliative care

There are various forms of assistance available for seriously ill and dying people at Regensburg . This allows them to spend their last days as well as possible.

Here you will find a video that explains hospice and palliative care in Germany. The video is available in many languages:

[Videos Hospiz- / Palliativversorgung Deutschland in mehreren Sprachen](#)

In this guide you will find information and an overview of services in many languages:

[Home - Wegweiser Hospiz- und Palliativversorgung](#)

Clinics

Terminally ill people are cared for in hospitals by special teams. In some cases, there are also special wards. Pain is alleviated there, for example.

Hospice

A seriously ill person can be admitted to a hospice in their final days if they do not need to be hospitalised but cannot stay at home. For Regensburg there is the Johannes-Hospiz in Pentling.

[Johannes-Hospiz](#)

[Hölkering 1, 93080 Pentling](#)

[Telefon](#)

Hospice association

Volunteer carers can help. They are specially trained and visit the sick at home. This is organised by the Regensburg Hospice Association:

[Hospiz-Verein Regensburg e.V.](#)

[Hölkering 1, 93080 Pentling](#)

[Telefon](#)

Specialised outpatient palliative care (SAPV)

If the dying have severe and complicated complaints, SAPV can support the doctor. A carer acts as a guide together with the doctors to look after the patients at home. The team also includes a counsellor, a respiratory therapist and a social worker. The health insurance company pays for this service. Contact is made by the family doctor.

[PALLIAMO gGmbH](#)

[Cranachweg 16, 93051 Regensburg](#)

An overview of care at Regensburg can be found here:

https://www.palliamo.de/site/assets/files/1780/17_broschuere_netzwerk

Emergency

Emergency

An emergency is, for example, an illness or injury.

In an emergency, you need a doctor immediately if, for example

- have a very high temperature.
- have broken a bone.
- have a severe haemorrhage.
- cannot breathe.
- have consumed something poisonous.
- are unconscious (= unconscious).

In an emergency, you call for help (= emergency call):

Telephone:

[112](#)

The emergency call **does not cost any money**.

You can call the emergency number on any telephone.

An ambulance can be with you quickly.

Emergency call - what do you have to do?

Stay calm!

Listen carefully!

Answer questions!

You have to say:

- **Where** is the patient?
- **What** has happened?
- **How** is the patient?

Important telephone numbers for emergencies:

- Police, fire brigade, ambulance, poison emergency call
- Emergency doctor service, emergency pharmacy service
- Help for women and children
- Psychological help
⇒ **Look at "Help in an emergency"**

Police ->

Telephone:

[110](#)

If it is possible for you, you can always go to the clinic.

The clinic has an emergency room.

First aid

You see a person in distress:
Help the person!
You can save lives.

You can take a first aid course.
The course teaches you how to help others in an emergency.

⇒ **Video 1:** What do you have to do in an emergency?

[Erste-Hilfe](#)

⇒ **Video 2:** First aid in an emergency

[Erste Hilfe in 2 Minuten erklärt](#)

⇒ Here you can find first aid courses in Regensburg!

[erste hilfe kurs regensburg - Google Suche](#)

Keywords: rescue service, ambulance, emergency, danger to life, first aid, emergency call

Who can help me? Counselling on health and illness

Do you have a problem? Do you need someone to talk to? Does your family have a problem? Do you know someone who has a problem?

You are not alone!

Pregnancy counselling

Are you pregnant? Do you need help or have questions? These centres can help you:

[DONUM VITAE in Bayern e.V.](#)

[pro familia Regensburg e.V.](#)

[Gesundheits-Amt Regensburg](#)

[Caritas Schwangerschafts-Beratung](#)

AIDS

Do you have AIDS? Do you need help or have questions about the disease? You can get help here:

[Aids-Beratungs-Stelle Oberpfalz](#)

[AIDS-Hilfe Regensburg e.V.](#)

[Gesundheits-Amt Regensburg](#)

Psychosocial counselling

Do you have psychological problems? Do you have social problems? Do you need advice? You can find help here:

[Diakonie Regensburg](#)

[Bayerische Gesellschaft für psychische Gesundheit e.V.](#)

[Gesundheits-Amt Regensburg](#)

[Krisen-Dienst Horizont](#)

[Telefon-Seelsorge Regensburg](#)

Addiction

Are you an addict? These centres can help you:

[Sucht-Beratung der Caritas](#)

[KISS - Selbsthilfe](#)

[Gesundheits-Amt Regensburg](#)

[Anonyme Alkoholiker](#)

[DrugStop](#)

[Sucht im Alter](#)

Eating disorders

Do you have problems eating? You can no longer eat normally? You can get help here:

[Waagnis](#)

Keywords: pregnancy, pastoral care, addiction, counselling

MiMi - With migrants for migrants (MiMi-Bayern)

Do you live in Regensburg and come from another country? Do you want to learn something about the healthcare system in Germany? Do you want to help other migrants find their way around the German system?

The project MiMi-Bayern offers:

- Free training as "Gesundheits-Lotse" (about 50 hours).
- Trained migrants give other migrants information on health and illness.

Contact:

Amt für Integration und Migration

Maximilianstraße 26 | 93047 Regensburg

E-mail

aim@regensburg.de

Telephone:

[09 41 507 37 74](tel:09415073774)

Further information on the Internet:

[Stadt Regensburg - Abteilung Willkommenskultur und Integration - MiMi](#)

MiMi-Bayern is a project of Ethno-Medizinischen Zentrums e.V. and is funded by Bayerischen Staatsministerium für Gesundheit, Pflege und Prävention and MSD SHARP & DOHME GMBH. The project exists in many places in Bavaria. The project has been running in Regensburg since 2015.

Keywords: health, volunteering, illness

Migrant Medicine Regensburg e.V.

The association looks after the health of refugees. Many of us are studying medicine, psychology or a social subject. People from the medical field or volunteer interpreters can also help.

This is what we do:

Personal help in individual cases:

We help you with your medical care. For example, because you have a chronic illness. We help you to deal with your illness. We arrange medical appointments or find an interpreter.

Medical advice centre:

Open counselling on medical issues.

When?

Every Thursday from 4 to 6 pm

Where?

In the shared accommodation in the [Dieselstraße 3](#).

We can also make doctor's appointments and find interpreters here. There are no consultation hours during the semester break.

You can find information here:

<https://www.migramed.de/>

or

on Instagram

[Migranten Medizin Regensburg e.V. \(@migrantenmedizin_rgb\) • Instagram-Fotos und -Videos](#)

Write us an email at info@migramed.org

Keywords: migrants, health, health system, volunteering, help, information, medicine, counselling, care

Migrantenmedizin Regensburg e.V

The organisation looks after the health of refugees. Many of those who help there are studying medicine, psychology or a social subject. People from the medical field or volunteer interpreters can also help.


This is what the organisation does:

Help in individual cases:

- The association supports you with medical problems. For example, if you have chronic illnesses
- They show you how to deal with the illness
- They make medical appointments for you and find interpreters

Medical advice centre:

- You can ask questions about your health

 **When?** Every Thursday from 4 to 6 pm

 **Where?** In the shared accommodation at Dieselstraße 3.

Important: There are no consultation hours during the semester break.

You can find information here:

[Home | Migrantenmedizin Regensburg](#)

or

Write us an e-mail to info@migramed.org

Keywords: migrants, health, health system, volunteering, help, information, medicine, counselling, care

KISS Regensburg

KISS Regensburg helps you to find a self-help group.

Selbsthilfe (= learning to help yourself)

There are various groups in Regensburg.

In self-help groups, people with similar problems meet and talk together.

For example, if you have a health problem.

This group can help you to feel better.

You can get in touch here:

KISS Regensburg

Landshuter Str. 19
93047 Regensburg

Phone: [\(0941\) 599 388 610](tel:0941599388610)

E-mail: kiss.regensburg@paritaet-bayern.de

Internet:

[KISS Regensburg: KISS Regensburg](#)

Help in an emergency

Police, fire brigade, ambulance, poison centre

Police:

Telephone (emergency call):

[110](#)

You can find information about the police in easy language here:

[Die Bayerische Polizei - Leichte Sprache - Die Bayerische Polizei im Internet](#)

Fire:

Telephone for fire brigade (emergency call):

[112](#)

Medical emergency, accident:

Telephone for emergency doctor (emergency call):

[112](#)

If you or your child have ingested something poisonous, you can call the poison emergency number

(Example: A small child has drunk washing-up liquid).

There are two places you can call. They will help you and tell you what to do now.

Gift-Notruf NürnbergTelephone [0911 3982451](tel:0911 3982451)**Gift-Notruf München**Telephone [089 19240](tel:089 19240)**Important rules in an emergency:**

You call 112.

Say the important things:

Where did the emergency/accident happen?**What** has happened?**How many** people are injured?**What type of** injury?**Wait** for questions back from the rescue control centre (these are the people you are talking to on the phone)!**Medical emergency service, pharmacy emergency service****Ärztlicher-Bereitschafts-Dienst**

It's late at night or Sunday or a public holiday?

You're not feeling well.

You need a doctor?

Your doctor is not open?

You can call here:

[116 117](tel:116 117)

Ask for a doctor on call.

But not for emergencies!

Phone number for emergencies:

[112](tel:112)

Or go to the hospital.

You can find on-call doctors' surgeries here:

[116117.de - Bereitschaftspraxen suchen](https://116117.de)**Dental emergency service**

Emergency with a tooth?

For example, pain, bleeding, accident?

Your dentist is not open?

Where is the emergency service? Look here:

[Zahnärztlicher Notdienst, Zahnarzt, Notfall, Zahnschmerzen, Zahnarztnotdienst - Auskunft
Zahnärztlicher Notdienst](#)

Or:

[Zahnärztlicher Notfalldienst im Universitätsklinikum Regensburg](#)

Pharmacy emergency service

Is it night or Sunday or a public holiday?

You're not feeling well. You need a medicine.

Then look for an open pharmacy here:

[Apotheken-Notdienst und -Nachtdienst suchen | aponet.de](#)

There are always pharmacies that are open when most pharmacies are already closed.

They are called emergency service pharmacies.

Search for pharmacies with emergency service and night service:

[Apotheken-Notdienst und -Nachtdienst suchen | aponet.de](#)

Help for women and children

Are you a woman in need?

You can always call:

Telephone: [0800 116 016](#)

You can also get help in other languages.

Sexualised violence

The Frauen Notruf Regensburg e.V.

is a counselling centre for women and girls who have experienced sexualised violence:

[Frauennotruf Regensburg e.V. – Beratungsstelle für Frauen und Mädchen mit sexualisierten
Gewalterfahrungen](#)

Telephone: [0941 24171](#)

Not-Iseln for children

Are you afraid on your way to school?

You can get help.

Where?

You go to an emergency shop on the way to school (shops = shops, doctors)

The people there can help you.

The shops have a sticker.

The sticker says Notinsel.

You have to enter the place where you live (for example: Regensburg):

[Notinsel finden | Notinsel](#)

Worry phone

Are you desperate or sad?

Are you not feeling well right now?

Here you will find telephone numbers where you can speak confidentially:

Telephone counselling: [0800 1110111](#) or - [1110222](#)

Soulphone: [0228 71002425](#)

Child and youth helpline: [0800 1110333](#)