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## Legal matters and rights

### Basic rights

#### The Basic Law (Grundgesetz)

In every country, there are rules that everyone has to follow. The most important law in Germany is the Basic Law. It is a collection of 146 articles. Each article stands for a law, meaning a rule. These rules determine how we live together here 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 will find the Basic Law in 11 languages: [Arabic](#), [English](#), [French](#), [Russian](#), [Spanish](#), [Turkish](#), [Farsi](#), [Kurdish](#) and [German](#).

🎥 This film makes clear how the German constitutional state works: [German](#), [Dari](#), [Arabic](#), [English](#), [French](#), [Pashto](#), [Urdu](#).

#### Universal declaration of human rights

Human rights are important rights that apply to everyone all over the world. Human rights are rights that every person has on the basis of their humanity. They protect the dignity of every human being. They apply to every person equally. No distinction is made between anybody.

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is allowed to have their own opinion.
- All people have the right to live in peace and safety.

### Asylum and refugees

#### Residence status (Aufenthaltsstatus)

Everyone in Germany has an identity card. This identity card helps identify people. Even as an asylum seeker you need an identity card. This means the public authorities know your status. Your status determines whether you are allowed to work or not.

#### There are 5 types of documents:

##### 1. Proof of arrival

Status: Asylum seekers

Background: You have told the authorities that you need asylum. The authorities have added your name to the system. But you have not yet applied for asylum. This identity card is valid until you apply for asylum. You must apply for asylum to the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF).



## 2. Temporary residence permit (Aufenthaltsgestattung)

Status: Asylum seekers

Background: You have applied for asylum. A group of people will decide whether to accept your application. This can often take a very long time. This identity card is valid until the decision is made. The Bundesamt für Migration und Flüchtlinge – BAMF (Federal Office for Migration and Refugees) makes the decision to accept or reject your application. Was your application rejected as being without reason? Then you can appeal against this. You can do this at the administrative court. You are allowed to stay in Germany until the administrative court has made its decision.

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

- Would you like to work? Do you need authorisation do so? You can get this from the [Immigration Office \(Ausländerbehörde\)](#). Your employer, or you as the employee, can apply for this authorisation.
- Would you like someone to find work for you? Go to the [Employment Agency \(Agentur für Arbeit\)](#)
- Do you need financial aid? Go to the [Social Welfare Office \(Sozialamt\)](#)



## 3. Probationary permit

Status: Recognised refugees

Background: You have submitted an application to the Immigration Office. The aim of this application is to extend your right to stay in Germany. The authority will then often issue a certificate. This certificate allows you to stay. This is important, because your application has not yet been processed.



#### 4. Residence permit (Aufenthaltserlaubnis)

Status: Recognised refugees

Background: Your asylum application has been accepted.

The residence permit (Aufenthaltserlaubnis) grants temporary residence. It is issued for a specific purpose.

- Later you can get a permanent right of residence (settlement permit).
- They have unrestricted access to the labour market.
- The [job centre](#) can arrange work and social benefits for you.



#### 5. Exceptional leave to remain (Duldung)

Status: People with exceptional leave to remain (Geduldete)

Background: Your asylum application has been rejected

Exceptional leave to remain (Duldung) means you will not be deported back to your home country. The Duldung is issued for a specific period of time. Sometimes deportation is impossible for legal, practical, humanitarian or personal reasons.

- There is a general rule. It means a Duldung can be given to certain groups for a maximum of 3 months. During this time, you cannot be deported back to your homeland.
- A work permit is generally required. You can apply for this at the [Bureau for Foreigners \(Ausländerbehörde\)](#).
- Would you like someone to find work for you? Go to the [employment agency](#).
- Do you need financial aid? Go to the [social welfare office](#).



## Application for asylum

If you are registered in Germany and live in a shared accommodation, here are the next steps you need to take.

### 1. Personal application for asylum

- You apply for asylum at the **Bundes Amt für Migration und Flüchtlinge (BAMF; Federal Office for Migration and Refugees)**.
- Asylum counselling can provide important information on the asylum process. The refugee counselling and integration counselling service is responsible for this.
- **Important:** You can only submit your application in person. In other words, 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 received an appointment, ask your accommodation facility management team

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

After your first appointment, you must present yourself at the [Bureau for Foreigners \(Ausländerbehörde\)](#).

### 3. Personal hearing

The second interview appointment is the actual hearing. The BAMF then decides whether to accept your asylum application. They will send you their decision. This letter will contain a detailed description of the reasons for their decision.

#### a) The decision is negative

- If the decision is negative and you want to appeal (meaning that you do not agree), immediately go to your [Asylum Counselling Service](#). There they will discuss with you what you can do, and you may be referred to specialist lawyers. For example, you can appeal the decision.
- Would you prefer to voluntarily leave Germany? Then you can get financial support to help you make a new start in your home country.

**b) The decision is positive, meaning that you are recognised as an asylum seeker.**  
**The next steps are:**

**Probationary certificate (Fiktionsbescheinigung) or electronic residence permit (eAT):** You have received a positive decision from the BAMF. You now need to arrange an identity document or equivalent immediately. You can obtain this from the [Bürgeramt \(Citizens' Registration Office\)](#).

**Job Centre:** You will no longer receive your money from the Social Welfare Office; instead, you have to apply at the [Job Centre](#).

## Family asylum and international protection for family members

You have been given asylum in Germany. A member of your family also needs asylum. You can apply for asylum for them. Your family member will get the status of a protected asylum seeker.

When it comes to family asylum, family members are:

- Spouses or registered civil partners,
- any underage, unmarried children,
- the parents of underage, unmarried children
- other adults who are the registered guardians of underage, unmarried children
- the underage, unmarried siblings of minors.

💡 Parents must have custody of their children. That means they must be able to look after their children.

Do you want to bring your husband or wife with you to Germany? You must already be married in your home country. Then your husband or wife can also get asylum. Your marriage must be recognised in Germany. His or her asylum application must be submitted before or at the same time as your application. You must have the status of a protected asylum seeker.

## Born in Germany:

Have you already applied for asylum? Since then, have you had a child in Germany? You can submit a separate asylum application for your child. The asylum process for you or your partner must still be ongoing. Tell the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) about the birth of your child. Alternatively, the Immigration Office (Ausländerbehörde) can tell the BAMF. The asylum application is then automatically considered submitted. Parents can submit their own reasons for asylum for their child. If this is not done, the same reasons as those of the parents will apply. If your application is rejected by the BAMF, you can still appeal the decision.

In addition, for the protection of the child, under-age children cannot be separated from their parents if an application has been rejected.

You can find more information on this at the BAMF.

🌐 [Family reunification website \(BAMF\)](#)

## Asylum Counselling Service

The Asylum Advice Service gives advice to people who have applied for asylum. You can also get their advice if you are a migrant new in Germany and entitled to permanent residency.

Asylum seekers and refugees can get advice on everyday issues. The advisors can help with the following issues:

- Asylum process – giving information and answering questions
- Explaining German law
- Helping and advising on questions about public authorities
- Finding services in the local area
- Getting your bearings in the local area
- Giving advice and help with everyday problems
- Giving advice on integration services (such as language courses)
- Answering questions about reuniting families
- Referring you to other specialist services
- Giving advice on voluntarily returning to your home country or leaving Germany for another country
- They are a point of contact for volunteers. They answer specific questions about the asylum process.

## Asylum procedure counselling in Lebach

### Caritas - Migration Service

📍 [Pommernstraße 6, 66822 Lebach](#)

☎ [0688193620113](#)

@ [info@caritas-lebach.de](mailto:info@caritas-lebach.de)

🗣 [General social counselling and counselling on asylum procedures](#)

### Diakonie Saar - Social counselling and asylum procedure support

📍 [Pommernstraße 6, 66822 Lebach](#)

☎ [068814783](#)

🗣 [Diakonisches Werk an der Saar - Social counselling and support in asylum procedures](#)

👥 [The Refugee Law Clinic Saarbrücken e.V.](#) offers free counselling and support for refugees and asylum seekers with legal questions and other challenges.

Personal counselling appointments usually take place twice a month at the [Haus der Kulturen](#).

Prior registration at [beratung@derjugendclub.de](mailto:beratung@derjugendclub.de) is required.

Registration with the DAJC is also possible by telephone: ☎ [015753408674](#).

👥 Do you have a definitive right of residence? Then the [Migration Counselling Service for Adult Immigrants \(Migrationsberatung für erwachsene Zuwanderer\)](#) can help. It provides advice for people aged 27 and over. It can also help families.

👥 Are you younger than 27? Then the [Youth Migration Service \(Jugendmigrationsdienst\)](#) is the right service for you.

## Advice and Assistance

### Social counselling centres

In most districts of Saarbrücken there are facilities to which you can turn with questions and problems. Here you will either get help directly or they will help you find the right addresses.

**The social counselling centres** in the city districts offer counselling on social, financial and personal issues. Such as:

- on unemployment, citizen's income, basic security and psychosocial problems
- Support with problems and conflicts with authorities
- Livelihood advice
- Counselling for personal and family problems
- Information and referral to special counselling centres
- Debtor and insolvency consulting

### **Educational counselling**

Raising children brings joy and can be challenging at the same time. Educational counselling helps you find solutions when it comes to parenting issues. [Here](#) you will find all the information and locations.

## **ADDRESSES AND CONTACT**

### **Community work Burbach**

📍 [Bergstraße 6 66115 Saarbrücken](#)

☎ [0681761950](#)

✉ [@gemeinwesenarbeit-burbach@caritas-saarbruecken.de](mailto:@gemeinwesenarbeit-burbach@caritas-saarbruecken.de)

🌐 [CommunityWork Burbach \(caritas-saarbruecken.de\)](http://CommunityWorkBurbach(caritas-saarbruecken.de))

🕒 Monday, Wednesday, Friday: 09:00 to 12:30

Tuesday: 9:00- 12:30 and 13:30 - 17:30

Thursday: 9:00 - 12:30 and 13:30 - 17:30

💡 Debtor and insolvency counselling by appointment only

💡 Health counselling/psychosoc. Counselling/Senior counselling

Monday 9:00 to 11:00

💡 Citizens' Income Self-Help Initiative

every two weeks Tuesday 17:30 to 19:30 at the district meeting place named "Haltestelle".

💡 Circle of friends for addicts - Freundeskreis für Suchtkrankenhilfe Selbsthilfe Burbach e.V.

Group meetings on the following days:

🕒 Monday: 19:30 till 21:00

Friday: 19:00 till 20:30

Saturday: 16:00 to 18:00

Saturday: 10:00 to 12:00 Meeting for people with and without handicap

Breakfast

🕒 Friday 09:00 to 11:00 at the district meeting place named "Haltestelle".

### **District Office Alt-Saarbrücken**

📍 [Gersweilerstr. 7 66117 Saarbrücken](#)

☎ [068151252](tel:068151252)

@ [gwa-altsb@quarternet.de](mailto:gwa-altsb@quarternet.de)

📍 [District Office Alt-Saarbrücken](#)

Contact person: Cornelia Armbrorst-Winterhagen

☎ [068151252](tel:068151252)

@ [c.armbrorst-winterhagen@paritaet-gwa.de](mailto:c.armbrorst-winterhagen@paritaet-gwa.de)

🕒 Monday, Wednesday - Thursday: 9:00 - 16:00

Tuesday: 8:00 - 16:00

Friday: 9:00 - 15:00

### **Brebach Citizens' Centre**

📍 [Saarbrücker Straße 62 66130 Saarbrücken](#)

☎ [068187764](tel:068187764)

@ [bzb@quarternet.de](mailto:bzb@quarternet.de)

📍 [Diakonisches Werk an der Saar](#)

🕒 Monday - Thursday: 9:00 - 16:00

Friday: 9:00 - 14:00

### **Community work Folsterhöhe**



[Hirtenwies 11 66117 Saarbrücken](#)

☎ [068156429](tel:068156429)

@ [gemeinwesenarbeit-folsterhoehe@caritas-saarbrueck...](mailto:gemeinwesenarbeit-folsterhoehe@caritas-saarbrueck...)

📍 [caritas-saarbruecken.de](http://caritas-saarbruecken.de)

💡 Debtor and insolvency advice

Appointment Monday to Friday: 8:00 and 16:00

☎ [06813090622](tel:06813090622)

Telephone counselling Monday to Thursday from 14:00 to 15:00

☎ [06813090612](tel:06813090612)

### **Malstatt neighbourhood office**

📍 [Ludwigsstraße 34 66115 Saarbrücken](#)

☎ [0681947350](tel:0681947350)

@ [sbm@dwsaar.de](mailto:sbm@dwsaar.de)

📍 [Diakonisches Werk an der Saar](#)

🕒 Monday to Thursday: 8:30 - 12:00 and 13:30 - 16:15

Friday: 8:30 - 13:30

### **PÄDSAK e.V.**



[Rubensstr. 64 66119 Saarbrücken](#)

☎ [06818590920](tel:06818590920)

☎ [06818590910](tel:06818590910)

@ [info@quarternet.de](mailto:info@quarternet.de)

🌐 [Pedagogical-Social Action Association e.V.](#)

📅 Monday and Tuesday: 9:00 to 12:00

Wednesday: 9:00 to 12:00

Thursday: 9:00 to 12:00 and 14:00 to 17:00

💡 Social counselling

@ [j.wiltz@paedsak.de](mailto:j.wiltz@paedsak.de)

📅 Monday, Tuesday and Thursday: 9:00 to 12:00

Wednesday: 14:00 to 17:00

### **der jugendclub**

📍 [Johannisstr. 13 66111 Saarbrücken](#)

☎ [068133275](tel:068133275)

@ [hello@derjugendclub](mailto:hello@derjugendclub)

🌐 [der jugendclub](#)

## **Youth Migration Service (Jugendmigrationsdienste)**

The Youth Migration Services support young migrants. These are people between the ages of 12 and 27. Youth migration services help them to settle in Germany as quickly as possible. They support them with the following topics:

- Questions about general orientation
- School, education, career
- Personal questions
- Financial and legal matters

## **ADDRESS AND CONTACT**

### **Diakonie Saar**

📍 [Zur Malstatt 4, 66115 Saarbrücken](#)

☎ [0681700705](tel:0681700705) and [068194732582](tel:068194732582)

@ [migr-sb@dwsaar.de](mailto:migr-sb@dwsaar.de)

@ [Anastasia-Kalbin@dwsaar.de](mailto:Anastasia-Kalbin@dwsaar.de)

🌐 [Diakonisches Werk an der Saar - Youth Migration Service \(JMD\) \(diakonie-saar.de\)](#)

### **Caritas**

📍 [Johannisstraße 2, 66111 Saarbrücken](#)

☎ [06813090661](tel:06813090661) and [06813090642](tel:06813090642) and [06813090643](tel:06813090643) and [06813090648](tel:06813090648) and [06813090662](tel:06813090662)

@ [antal-j@caritas-saarbruecken.de](mailto:antal-j@caritas-saarbruecken.de)

@ [hoffmann-g@caritas-saarbruecken.de](mailto:hoffmann-g@caritas-saarbruecken.de)

@ [bossert-s@caritas-saarbruecken.de](mailto:bossert-s@caritas-saarbruecken.de)

[@melchert-metzger-f@caritas-saarbruecken.de](mailto:@melchert-metzger-f@caritas-saarbruecken.de)  
[@wuensch-m@caritas-saarbruecken.de](mailto:@wuensch-m@caritas-saarbruecken.de)  
[Youth Migration Service in exchange with German-French grammar school \(caritas-saarbruecken.de\)](#)

## Central Repatriation Advice Centre

Has the Federal Office for Migration and Refugees (BAMF) not yet decided whether to accept your asylum application? Despite this, would you like to go back to your home country? But are you unsure how to get your passport back? Do you need financial help for the return journey? The Central Return Counselling Service (ZRB) can advise you on your options on voluntarily returning to your home country. The advice is impartial. After getting their advice, you can decide for yourself. You can choose to leave Germany. Or you can choose to stay.

## ADDRESS AND CONTACT

### Central Immigration Office

[Dillinger Str. 67/Building 2/Room 2.25, 66822 Lebach](#)  
[068150100](tel:068150100)  
[@rueckkehr@lava.saarland.de](mailto:@rueckkehr@lava.saarland.de)  
[www.saarland.de](http://www.saarland.de)

### Online advice

### mbeon - Multilingual advice via chat

There are many local counselling centres in Germany. If the counselling centre is closed or far from where you live, then digital chat counselling can help.

mbeon makes it easy to find information online. You can also get advice via chat.

mbeon allows for counselling via chat. All advisors are qualified professionals from the migration advice service for adult migrants (MBE: Migrationsberatung für erwachsene Zuwanderer). They guarantee to respond within 48 hours. They can help with any questions or problems that may arise when living in a new environment. The counselling is anonymous, secure and free of charge.

The app also contains extensive information on issues such as from work and careers. You will also find information on health and learning German. Other issues include housing, family and residency. In addition, mbeon can help you get in touch with migration counselling centres and other important contact points.

The app is available in German, English, Russian and Arabic. You can get counselling in more than 19 different languages.

The app has many benefits:

- The app is flexible. You can use it anywhere and anytime.
- Counselling is provided in your mother tongue.
- The app is secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.

- The counselling is anonymous.

You can download the app for free from the Google Play Store and the AppStore.

 [mbeon in the Google Play Store](#)

 [mbeon in the App Store](#)

More information is available on its [multilingual website](#) and [Facebook page](#).

## **Naturalisation (obtaining German citizenship)**

Anyone who lives permanently in Germany but is not yet a German citizen can apply for naturalisation. This requires an application.

From the age of 16, migrants can submit this application themselves. For younger persons, their legal representatives must apply for naturalisation (usually the parents).

The competent naturalisation authorities have compiled application forms. It is recommended to use them. You can upload the documents required for your naturalisation directly [here](#) and send them to the state capital.

Before submitting the application, a [counselling interview](#) should be held at the authority. This saves time and queries.

[Here](#) you can find a brochure from the state capital Saarbrücken on the naturalisation procedure.

Naturalisation brings many advantages:

- Right to vote
- Freedom of movement within the European Union and visa-free Travel
- Freedom of establishment
- Access to the social security systems
- facilitated family reunification
- and much more

## **Women's rights**

### **Living free of violence in Saarland**

#### **Help in combating violence against women**

In Germany, women and men have equal rights. No one is allowed to rule over a woman. This applies to all people living in Germany. Everyone has the right to a life free of violence. No woman has to accept violence! This is also true in marriage and in the family.

- No one is to be beaten.
- No one should be forced to have sex.

- No one may be forced into prostitution.
- It is forbidden to force someone to marry.
- Circumcision of girls' and women's genitals is prohibited in Germany.
- No one is allowed to threaten a woman or lock her up at home.

Anyone who does this anyway, will be punished in Germany!

If you experience violence, you can contact the police or the help line at any time - day or night.  
This is free of charge.

#### ► **Help hotline Violence against Women**

☎ [08000116016](tel:08000116016)

The helpline offers free counselling in different languages in case of violence.

#### ► **"Pregnant women in distress" help hotline**

☎ [08004040020](tel:08004040020)

The help line offers free counselling in different languages to pregnant women who are in distress and have to hide their pregnancy.

#### ► **Police**

☎ [110](tel:110)

Call the police in an emergency! The police will protect you!

If you want to seek counselling, you can go to a counselling centre that will support you in your situation:

- Counselling is free of charge and available in many languages! The counsellors try to find an interpreter!
- The counselling is anonymous! No one learns your name.
- The counsellors are also not allowed to tell others what they hear from you!

These counselling centres have a lot of experience in counselling and accompanying migrant women:

Counselling for migrant women in case of domestic violence - also in case of experience of violence

#### **Therapy Intercultural**

☎ [0681373535](tel:0681373535)

Counselling for women and girls at risk of forced marriage.

#### **Counselling centre for migrant women**

☎ [08001611111](tel:08001611111)

Counselling for women forced into prostitution

#### **Aldona e.V.**

☎ [0681373631](tel:0681373631)

Psychotherapeutic support for those affected

**AHG Klinik Berus - Trauma Outpatient Clinic for Victims of OEG Violence**

☎ [068639161](tel:068639161) or [068639186](tel:068639186)

No one is allowed to do violence to you! Women do not lose their right of residence because they seek help.

### **Get help!**

**Publication** ["Help in cases of violence against women" - German - Tigrinya - English](#)

["Help in cases of violence against women" - German - Albanian - Farsi](#)

["Help with violence against women" - German - English - Turkish](#)

["Help in cases of violence against women" - German - Arabic - French](#)

In this [brochure](#), the Migrant Women's Working Group presents the facilities where this help is offered, primarily by women for women.

### **Work and pay**

On average, women earn less than men in Germany. This is partly because they work in sectors where the pay is worse. For example, in social care. But often, women also earn less for the same work than their male colleagues. For many years, politicians have discussed various suggestions for ensuring equal pay. So far, however, not much has changed.

A lot of the work done by women is not considered work. They do housework. They bring up children. Or they look after sick or old family members. This work is unpaid. But it is still work. Often, it is not acknowledged.

In Germany, many people still think it is the man who earns money. And that he therefore does not have to do any housework. But more and more women are working too.

Would you like to find well-paid work in Germany? Then you should first learn German. The Federal Office for Migration and Refugees (BAMF) offers courses specifically for parents and women. The BAMF also provides information about childcare and the school system. Find out where you live from [migration advice centres](#), the [Foreigners' Registration Office](#), the [Employment Agency](#), the [Job Centre](#) or directly from the schools that offer integration courses.

### **FGM – female genital mutilation**


In Germany, female genital mutilation (FGM) is prohibited. Since September 2013, FGM has been punishable with imprisonment. Parents are also not permitted to leave the country to get their daughter cut abroad. This is also punishable under German law. Girls and young women can apply for asylum if they are in danger of being cut.

Many girls die during genital mutilation or from its consequences. There are many dangerous consequences of FGM:

- Incontinence,
- Pain,
- Heavy bleeding,
- Complications having sex and giving birth,
- Infertility,

- Danger of HIV and hepatitis infection,
- Blood poisoning and tetanus,
- Shock,
- Psychological trauma,
- Depression.


💡 In most cases, girls and women cannot experience sexual pleasure after FGM.

If you are affected or threatened by genital mutilation, contact the help line on  [08000116016](tel:08000116016). The helpline staff are female, are available day and night, and can talk to you in various languages.

In Germany, it is possible to get clitoral reconstruction surgery. This operation can be performed by plastic surgeons. Ask a gynaecologist (women's doctor) for advice. In Berlin, a "[Centre for Victims of Genital Mutilation](#)" has been set up. It provides free, anonymous treatment not only for the physical consequences of FGM, but also the psychological consequences. You do not need any health insurance for this.

## Abortion

In Germany, you have the right to an abortion under certain circumstances. You can only get an abortion in the first twelve weeks of pregnancy, after a consultation on pregnancy options, and under the supervision of a doctor. After the first twelve weeks, you can only get an abortion in exceptional circumstances.

If someone is trying to force you to get an abortion, or if you have questions about a potential abortion, call the helpline for pregnant women in need (Hilfetelefon Schwangere in Not):  08004040020.

If you have become pregnant as a result of rape, you can have the pregnancy terminated up to twelve weeks after conception. In this case, you do not need to visit an advice centre. However, you can get free advice from an advice centre in your area. If your physical or mental health is endangered by the pregnancy, you can still terminate the pregnancy at a later stage. A doctor must confirm that your physical or mental health is endangered.

💡 Are you under 18? Do you want to get an abortion? Then your mum or your dad will usually have to give their consent. Are you over 16 years old? Then the doctor can decide that you no longer need the consent of your parents. Are you under 16? Then you will usually need the consent of your parents. If you can't or don't want to tell your parents about your pregnancy, then you can contact an advice centre. The staff there will help you.

## Who pays for an abortion?

If you have become pregnant as a result of rape or if your pregnancy endangers your health, your health insurance fund or the social welfare office will cover the costs of terminating the pregnancy. If you wish to terminate your pregnancy for other reasons, you will have to pay some of the costs yourself. In this case, your health insurance will only pay for medical consultation and care, as well as the medication before and after the abortion. You have to pay the costs for the actual demolition yourself. It usually costs between €200 and €600. You can find out more about the different options available to you when terminating a pregnancy in many different languages on [zanzu.de](http://zanzu.de).

💡 Do you receive state benefits? Or do you only earn a small amount of money? Then you can apply for the costs of the abortion to be covered by your [health insurance fund](#) or the [social welfare office](#).

## **I don't want to keep my baby, but I don't want to get an abortion. What can I do?**

If you don't want to keep your baby, you can give them up for adoption after you give birth. In this case, the Youth Welfare Office (Jugendamt) will take responsibility for the baby's welfare for the time being. If you then decide that you definitely don't want to bring up your child, you can give them up for adoption. The Youth Welfare Office will then look for a caring family who can bring up your child.

Even you don't want anyone to know about your pregnancy, you have the option of giving birth to your baby. And you are not alone. You have the option of something called a "confidential birth" ("vertrauliche Geburt"). A "confidential birth" allows you to give birth to your baby in a safe, secure hospital. Apart from one female consultant, no one will know your name. This consultant is not allowed to talk to anyone about you. So you remain anonymous. When your child reaches the age of 16, they have the right in certain circumstances to find out your name. However, only your child has that right – no one else. You don't have to pay the costs for consultation or the birth yourself. If you want a "confidential birth", you can contact the counselling centre "[Counselling & Birth Confidential](#)" around the clock at ☎ [08004040020](tel:08004040020) or online. The advice is free and anonymous. The staff there are female, and speak many languages. Or you can contact any clinic. The staff there know what to do.

## **ADDRESS AND CONTACT**

### **Pro Familia Saarbrücken**

📍 [Heinestraße 2-4, 66121 Saarbrücken](#)

☎ [068196817676](tel:068196817676)

📅 Appointment:

Monday, Wednesday, Friday: 08:30 - 12:30

Tuesday and Thursday: 8:30 - 16:00

@[saarbruecken@profamilia.de](mailto:saarbruecken@profamilia.de)

🌐 [Saarbrücken \(profamilia.de\)](https://www.profamilia.de/saarbruecken)

### **Protestant counselling centre for pregnancy conflicts, family planning and sex education**

📍 [Johannisstraße 6, 66111 Saarbrücken](#)

☎ [068165743](tel:068165743)

@[hdb-sb@dwsaar.de](mailto:hdb-sb@dwsaar.de)

🌐 [Diakonisches Werk an der Saar - Protestant Counselling Centre for Pregnancy Conflicts, Family Planning and Sex Education](#)

### **Pregnancy conflict counselling (Schwangeren- und Schwangerschaftskonfliktberatung)**

📍 [Stengelstrasse 10-12, 66117 Saarbrücken](#)

☎ [06815065350](tel:06815065350) other counselling telephone numbers: ☎ [06815065354](tel:06815065354) or [06815065448](tel:06815065448)  
or [06815065358](tel:06815065358)

@[heidi.dreckmann@rvsbr.de](mailto:heidi.dreckmann@rvsbr.de)

**Donum Vitae Counselling Centre**

📍 [Bahnhofstraße 70, 66111 Saarbrücken](#)

☎ [06819386734](tel:06819386734)

🕒 Mon - Wed: 9-16

Thu and Fri: 9-12

Consultations can also be arranged outside these hours.

@[saarbruecken@donumvitae.org](mailto:saarbruecken@donumvitae.org)

🌐 [Donum-vitae-Saarland-e.V.](#)

**Catholic pregnancy counselling centres**

📍 [Richard-Wagner-Strasse 23, 66111 Saarbrücken](#)

☎ [068131122](tel:068131122) or [068136386](tel:068136386)

🕒 Mon, Tue and Thu: 9.00-12.00 and 13.00-15.00

Wed: 9.00-12.00 and 13.00-17.30

Fri: 9.00 - 13.00

@[info@schwangerschaftsberatung-skf-sbr.de](mailto:info@schwangerschaftsberatung-skf-sbr.de)

🌐 [Pregnancy counselling - Sozialdienst katholischer Frauen Saarland e.V.](#)

## Domestic violence

Your family and friends should support and protect you. But that isn't always the case. Sometimes these people can hurt you. They can be violent towards you. This violence can take different forms. It can be sexual. Or physical, such as hitting or kicking you. But it can also be psychological. If someone you know is violent towards you, this is called "domestic violence".

Domestic violence usually happens at home, but it can also happen in other places. Many people think of domestic violence as physical violence, i.e. sexual abuse or hitting someone. But domestic violence also takes other forms: If you are insulted, verbally abused, threatened or controlled, this is also domestic violence. And stalking (when someone follows and watches you) can also be a form of domestic violence.

Every form of violence is punishable in Germany. That means the police must get involved if you or witnesses tell them that domestic violence has occurred.

If you are a victim of domestic violence, you are not alone. Studies show that one in four women in Germany experiences domestic violence. For many victims of domestic violence, it is difficult to talk to the police or a counselling centre about their experiences. They are ashamed, and hope that the situation will change and the violent person will calm down and stop being violent. But usually, that doesn't happen. Instead, they become even more violent,

and they are violent towards their victim more frequently.

In Germany, there are lots of places where victims of domestic violence can go for help. Don't be afraid to get help.

You can contact the [violence against women helpline](#).

## Children's rights

Children need special protection. Therefore, they also have special rights. These rights are established in the Convention on the Rights of the Child. This Convention was passed by the General Assembly of the United Nations in 1989.

The UN Convention on the Rights of the Child is divided into four sections: the right to life and personal development, equal treatment, their wellbeing, and to be involved. In detail, that means:

- Every child has the right to everything they need to live. This includes food, drink and medical treatment.
- Children also have the right to go to school, and the right to play and have free time.
- 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 in a healthy environment where they are cared for and protected from violence.
- Every child has the right to live with their parents, or, if their parents live separately, to have contact with both parents.
- All girls and boys have the right to form and stand up for their own opinions.

💡 There are questions concerning children? Then the adults have to listen to their opinions and take them into account when making decisions.

🌐 The 10 important children's rights are clearly explained here: [German/Arabic](#) and [German/Persian](#).

You experience violence? You feel you have been treated unfairly? Then the [youth welfare office \(Jugendamt\)](#) can advise them on this.

## Anti-discrimination

### Counselling on experiences of 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 support all people who have experienced discrimination and would like advice. The Anti-Discrimination Forum Saar offers qualified anti-discrimination counselling in Saarland. If you have experienced discrimination, contact the counselling centre listed below. Counselling is free of charge and anonymous if you wish.

You can also seek advice directly from the Federal Anti-Discrimination Agency by calling ☎ [030185551855](tel:030185551855). The advice centre is available 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.

## **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](#).

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.

## **ADDRESSES AND CONTACT**

**Antidiskriminierungsforum Saar e.V.**  
**Anti-discrimination advice and clearing centre**

📍 [Eisenbahnstraße 58, 66117 Saarbrücken](#)  
 ☎ [068140170825](#)  
 @ [beratung@adf-saar.de](mailto:beratung@adf-saar.de)  
 🌐 [adfsaar - About us](#)

## Freedom of religion

The principle of the freedom of religion is in force in Germany. It 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. It is also prohibited to discriminate against people on the basis of their religion, for example when looking for a job. Religious freedom also includes accepting the faith of others. Germany does not have a state church. The state and religion are separate.

This means, for example:

- All people are allowed to freely choose and practice their own religions and beliefs.
- All people have the freedom to not follow a religion. If someone does not believe in God, they are free to state this publicly.
- Members of different religions and faiths are allowed to marry each other.
- Marriage only counts as legally binding if it is entered into at the Registry Office (Standesamt). Marriages that have only been performed in a religious context are not considered legally binding in Germany.
- Religious laws do not govern the legal system in Germany.

## Police

### Responsibilities of the police

The police are there to protect us from harm. They also investigate and solve crimes. The police have nothing to do with the secret service or politicians. Is there an emergency? Then you can always reach the police at ☎ [110](#). The call is free. Read [here](#) about what you need to do in an emergency call.

There are laws which govern what the police can and can't do. For example, in order to search a house, they need a warrant from a judge. Unless the people in the house are in great danger. Read more about your rights vis-à-vis the police [here](#).

👮 Don't try to bribe the police. Attempted bribery of police officers is a serious offence in Germany.

### When should I call the police?

Are you or another person in danger? Have you witnessed a crime? Then call the police. It may be an assault. Or a robbery. Or theft, arson or criminal damage. Sexual abuse, physical assault and threats are also the responsibility of the police. You should also call the police in the event of domestic violence.

Call the emergency number 110, and the police will be with you as quickly as possible.

Important: If you are a victim of right-wing, racist, antisemitic, Islamophobic, homophobic or transphobic violence, you can call the police at any time. You can find out more in our chapter on [discrimination](#).

You can also call the police in the event of a minor breach of the law. For example, if someone does not comply with quiet times and plays loud music at night.

## Contact and address

### Bounce Back Saarbrücken



[Bahnhofstraße 63, 66111 Saarbrücken](#)

1. upper floor

[068137202730](tel:068137202730)

Telephone contact times:

Monday 10:00 to 16:00

Tuesday 9:00 to 15:00

Wednesday 15:00 to 18:00

Thursday 10:00 to 16:00

Friday 10:00 to 16:00

[@info@bounceback.de](mailto:info@bounceback.de)

[Bounce Back Counselling Saarland](#)

## Rights in relation to the police

### What are the police allowed to do?

The police are allowed to ask for your ID. If you are not suspected of any specific offence, or there is no proof that there is another suspicious person with you, the police are not allowed to search you. This also applies to your home: Your home may only be searched if you are suspected of an offence, or if the police believe there is a suspicious person in your home. However, if the police say they want to search you or your home, you must say that you do not consent. If you say nothing, you are considered to have given consent. Did you say no? Did the police search your home anyway? Then the police have committed an offence. In this case, contact an advice centre or a lawyer. You have the right to make phone calls during a search. You can also ask someone to come to you. This person can then be a witness and can help you. The police usually need a warrant from a judge.

Women are permitted to ask for a female police officer if they are to be searched.

If you are travelling with a vehicle, the police are permitted to ask for your ID, driving licence and vehicle registration document. The police can also require you to stop and get out of your vehicle. The police are also allowed to check if you have a warning triangle and a first aid kit in your vehicle. However, the police are not permitted to search your vehicle or to test if you are fit to drive (e.g. by asking you to walk in a straight line) if there is no clear evidence that you have alcohol or drugs. If the police do this or demand this from you anyway, you must refuse to consent. If the police force you to do this, they are committing an offence.

💡 If you say nothing, you are considered to have given consent.

The police are only allowed to carry out a blood or urine test if you are accused of an offence. The police usually require permission from a judge for this. The police can only act without a judge's permission if they need to respond immediately (for example, if they will not be able to prove drug or alcohol consumption later on). However, it is important that there is real evidence of alcohol consumption or drug use. The police are not allowed to carry out these tests at random. If a police officer tries to carry out a blood or urine test without a plausible reason, you can refuse to consent.

The police are not allowed to take you to a police station if they don't have a reason. If a police officer demands that you go with them, you can refuse to consent. If the officer takes you with them anyway, they are committing an offence. In this case, you should contact a lawyer. If you don't know any lawyers, you can call the "[emergency lawyer service for criminal cases \(Anwaltliche Notdienst in Strafsachen\)](#)" run by the Vereinigung Berliner Strafverteidiger e.V. on ☎ [01723255553](tel:01723255553) to ask for help. The staff there can be contacted day and night.

If you are questioned by the police, you have the right to remain silent. In other words: You don't have to answer their questions. You should not answer their questions without a lawyer. If you receive a written invitation from the police, you don't have to go. The only invitations you must follow are from the public prosecutor's office (Staatsanwaltschaft) or a court. Make sure you contact a lawyer beforehand.

You have the right to ask for a police officer's official ID and to write down their details. This is important if you wish to make a criminal complaint against the officer later. It's also always helpful to ask passers-by to monitor the situation. That means you have witnesses. Important: A criminal complaint must be made within three months of the incident. You can file this complaint at the public prosecutor's office (Staatsanwaltschaft). That means you don't have to go to the police.