

## Table of Contents

<b>Legal matters and rights</b>	<b>2</b>
<b>Basic rights</b>	<b>2</b>
<b>Asylum and refugees</b>	<b>2</b>
Residence status	2
Application for asylum	5
Family asylum and international protection for family members	6
Asylum counselling	6
Information on the war in Ukraine	7
<b>Consumer advice centre</b>	<b>9</b>
<b>Women's rights</b>	<b>10</b>
Labour and wages	10
FGM - female genital mutilation	10
Termination of pregnancy	11
Domestic violence	12
<b>Children's rights</b>	<b>13</b>
<b>Anti-discrimination and victim counselling</b>	<b>14</b>
Experiences with discrimination	14
Lesbian, gay, bisexual, trans* and inter* (LGBTI)	15
People with disabilities	16
Religious freedom	17
<b>Police</b>	<b>18</b>
Responsibilities of the police	18
Rights vis-à-vis the police	19

## Legal matters and rights

### Basic rights

#### The Basic Law (Grundgesetz)

In every country, there are rules that everyone must abide by. The most important law for Germany is the Basic Law. It is a collection of 146 articles. Each article stands for a law, i.e. a rule. These rules determine how we live together in Germany. The basic rights protect the freedom of each individual. They are set out in Articles 1 to 19 of the Basic Law (catalogue of basic rights).

🎧 Here you can find the Basic Law in 11 languages: [Arabic](#), [Chinese](#), [English](#), [French](#), [Italian](#), [Persian](#), [Polish](#), [Russian](#), [Serbian](#), [Spanish](#), [Turkish](#) and [German](#).

🎬 This film clearly illustrates how the German constitutional state works: [German](#), [Dari](#), [Arabic](#), [English](#), [French](#), [Pashto](#), [Urdu](#).

#### Universal Declaration of Human Rights

Human rights are important rights that always apply to all people all over the world. Human rights are rights that every person has by virtue of being human. They protect the dignity of every human being. They apply equally to all people. No distinction is made between people.

There are 30 rights. The most important are

- All people are worth the same.
- Everyone is allowed to have their own opinion.
- All people have a right to peace and security.

### Asylum and refugees

#### Residence status

Everyone in Germany has an ID card. This ID helps to identify people. As an asylum seeker, you also need an ID card. This allows the authorities to recognise your status. Your status determines whether you are allowed to work or not.

#### There are 5 different documents:

##### 1. proof of arrival (Ankunftsnachweis)

Status: Asylum seeker

Background: You have told the authorities that you need asylum. The authorities have registered you in the system. However, you have not yet applied for asylum. This card is valid until you submit your application. You submit the application to the Federal Office for Migration and Refugees (BAMF).



## 2. residence permit (Aufenthaltsgestattung)

Status: Asylum seeker

Background: You have applied for asylum. A group of people will decide on your application. This often takes a very long time. This permit is valid until the decision is made. The Federal Office for Migration and Refugees (BAMF) decides on the asylum application. Has your application been rejected as unfounded? Then you can appeal against it. You can do this at the administrative court. You are allowed to stay in Germany until the administrative court has made a decision.

This permit says whether you are allowed to work. The permit says where you can live.

- Would you like to work? Do you need a permit for this? You can obtain this from the [Rostock Migration Office](#) (Migrationsamt Rostock) Your employer or you as an employee can apply for this.
- Would you like to find work? Go to the [employment agency](#) (Agentur für Arbeit)
- Do you need financial help? Go to the [Office for Social Affairs and Participation](#) (Amt für Soziales und Teilhabe)



## 3. fiction certificate (Fiktionsbescheinigung)

Status: Recognised refugees

Background: You have submitted an application to the foreigners authority. This application is intended to extend their right to stay. The authority then often issues a certificate. This certificate authorises you to stay. This is important because your application has not yet been processed.



#### 4. residence permit (Aufenthaltserlaubnis)

Status: Recognised refugees

Background: Your application for asylum has been accepted

The residence permit is a temporary residence title. It is issued for a specific purpose.

- You can later obtain an unlimited right of residence (settlement permit)
- You have unrestricted access to the labour market
- The [Hanse Job Centre](#) (Hanse Jobcenter) can arrange work and social benefits for you



#### 5. tolerated stay (Duldung)

Status: Tolerated person

Background: Your application for asylum has been rejected

With a tolerated stay you will not be returned to your home country. Duldung is granted for a certain period of time. Sometimes deportation is impossible for legal, factual, humanitarian or personal reasons.

- There is a general rule. This allows certain groups to be tolerated for a maximum of 3 months. You cannot be returned to your home country for this period.
- A work permit is generally required. You can apply for this at the [Rostock Migration Office](#) (Migrationsamt Rostock)
- Would you like to find work? Go to the [Employment Agency](#) (Agentur für Arbeit)
- Do you need financial help? Go to the [Office for Social Affairs and Participation](#) (Amt für Soziales und Teilhabe)



## Application for asylum

If you are registered in Germany and live in shared accommodation, these are the next steps for you.

### 1. personal application for asylum

- You apply for asylum at the **Federal Office for Migration and Refugees (BAMF)**
- Asylum procedure counselling can provide you with important information for the asylum procedure. The Refugee and Integration Counselling Service is responsible for this.
- **Important:** You can only submit your application in person. You cannot send this application by post.
- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not been given an appointment, ask your accommodation manager

### 2. first interview appointment (asylum application)

You must report to the [Migration Office](#) after your first appointment.

### 3. personal interview

The second interview appointment is the actual interview. The BAMF will then decide on your asylum application. They will send you a decision. The decision will be explained in detail.

#### a) The decision is negative

- If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to your [asylum counsellor](#) immediately. They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can take legal action against the decision.
- Would you prefer to leave the country voluntarily? Then you can receive financial support for your new start in your country of origin.

#### b) The decision is positive, i.e. you are recognised as entitled to protection. The next steps are

**Fictitious certificate or electronic residence permit (eAT):** You have received the positive BAMF decision. You must then immediately obtain an identity document or its equivalent. You can obtain this from the [Migration Office](#) (Migrationsamt).

**Job centre:** You will no longer receive your money from the social welfare office, but must

submit an application to the [Hanse Job Centre](#).

## **Family asylum and international protection for family members**

You have been granted asylum in Germany. A member of your family also needs asylum. You can submit an application. The member of your family will be granted the status of a person entitled to protection.

For the purposes of family asylum, members of families include

- Spouses or registered partners,
- unmarried children who are minors,
- the parents of unmarried minor children,
- other adults who have custody of unmarried minor children,
- unmarried minor siblings of minors.

💡 Parents must have custody of their children. They must therefore be able to look after their children.

Do you want to bring your husband or wife to Germany? You must already be married in your country of origin. Then your husband or wife can also be granted asylum. The marriage must be recognised by Germany. The application for asylum must be submitted before or at the same time as your application. You must be entitled to protection.

## **Born in Germany:**

You have already applied for asylum? Have you subsequently had a child in Germany? A separate asylum application can be made for your child. You or your partner must still be in the asylum procedure. Please inform the Federal Office for Migration and Refugees about the birth. The foreigners authority can also inform the Federal Office. The asylum application is then automatically deemed to have been submitted. The parents can submit their own reasons for asylum for their child. If they do not do so, the same reasons apply as for the parents. Here too, an appeal is possible in the event of a negative decision by the Federal Office.

Likewise, and for the protection of the child, underage children are not and must not be returned separately from their parents in the event of a negative decision.

Further information can be found directly at the BAMF.

 [Webseite Familiennachzug \(BAMF\)](#)

## **Asylum counselling**

The asylum counselling service advises people who have applied for asylum. You can also go to the counselling service if you are a new immigrant with permanent residence status.

Asylum seekers and refugees can seek advice on everyday matters. The counsellors help with the following topics:

- Asylum procedure - information and answers to questions

- Information about German law
- Help and advice with questions about authorities
- Finding local services
- Orientation on site
- Advise and help with everyday problems
- Advice on integration programmes (such as language courses)
- Advice on questions about family reunification
- Refer people to other specialised services
- Advise on voluntary return or onward migration
- They are contact persons for volunteers. They answer specialised questions about the asylum procedure

👥 Do you have a secure right of residence? Then the [migration counselling](#) service [for adult immigrants](#) can also help you. It advises adults aged 27 and over. Families can also seek help there.

👥 Are you under the age of 27? Then the [Youth Migration Service](#) is the right place to go.

## Information on the war in Ukraine

## Information from the Federal Foreign Office and the Federal Office for Migration and Refugees

Here you can find out what is important at the moment - for example, what the current [situation](#) is. You can also find rules here if you want to enter Germany or if you need a visa. We have already written down some important questions and answers for you:

## I am in Germany without a visa - what can I do now?

If you come from Ukraine, you do not need a visa to come to Germany until **4 December 2025**. From the day you enter the country, you can stay here for up to 90 days without a special permit. You can even stay in Germany without a special residence permit until **4 March 2026**.

During the 90-day visa exemption period, you can consider whether you would like to stay in Germany for longer. There are various options for this:

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).
2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.

3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

## **Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2025?**

Your residence permit will be automatically extended and will then be valid until 4 March 2026. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

## **What happens when you arrive in Germany?**

When you come to Germany, there are a few important steps that you need to take one after the other. This is how it works:

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.
- Finally, you apply for a permit so that you can stay in Germany for longer.

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

## **Can I work in Germany with a residence permit for temporary protection?**

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

## **Should people from Ukraine apply for asylum?**

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

Registration upon entry does not constitute an application for asylum. An application for asylum must be submitted to the responsible branch office of the Federal Office for Migration and Refugees in order for an asylum procedure to be carried out.

For these reasons, it is not necessary to file an asylum application to secure a right of residence or to claim social benefits.


## **Information portal of the German government**

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](#)

## **Embassy of Ukraine in Berlin**

 [+493028887128](#)

 [Albrechtstraße 26, 10117 Berlin](#)

## **Consumer advice centre**

The consumer centres (Verbraucherzentralen) inform and support consumers in the area of private consumption. They provide advice on topics such as money, insurance, food, the environment, health and care, energy, travel and contracts. The information you receive here is generally reliable.

Personal advice from the consumer advice centre costs money. The costs depend on the topic. You can enquire directly at a consumer advice centre in your area.

The consumer advice centre can help with the following questions and topics:

- Do I have to pay for television?
- Can I watch films or listen to music on the Internet?
- How do I use apps safely?
- What is a bank allowed to do in relation to an account, loan or debt?
- How can I get out of a contract?
- Environmental protection and health protection
- Electricity and gas contracts
- Saving energy

[Information from the consumer advice centre](#) on various topics for migrants is available in several languages. Most of the information is available in German, English, Ukrainian, French, Turkish, Romanian, Bulgarian, Arabic and Farsi.

## [Verbraucherzentrale Mecklenburg-Vorpommern](#)

### Women's rights

#### Labour and wages

On average, women in Germany earn less than men. On the one hand, they work in areas that are paid less. This is the case in the social sector, for example. But women also often earn less than their male colleagues for the same job. Politicians have been discussing various proposals for years to achieve greater pay equality. So far, however, not much has changed.

Many women's jobs are not perceived as work. They do the housework. They bring up the children. Or they care for sick or elderly family members. These jobs are unpaid. But they are still work. This is often not recognised.

In Germany, many people still think that the man earns the money. And therefore he doesn't have to help with the housework. But more and more women are also working.

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. Find out more from the following organisations:

#### Migrationsberatungsstellen

 [DRK - Migrationsberatungsstelle für erwachsene Zugewanderte](#)

 [Caritas - Migrationsberatungsstelle für erwachsene Zugewanderte](#)

 [Stadt Rostock - Migrationsamt](#)

 [Bundesagentur für Arbeit](#)

 [Stadt Rostock - Hanse Jobcenter](#)

#### FGM - female genital mutilation

In Germany, female genital mutilation (FGM) (weibliche Genitalverstümmelung (FGM)) is prohibited. Since September 2013, FGM has been punishable by imprisonment. Parents are also not allowed to leave the country to have their daughter circumcised abroad. This is also prosecuted under German criminal law. Girls and young women can apply for asylum if they are threatened with being circumcised.

Many girls die during the mutilation or as a result of it. There are many dangerous after-effects of the mutilation:

- Incontinence,
- pain,
- heavy bleeding,
- complications during sexual intercourse and childbirth,
- infertility,
- Risk of HIV and hepatitis infection,
- blood poisoning and tetanus,

- states of shock,
- psychological trauma,
- depression.

💡 Sexual satisfaction is also usually no longer possible after FGM.

If you are affected or threatened by FGM, contact the help hotline on [08000116016](tel:08000116016). The helpline staff are there for you day and night and in various languages.

In Germany, it is possible to reconstruct the clitoris. This reconstructive operation can be performed by plastic surgeons. Ask a gynaecologist for advice. A "[Centre for Victims of Genital Mutilation](#)" has been founded in Berlin. Here, not only the physical but also the psychological consequences are treated anonymously and free of charge. You do not need health insurance for this.

## Termination of pregnancy

In Germany, you have the right to terminate your pregnancy under certain conditions. An abortion can only be carried out in the first twelve weeks of pregnancy, after pregnancy conflict counselling and accompanied by a doctor. After the first twelve weeks, an abortion is only possible in exceptional cases.

If someone wants to force you to have an abortion or you have questions about a possible abortion, contact the help hotline for pregnant women in need: [08004040020](tel:08004040020).

## Counselling centres for pregnant women

📍 [Caritas - Schwangerschaftsberatung, Frauen- und Familienberatung](#)

📍 [donum vitae - Schwangerschaftsberatung](#)

📍 [Caritas - Schwangerschaftsberatung, Frauen- und Familienberatung](#)

If you have become pregnant as a result of rape, you can have an abortion up to twelve weeks after conception. In this case, you do not have to visit a counselling centre. However, you can seek advice free of charge at a counselling centre near you. If your physical or mental health is endangered by the pregnancy, you can still have an abortion at a later date. The risk must be certified by a doctor.

💡 Are you under 18 years old? Do you want to terminate the pregnancy? Then your mother or father must usually give their consent. Are you over 16 years old? Then the doctor may decide that you no longer need your parents' consent. Are you under 16 years old? Then you usually need the consent of one of your parents. Are you unable or unwilling to tell your parents about the pregnancy? Then contact a counselling centre. The staff there will help you.

## Who pays for the costs of an abortion?

If you have become pregnant as a result of rape or if your pregnancy jeopardises your health, your health insurance company or the Office for Social Affairs and Participation (Amt für Soziales und Teilhabe) will cover the costs of an abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay part of the costs yourself. In this case, your

health insurance will only pay for the medical counselling and care as well as the medication before and after the procedure. You will have to pay the costs of the actual abortion yourself. This is usually between €200 and €600. You can find out more about the various abortion options in many different languages at [zanzu.de](https://zanzu.de).

💡 Do you receive benefits from the state? Or do you only earn a little money? Then you can apply to your [health insurance provider](#) or 📍 for the costs of an abortion to be covered. [Stadt Rostock - Amt für Soziales und Teilhabe](#) to apply for this.

## **I don't want to keep the child, but I don't want to have an abortion either. What can I do?**

If you cannot or do not want to keep your child, you can give your child up for adoption after birth. The youth welfare office (Jugendamt) will then initially take over the care of your child and look after it. If you then finally decide that you do not want to bring up your child yourself, you can give it up for adoption. The youth welfare office will then look for a caring family to raise your child.

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth" ("vertraulichen Geburt"). With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs of the counselling and the birth yourself. If you would like a "confidential birth", you can contact the counselling centre around the clock on the telephone number [08004040020](tel:08004040020) or online to the counselling centre [Beratung und Geburt](#) counselling centre.

contact the counselling centre. Counselling is free and anonymous. The staff there speak many languages. Alternatively, you can also contact any clinic. The staff there know what to do.

## **Domestic violence**

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. It can be sexual. Or physical, such as punches or kicks. But it can also be psychological. If someone you know is violent towards you, this is called "domestic violence" ("häusliche Gewalt").

Domestic violence usually takes place in the home, but can also happen in other places. Many people think of domestic violence in terms of physical violence, i.e. sexual abuse or beatings. But domestic violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also domestic violence. Stalking, i.e. when you are followed and watched, can also be a form of domestic violence.

Every form of violence is a criminal offence in Germany. This means that the [police](#) must get involved if they hear about it from you, witnesses or witnesses.

If you are a victim of domestic violence, you are not alone. Studies show that one in four women in Germany experience domestic violence. Many victims of domestic violence find it

difficult to go to the police or a counselling centre with their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres in Germany for victims of domestic violence. Do not be afraid to seek help.

You can contact the [Hilfetelefon für Gewalt gegen Frauen](#) counselling centre.

If you are no longer safe at home, you can go to a women's refuge. You can stay overnight in a women's refuge and get help.

## Counselling and support in Rostock

### Stark machen e.V. (Stark machen e.V.)

Stark machen e.V. is an association. The organisation advises and supports women who have experienced violence. Here you can find information on the help available.

📍 [Stark machen e.V. - Fachberatungsstelle gegen sexualisierte Gewalt](#)

📍 [Stark machen e.V. - Interventionsstelle Hilfe und Unterstützung bei häuslicher Gewalt und Stalking](#)


## Children's rights

As a child, you need special protection. That is why you also have special rights. These rights are set out in the Convention on the Rights of the Child. The General Assembly of the United Nations adopted the Convention in 1989.

The UN Convention on the Rights of the Child can be divided into four groups: the right to life and personal development, equal treatment, the best interests of the child and participation. In detail, this means

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

💡 Are there issues that affect you as children? Then adults must listen to your opinion and take it into account when making decisions.

 You can find a clear explanation of the 10 important children's rights here: [German/Arabic](#) and [German/Persian](#).

Are you experiencing violence? Do you feel unfairly treated? Then the [youth welfare office](#) (Jugendamt) can advise you.

## **German Child Protection Association Rostock**

The Kinderschutzbund e.V (Kinderschutzbund e.V) is an organisation for children and families. There are various projects and programmes. Parents can also get advice here and take part in events.

 [Kinderschutzbund Rostock](#)

## **Anti-discrimination and victim counselling**

### **LOBBI e.V.**

LOBBI e.V. is an association. Here you can get counselling and help if you are affected by right-wing violence. Even if you have experienced or witnessed violence related to your religion, origin or sexuality. Counselling is free of charge. The staff at LOBBI provide support with legal, financial and psychological problems.

 [LOBBI e.V.](#)

### **AntiRaktiv**

AntiRaktiv is a project. There are counselling centres in Rostock that people who have experienced racism in everyday life can turn to. The counselling is multilingual and a language mediator can be present.

 [AntiRaktiv](#)

## **Experiences with discrimination**

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life. Am I not allowed into the club because I have a disability? Did I not get the job because I wear a headscarf? Are my children treated less favourably at school because they speak little German? Do the police only check me on the long-distance bus because I have a different skin colour? Does the taxi driver refuse to give me a lift because I am transgender? Experiences like these lead to anger, powerlessness and a feeling of helplessness. But you don't have to simply accept discrimination. You have the right to defend yourself against it.

All people in Germany have this right. Regardless of their origin or residence status. It is enshrined in the German constitution as one of the human rights. You can take legal action against discrimination.

## **Have I been discriminated against?**

Sometimes you don't know exactly whether you have been discriminated against. You are unsure because other people don't see a problem with an action or don't think the discrimination is bad. This is where counselling can help. The staff at the counselling centre will take your experiences seriously. They can tell you whether your experience is also legally considered discrimination and what legal options you now have. But even if your experience is not legally considered discrimination, the counselling centre can help you. The staff can help you to come to terms with what you have experienced and develop strategies for the future.

The anti-discrimination counselling centres (Antidiskriminierungsberatungsstellen ) support all people who have experienced discrimination and would like advice.

For example, you can contact the Federal Anti-Discrimination Agency directly on the telephone number [030185551855](tel:030185551855) for counselling. The advice centre can be reached at ☎ on Mondays from 1 - 3 pm and ☎ on Wednesdays and Fridays from 9 am - 12 pm. The staff speak German. Counselling is free of charge and anonymous if you wish. You will have to pay the usual telephone charges for the call.

You can also ask the German Anti-Discrimination Association for help.

You can find the anti-discrimination centres in the federal state of Mecklenburg-Vorpommern [here](#)

or at [Beratung und Hilfe in Rostock](#)

## **What do I do if I have been discriminated against by the police?**

You can also experience discrimination at the hands of the police. One experience that many people in Germany have, for example, is so-called racial profiling. If a person is stopped, questioned, searched or even arrested by the police simply because they appear suspicious because of their skin colour or similar characteristics, this is discrimination. "Racial Profiling". But discriminatory insults, abuse or assaults can also happen. Victims of police brutality or police violence can report police officers.

Police officers are not above the law. What they may and may not do is regulated in the Criminal Code, the Code of Criminal Procedure and police law. You can find out more [here](#).

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

## **Lesbian, gay, bisexual, trans\* and inter\* (LGBTI)**

Many different people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They have the same rights.

The same applies to people of different sexual orientations or gender identities: these include lesbians, gays, bisexuals, transgender and intersex people. In short, they are called LSTBI (LSTBI). They have the same rights in Germany as other people.

There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also have their name changed. Women are allowed to love and marry other women in Germany. Men are allowed to love and marry other men in Germany.

👥 Many LGBTI people have fled to Germany because they were persecuted in their home country. Are you a refugee and lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many LGBTI organisations in Germany. There you will find support, social contacts and information. At the LSVD project "Queer Refugees Deutschland" (LSVD-Projekt "Queer Refugees Deutschland") you will find their contact details. You will also find further information:

## **Queer Refugees Germany**

🌐 [www.queer-refugees.de](http://www.queer-refugees.de)  
✉ [@queer-refugees@lsvd.de](mailto:@queer-refugees@lsvd.de)

## **rat+tat e.V. (rat+tat e.V.)**

The organisation is committed to the sexual diversity of people in the city. Here you can get advice and information. The organisation plans action days and events. There are also group meetings for different people, for example for non-binary or trans\* people or queer young people.

📍 [rat+tat e.V. – Verein für geschlechtliche und sexuelle Vielfalt](#)

## **People with disabilities**

In Germany, almost one in ten people has a severe disability. Many more people have health impairments. Or they are chronically ill. For example, there are people who cannot see. They are blind. There are people who cannot hear. They are deaf. Some people's bodies are smaller than others. Some things are not so easy for them. You can't walk by yourself. Or it is more difficult to do a certain job. But they should also be able to participate in society. There are inclusion measures for this. For example, they get help at work. Or children receive special support even before they start kindergarten. This is called early intervention.

## **Early intervention (Frühförderung)**

Early intervention is for young children who have a disability or could develop a disability. It also helps children who develop more slowly than other children in certain areas. Examples of early intervention include: Speech support, vision school or movement therapy. Early intervention is available for children from birth to school age. Early support is important in order to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you to find early support. You can also contact the 📍 [Stadt Rostock - Gesundheitsamt](#).

## **Severely disabled people (Schwerbehinderte)**

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. There are a number of advantages associated with this card. For example, tax reductions. And reduced or free use of buses and trains. The benefits a person receives depend on the type of disability and the degree of disability. You can apply for a disabled person's pass from the pension office.

The family guide provides valuable information [here](#). You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

📍 [Land MV - Landesamt für Gesundheit und Soziales - Versorgungsamt](#)

## **Probleme bei der Inklusion**

However, there are still many problems with the integration of people with disabilities. Because people are not disabled - they are disabled: The ATM that is too high prevents them from being able to collect money without any problems. The stairs are off-limits for wheelchairs. And the small font is a problem for visually impaired people. Do you see someone who might need help? Then ask if you can help.

## **Counselling in Rostock**

### **Büro für Behindertenfragen**

You can get advice at the Office for Disability Issues. Here you can get information on benefits, contact addresses and support, for example in communicating with the authorities. The staff are contact persons for accessibility and barrier-free building in Rostock.

📍 [Stadt Rostock - Büro für Behindertenfragen](#)

### **Ergänzende Unabhängige Teilhabeberatung**

Advice on the following topics:

- Provision of aids
- personal assistance
- Work and employment
- Dealing with your own disability, impairment

📍 [Ergänzende Unabhängige Teilhabeberatung](#)

### **Beirat für behinderte und chronisch kranke Menschen**

The Advisory Board for Disabled and Chronically Ill People in Rostock is a committee. The committee represents the interests of disabled and chronically ill people in Rostock.

🗺️ [Beirat für behinderte und chronisch kranke Menschen in Rostock](#)

## **Religious freedom**

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be

discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:


- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- People of different religions and beliefs may marry each other.
- Marriage only counts as a legally valid marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany.
- Religious laws do not determine the legal system in Germany.

## Police

### Responsibilities of the police

The police are there to protect us from danger. They also solve crimes. It has nothing to do with the secret service or politics. Is there an emergency? Then you can contact the police at any time at [110](#) at any time. The call is free of charge. You can read [here](#) what you need to bear in mind when making an emergency call.

Laws stipulate what the police may and may not do. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home. Read more about your rights vis-à-vis the police [here](#).

 Do not try to bribe the police. Attempts to bribe police officers are severely penalised in Germany.

### When should I call the police?

Are you or someone else in danger? Have you witnessed a crime? Then call the police. It could be a robbery. Or a burglary. Theft, arson and damage to property are also included. Sexual abuse, assault or threats are also a matter for the police. You should also call the police in the event of domestic violence.

If you call the emergency number 110, the police will be with you as quickly as possible.

Important: If you have been the victim of right-wing, racist, anti-Semitic, Islamophobic, homophobic or transphobic violence, you can contact the police at any time. You can find out more about this in our chapter "[Discrimination](#)".

You can also call the police in the event of a so-called administrative offence. For example, if someone is not respecting quiet hours and is listening to loud music at night.

If you notice political or religious radicalisation of young adults in your area, you can also report this to the police. You can also contact the BAMF's Radicalisation Advice Centre at [+49 \(0\) 9119434343](#) in several languages.

## Rights vis-à-vis the police

### What can the police do?

The police may ask you for your ID. If you are not suspected of any specific criminal offence or you have no evidence of another suspect, the police may not search you. This also applies to your home: your home may only be searched if you are suspected of a criminal offence or if the police suspect that a suspect is in your home. However, if the police announce that they want to search you or your home anyway, you must say that you do not consent to this. If you do not say anything, this is deemed to be consent. You have said no? The police search your home anyway? Then the police are committing a criminal offence. In this case, contact a counselling centre or a lawyer. You have the right to make a phone call during a search. You may also call someone else. This person can then also be a witness and help you. Normally, the police need a court order.

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

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

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

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

The police are also not allowed to take you to the police station without a reason. If a police officer asks you to come with them, you can also refuse to give your consent. If you are taken along anyway, the police are liable to prosecution. In this case, you should contact a lawyer. If you do not know a lawyer yourself, you can contact the ["Anwaltlicher Notdienst in Strafsachen" \(emergency lawyer service in criminal matters\)](#) of the Vereinigung Berliner Strafverteidiger e.V. at ☎ [+49 \(0\) 1723255553](tel:+49301723255553) and ask for support there. The staff there are available day and night.

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

You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Important: You must file a

criminal complaint within three months of the incident. You can do this directly at the public prosecutor's office. You do not have to go to the police.