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## 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](#)

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## 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:

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[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

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[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](tel:0941 58612155)Email: [juca@ejsa-regensburg.de](mailto:juca@ejsa-regensburg.de)Phone: [0941 58612140](tel:0941 58612140)Email: [schueca@ejsa-regensburg.de](mailto:schueca@ejsa-regensburg.de)Website: [Jugendcafé: Ejsa Regensburg](#)**Katholische Jugend-Stelle Regensburg Stadt**

Diözesanzentrum St. Emmeram

[Emmeramsplatz 10](#)

93047 Regensburg

1st floor, room 135

Telephone: Phone [0941 597-2339](tel:0941 597-2339)Email: [regensburg-stadt@jugendstelle.de](mailto:regensburg-stadt@jugendstelle.de)Website: [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](tel:0941 507-5553)

Email:

[spielbus@Regensburg.de](mailto: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](tel:0941 507-1552)

Email: [Lungauer.Margit@Regensburg.de](mailto: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](tel:0941 507-1554)

Email: [Stecher.Doris@Regensburg.de](mailto: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 Wöhl**

[Domplatz 3](#)

93047 Regensburg

Phone: [0941 507-1551](tel:0941 507-1551)

Email: [Woehrl.Rosemarie@Regensburg.de](mailto: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](mailto: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](mailto: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](mailto:info@campus-asyl.de)

Or you can send a WhatsApp message to: [017695286077](https://wa.me/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](tel:09415071542)

## **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**