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Welcome to our website!

About Integreat

About Integreat

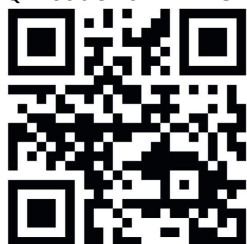
This free guide aims to support you in your everyday life in Munich. You will find important addresses, contacts and tips and tricks to help you find your way around Munich.

💡 All the offers and events you will find in INTEGREAT are **free of charge**.

INTEGREAT has several chapters. Each chapter has a different topic. For example, you will find information on doctors, schools, German courses or other institutions. There is also a chapter with ideas on what you can do in your free time. There is also a calendar with 🌐 [leisure activities](#) and a 🌐 [map function](#). If a message has been sent in the last 28 days, you can find it at 🌐 [messages](#).

There are various ways to use INTEGREAT:

- INTEGREAT website: 🌐 www.integreat.app/muenchen
- INTEGREAT APP: Download from 🌐 [Google Play Store](#) / 🌐 [App Store](#). You can also use the app offline if you do not have internet access. When you are online again, the app updates itself.
- QR code for INTEGREAT:



What do the symbols mean?

Here you can change the language: 🌐

Here you can search for information by entering keywords: 🔍

Here you can find your city if INTEGREAT is also available there: 📍

🌐: Link to a website outside INTEGREAT. You will need internet access to access this. All links that lead to another INTEGREAT page can also be accessed offline.

☎️: Telephone number

@E-mail address

🕒: Opening hours

📠: Fax number

💡: Tip / Advice / Good to know

🌐 Languages

Contact us:

Please feel free to contact us if you

- have any questions or comments
- find errors in the translations
- would like to order INTEGREAT flyers / posters
- would like to publish an offer in INTEGREAT

☎ [089/23340032](tel:08923340032)

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NEW piece of information

Interesting facts about the city of Munich

Things to know about the city of Munich

Munich is the capital of Bavaria. Germany has a total of 16 federal states, Bavaria is one of them. Munich is home to 1.56 million people. It is the third largest city in Germany.

Munich enjoys a global reputation as a centre of art, culture and science. The city offers a lively nightlife and a very good public transport network. Many people in Munich particularly love the beautiful nature in and around the city. For example, the English Garden, the Munich River Isar and the parks of the castles, as well as the proximity to the Alps and the Bavarian lakes.

Munich is economically very successful: there are few people without work and a broad spectrum of economic sectors. This makes Munich attractive to many people who find exciting jobs in companies and research institutions or come to study at one of the renowned universities.

Munich was founded in 1156 with the construction of an important bridge over the Isar. The name comes from "apud Munichen" - by the monks - because a Benedictine monastery first stood here. From 1255, Munich was the residence of the Wittelsbach dynasty for more than 700 years, whose prestigious buildings still characterise the cityscape today. The most famous member of the Bavarian royal family is undoubtedly fairytale King Ludwig II, who was born in 🌐 [Nymphenburg Palace](#), the summer residence of the Wittelsbach family in Munich.

Munich has numerous museums. One of the oldest and most famous is the 🌐 [Deutsches Museum](#), which shows the history and future of technology. The 🌐 [BMW Welt](#) and the 🌐 [BMW Museum](#) also attract visitors from all over the world. Munich's history during the Nazi dictatorship is illuminated by the 🌐 [NS Documentation Centre](#) as a central place of learning and remembrance.

In addition to the city's rich culture, the people of Munich love their sport. The sites of the 1972 Summer Olympics at 🌐 [Olympiapark](#) are still used intensively. The 🌐 [Allianz Arena](#) was built in 2006 for the Football World Cup. It is one of the most unusual stadiums in Europe: the outer skin

and roof of the stadium are made of diamond-shaped air cushions and light up in the club's colours, red and white, during FC Bayern matches. On special occasions, there is often special lighting: on Europe Day, the arena lights up in the colours of the European flag: blue and yellow. On the Irish bank holidays St. Patrick's Day in green and to celebrate Christopher Street Day in the colours of the rainbow.

Munich's 🌐 [Oktoberfest](#) is known the world over. It is the largest folk festival in the world. Six million people visit every year. Many also enjoy their beer under the trees in a beer garden. It's quieter there and tastes just as good. Beer gardens have a tradition of over 200 years in Munich and are considered to epitomise the Bavarian way of life.

Apps and websites about life in Germany

Apps and websites about life in Germany

All apps and websites are free of charge:

Handbook Germany

🌐 [Handbook Germany](#) answers questions about life in Germany. You will find information on residence, housing, health, work, training, daycare, studying and much more. You can get to know your new home country better with videos and texts.

🗣️ The website is available in 9 different languages.

For further questions and answers, there is a forum: 🌐 [Together in Germany](#)

You can also post your questions there anonymously.

Arrive App

The 🌐 [Ankommen app](#) is a useful guide for the first few weeks in Germany. You will find information on asylum, work and everyday life in Germany. The app also contains a language course.

🗣️ The app is available in 5 different languages.

Just landed

The website 🌐 [Just landed](#) provides information on finding accommodation, language courses, the German healthcare system and much more.

You can view adverts and also place an advert yourself.

There is a property market and a job market especially for international workers.

You can get in touch with others in the forums and communities.



🗣️ The website is available in 8 different languages.

Facts about Germany

On the website 🌐 [Facts about Germany](#) you will find information on politics, economy, society, science and culture in Germany.

🗣️ The information is available in 8 different languages.

Refugee Guide

The  [online guide](#) helps with orientation and explains how people live in Germany.
 The texts are translated into 16 different languages.

New in Munich? Here you can find first steps

New in Munich? Here you will find first steps

Registering your place of residence

To register your place of residence, you need an appointment at one of the citizens' offices. Further information can be found on the page [Registering/deregistering your place of residence](#).

After registering, you will receive a letter with your [tax identification number \(tax ID\)](#). Keep the documents in a safe place, the number is important.

Every household must pay for public broadcasting. You can find more information on the page about the [licence fee](#).

Arrange your residence

You apply for a residence permit at the Foreigners' Registration Office. You will be given an appointment after your documents have been checked. Further information can be found on the [Munich Immigration Office](#) page.

Organising your residence - emergency

If your residence permit or visa has expired or will expire within the next two weeks, you can book an appointment with the [emergency service of the Foreigners' Registration Office](#).

Registering a vehicle | transferring a foreign driving licence

If you bring a vehicle to Munich from abroad, it must be registered.
If you have a foreign driving licence that was not issued by an EU/EEA country, it is usually only valid for 6 months.

You can find more information on the [Driving a car](#) page.


Support if you are pregnant or have children

Here you will find information on [pregnancy and childbirth](#).

Here you will find information on [childcare](#).

Here you will find information on [child benefit](#).

Service telephones:

General service number:  [115](#)

Citizens' office:  [089/23396000](#)

Service centre for immigration and naturalisation (foreigners authority):  [089/23396010](#)

Living together in Germany

Basic Law and human rights

Basic Law and human rights

All people living in Germany must abide by the central principles of the political and legal order.

The most important legal basis for life in Germany is the Basic **Law**. It is the constitution of the Federal Republic of Germany.

The Basic Law states that every human being is free and self-determined.

No distinctions may be made on the basis of gender, origin (ancestry, language, homeland), skin colour, religion, faith or ideology, disability, age or sexual orientation.

Germany is a federal state consisting of **16 federal states**.

Germany is a democratic state. This means that people live in freedom. Everyone is free to express their opinion. The laws apply to all people. All people and the state must abide by the law. In free elections, people decide who they want to be governed by. If they are not satisfied with the government, they can vote for a different government at the next election.

Catalogue of fundamental rights

Protection of human dignity

Article 1

(1) Human dignity is inviolable. It is the duty of all state authorities to respect and protect it.

(...)

Right to liberty of the person

Article 2

(1) Everyone has the right to the free development of his personality, provided that he does not violate the rights of others and does not offend against the constitutional order or the moral law.

(...)

This also includes the right to sexual self-determination. This means that every person may decide for themselves which sexual acts they want to take part in and no one may be forced to do something they do not want to do.

Equality before the law

Article 3

(1) All persons are equal before the law.

(2) Men and women shall have equal rights. The state shall promote the effective realisation of equal rights for women and men and shall work towards the elimination of existing disadvantages.

www.zanzu.de

(3) No person shall be discriminated against or favoured on grounds of sex, descent, race, language, nationality and origin, creed, religious or political opinion. No one may be discriminated against because of their disability.

Freedom of faith, conscience and creed

Article 4

(1) Freedom of faith, conscience and religious and philosophical belief shall be inviolable.

(...)

Freedom of opinion, art and science

Article 5

(1) Everyone shall have the right freely to express and disseminate his opinions in speech, writing and pictures and to inform himself without hindrance from generally accessible sources. Freedom of the press and freedom of reporting by radio and film shall be guaranteed. There shall be no censorship.


(...)

Protection of marriage and the family and of children of unmarried parents

Article 6

(1) Marriage and the family shall be under the special protection of the state.

(...)

Here you can find the Basic Law at  [German](#). Here you can find information in 8 different languages: [Arabic](#), [English](#), [Farsi](#), [French](#), [Kurdish-Kurmanji](#), [Russian](#), [Spanish](#), [Turkish](#).

Universal Declaration of Human Rights

Human rights are important rights that always apply to all people around the world. Human rights are rights that every person has by virtue of being human. They protect the dignity of every human being and are enjoyed equally by all human beings without distinction of any kind, such as "(...) colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status." (Article 2 of the United Nations Universal Declaration of Human Rights of 10 December 1948)

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is entitled to their own opinion.
- The right to peace and security.

The rules for living together in Germany are derived from these basic rights.

The North Rhine-Westphalia State Office for Political Education has published the [brochure "Demokratie für mich"](#) (March 2016), in which these rules are clearly presented. These rules and examples of what is and is not allowed in Germany are presented here under each keyword.

Adding something

Rule of law

Rule of law

Germany is a democratic state. The Grundgesetz (basic law) guarantees human dignity, freedom and justice. There are laws to ensure that human rights are upheld.

Political decisions are made by representatives of the people. In Germany, these political representatives are elected in free elections.

The laws apply in the same way to everybody in Germany. The state has to abide by the law. Everyone living in Germany must also abide by German laws.

This means, for example:

- If someone believes that another person or the public administration has committed an injustice against them, they can take that person or institution to court. The courts are independent. This means: The government is not allowed to tell the courts what to decide.
- State courts decide whether or not someone will be punished for their actions. This punishment could take the form of a fine, community service or prison. There is no death penalty in Germany.
- The police has the role of ensuring that everyone is able to live in freedom and safety.
- Religion must not violate laws. Laws always take priority over religion.

The following behaviour is not allowed in Germany:

- Inciting people to hatred or to do violent actions.
- Fighting against the democratic system and its values.

These offences can lead to you being put in prison.

After serving their sentence, non-German nationals can lose their right to remain in Germany (under certain circumstances) and be deported.

Personal freedom

Personal freedom

All adults are entitled to make their own decisions about themselves and their own lives. Whether man or woman, young or old, with or without a disability, regardless of skin colour or religious affiliation.

All people are allowed to do what they want as long as they abide by the law and do not restrict the freedom of others.

This means, for example:

- All people are allowed to decide what they want to wear. Women can decide whether they want to wear trousers, dresses, long or short skirts, tight or loose clothing or a headscarf. Men can decide whether they want to wear a suit and tie, a T-shirt and jeans, a turban, a hat or a beard.
- All people are allowed to eat what they want and what they like. The decision whether to eat meat (including pork or beef) is made by people alone. There are no general or

religiously based dietary regulations from the state.

- The consumption of alcohol is permitted for adults. Children and young people are not allowed to consume alcohol.
- Every woman and every man may decide for themselves whether and whom they wish to marry.
- Every woman and every man may divorce.
- Unmarried couples are allowed to live together and have children.
- Members of different religions and faiths may marry and have children.
- Contraception is permitted for both sexes. A person's decision to use contraception must be respected.
- Same-sex partnerships are accepted. Same-sex couples can marry. The rights of a civil partnership are similar to those of a marriage between a man and a woman.
- Everyone decides for themselves how and where they want to live. This right may be restricted for persons in the asylum process until an asylum application is recognised.
- Sexual acts between adults may only take place with mutual consent. Any sexual activity with children is prohibited.
- Private property is permitted in Germany for every man and every woman. It is permitted to own a house or a plot of land. Many companies are privately owned.
- Women and men have equal rights when it comes to inheritance.

Important:

One's own freedom ends where it violates the freedom or human dignity of others or contravenes the law.

Here you can find [help for victims of violence and abuse](#)

Gender equality

Gender equality

Women and men have the same rights. This is reflected in the law and in daily life.

This means, for example:

- Girls and boys go to school together and receive the same lessons. They take part in sports education together.
- Both women and men are allowed to study or learn a profession. All professions are fundamentally open to both genders.
- Women play important roles in society, for example as police officers, doctors, teachers or in government offices and agencies. Their instructions must be followed.
- Women decide themselves which career they want to have. They can spend their money as they wish.
- Women do not need to ask their husband, parents or other family members for permission to work, open a bank account, or sign contracts.
- Women are allowed to dress as they like
Women decide for themselves who, when and if they marry.

-
- Mothers are given extra help and support. They do not have to (and are not permitted to) work for six weeks before the birth or eight weeks after the birth. They cannot be fired from their jobs because they become mothers.
 - The tasks and roles in the family are not fixed.
 - Women participate in public life. They attend cultural, political or sports events, restaurants and bars.
 - Women can vote and be elected to political office.
 - Women and men have equal inheritance rights, daughters as much as sons.
 - Sexual contact, comments or solicitations are only allowed if everyone involved consents. A "stop" or "no" must always be respected.

The following behaviour is not allowed in Germany:

- Any form of violence against women, including within marriage.
- No one is allowed to sexually harass another person.
- Rape - including within marriage - is punishable.
- No one can be forced to marry. The coercion of a marriage by force or threat will be prosecuted.

Children's rights

Children's rights

Children and young people have rights. These rights are set out in the United Nations Convention on the Rights of the Child. It also applies in Germany to all children and young people under the age of 18. In addition, there are many laws in Germany that protect the life, health and rights of children in a special way. The protection of children is always the top priority.

This means, for example:

- All children have the same rights. No matter where they live, where they come from, what colour their skin is, what their parents do, what language they speak, what religion they are, whether they are boys or girls, what culture they live in, whether they have a disability, whether they are rich or poor.
- Children have the right to a name, a birth certificate, a nationality and a family. The state always helps if children lack any of these things.
- Children should be able to live with their parents, unless this puts them in danger. Parents may and must care for their children, protect and promote their health and well-being.
- Children who have fled have the right to special protection and help.
- Children must be protected so that they can grow up well.
- Children must and may go to school. School attendance is compulsory. Parents must support their children in attending school. School education is free in Germany.
- Children are allowed to form their own opinions.
- At the age of 14 at the latest, children are allowed to decide for themselves whether they want to belong to a religion and which one.

-
- Children should be able to develop well. Parents are responsible for this. If they need support, the state must help and provide food, clothing and housing, for example.
 - Children whose parents are not married have the same rights as children who live with married parents.

This is not permitted in Germany, for example:

- Children may not be neglected or abused.
- Children may not be beaten or physically or mentally abused in any way.
- Children may not be used as labourers until they are 13 years old. When they are older, they are only allowed to work to a very limited extent. This must not impair their health and development.
- Children may not be abducted or used as objects of trade.
- It is forbidden to perform sexual acts on children.

The City of Munich expressly recognises these globally applicable children's rights and endeavours to implement them at all levels (unanimous resolution of the City Council 2001).

Here you can find the rights of the child in various languages: "" [German](#), "" [English](#), "" [French](#), "" [Italian](#), "" [Spanish](#), "" [Croatian](#), "" [Polish](#), "" [Romanian](#), "" [Russian](#), "" [Serbian](#), "" [Turkish](#), "" [Vietnamese](#), "" [Japanese](#), "" [Greek](#), "" [Arabic](#)

Complaints and ombudsman's office: Children's and youth town hall

We advocate for children and their families on a non-partisan basis (and anonymously if desired). We co-operate with all departments of the city and outside. We look for solutions with those affected in an unbureaucratic, uncomplicated, child-orientated and family-friendly way. We offer guidance, good tips and reliable information. At the same time, we try to recognise trends, developments and special needs in Munich from the many concerns that reach us every day and then improve them.

 [Find out more](#)

Who for: Children and young people up to the age of 18

There is barrier-free access to the building and the rooms. There is also a disabled toilet.


The offer is free of charge.


Please make an appointment.

Kinder- und Jugendrathaus - Direktorium

Marienplatz 8

80331 München

 [089/23392555](tel:08923392555)

 [015257984461](tel:015257984461) (



Whatsapp also possible)

@kinderrathaus@muenchen.de

@jugendrathaus@muenchen.de

 From Tuesday to Thursday from 14:00 to 16:30

**This text contains information on the following search terms:
UN Convention on the Rights of the Child, violation of children's rights,
ombudsperson**

Rights of people with disabilities

Rights of people with disabilities

German Basic Law:

The German Basic Law states: "No one may be disadvantaged because of their disability."
(Article 3 paragraph 3)

UN Convention on the Rights of Persons with Disabilities:

The UN Convention on the Rights of Persons with Disabilities is a treaty (abbreviation: UN-BRK or BRK). This treaty states:

People with disabilities have the same rights as people without disabilities.

Many countries have signed this treaty. Germany has also signed the treaty. That was in 2009.

The City of Munich also has to implement the rules. It has its own office for this purpose. The office is called:

 [Koordinierungsbüro zur Umsetzung der UN-Behindertenrechtskonvention](#)

The office is responsible for improving the situation of people with disabilities in Munich. Munich should be organised in such a way that people with disabilities can participate everywhere. Just like people without disabilities. In all areas and phases of life. Structural, social, individual and psychological barriers should be dismantled. There must be no discrimination.

The office can be contacted by telephone and e-mail:

 [089/23321983](tel:08923321983)

@inklusion.soz@muenchen.de

LGBTI* rights

LGBTI* rights

Homosexuality / sexual identity

Homosexuality is allowed in Germany. For example, women can be lesbian and men can be gay or people can be bisexual.

Same-sex couples are allowed to live together and also marry. Some of them bring up children together; families like these are called rainbow families.

Lesbians and gays are not allowed to be discriminated against. There is a separate law about this and various guidelines. You can find more information [here](#).

Lesbians, gays and transgender people are allowed to show themselves and meet openly. There are many places where you can find information, advice and leisure activities:

- for lesbian women: [LeTRa](#)
- for gay men: [Sub](#)
- for people who are transgender, non-binary or intersexual: [Trans*Inter*Beratungsstelle](#)
- for teenagers who are LGBTI*: [LesBiSchwule und Trans* Jugendorganisation München](#)

Further services and leisure groups: [Offers for LGBTI in München](#)

Transgender, non-binary and intersexual people / gender identity

In Germany, people are equal whatever their gender.

This means that people in Germany can be neither female nor male; they can then give their sex as “diverse” or “not stated”.

Transgender people can live openly in Germany and make use of medical treatments to adjust their gender.

These people also must not be discriminated against.

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

Non-violence / physical integrity

Non-violence / physical integrity

Everyone has the right to a life without violence. This means that all people have the right to life and physical integrity. This includes both the physical and mental health of a person. This also applies in the private sphere.

This means, for example:

- Conflicts should be resolved without violence.
- Anyone who needs help in the event of danger or conflict can call the police.
- All police instructions must be followed.
- Vigilante justice is not permitted. If your rights have been violated, a state court will decide.
- The state must act non-violently. It may only use force in exceptional cases when all other means have been exhausted. There is no death penalty and no corporal punishment; torture is prohibited.

This is not permitted in Germany, for example:

- Physically abusing, injuring or killing another person. This also applies within the family, at school and on the street.
- Taking part in a brawl that results in people being killed or seriously injured.
- Blood revenge and murder in the name of honour.
- Violence against women and children always and everywhere.
- Human trafficking, slavery and forced prostitution.
- The sewing up, cutting or mutilation of female genitalia. See "" [Female genital mutilation](#)

Religious freedom

Religious freedom

Religion and beliefs are private matters in Germany. The state does not prescribe to anyone whether they should have religious beliefs or which god they should believe in. The state and religion are separate.

This means, for example:

- All people have the freedom to choose and practice their religion and beliefs themselves.
- All people have the freedom to not follow a religion and to state that fact openly. 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 and have children.
- Marriage is only considered legally valid if it is recognised by the Standesamt (registry office). Marriages that have only been performed in a religious context are not considered legally binding in Germany.

The following behaviour is not allowed in Germany:

- Putting religious rules or traditions above the laws of the German state. One example would be a man married to multiple women at the same time, or slaughtering an animal without a special permit.
- Boys can only be circumcised if it does not negatively affect their well-being.

Many people in Germany now work to ensure that there is dialogue between religions. The aim is the peaceful co-existence of people who are religious, those who are devout and those who do not belong to any religion. The state is committed to ideological neutrality. Provided that practising a religion does not endanger democracy or the separation of state and religion, it will be protected.

Social justice

Social justice

The state must respect and protect human dignity. It should, therefore, ensure that social justice applies to the greatest extent possible. It takes legal, financial and material actions to do so. Everyone in Germany who is earning money pays part of their earnings to the state (tax). The higher your income, the more you have to pay. The more you earn, the more taxes you pay. The state is expected to spend this money for the benefit of everyone living in Germany.

This means, for example:

- Every person registered as living in Germany has the right to basic medical care. This includes medical treatment in the case of illness or accident.
- All people who are employed and required to contribute to social security pay contributions for their health insurance, social security and pension.

-
- Every adult must make an effort to pay for their own living expenses. If a person is not able to do this, they can request support from the state.
 - The state ensures that taxes are used to reduce social inequality and help people in crisis (refugees, for example).
 - The state provides financial support to parents, for example through child benefits.

The following behaviour is not allowed in Germany:

- Tax fraud, for example paying fewer taxes than required.
- Receiving state benefits without being entitled to them.

Freedom of expression

Freedom of opinion

Everyone has the right to their own opinion. This is stated in the German constitution. Freedom of opinion is part of democracy.

Everyone is allowed to decide for themselves what they read, how they surf the internet or whether they want to demonstrate. Everyone is free to express and disseminate their opinions publicly. All media are also free, all people can inform themselves there.

But there are also limits. Anyone who expresses their opinion freely must take care to protect the personal honour or personal dignity of other people. For example, you are not allowed to insult other people.

This means, for example:

- The government may be criticised.
- Religion may be criticised.
- Artistic works may provoke. Nobody is allowed to tell writers, musicians or visual artists how they should work.
- You are also allowed to make jokes or art about the government and about religions.
- Anyone who feels slandered, insulted, defamed or has their personal honour and dignity violated can turn to the police or a court.

This is not permitted in Germany, for example:

- The use of anti-constitutional symbols
- Calls for the overthrow of democracy.
- Insulting statements that demean other people.
- Defamation or slander against other people.
- Incitement to hatred and violence.

Information for people from Ukraine

Entry from Ukraine and residence in Germany

Information from the Federal Ministry of Labour and Social Affairs (BMAS):

For people who have fled to Germany to escape the war. Questions and answers on the topics of labour and social security:

 [in German](#)  [in English](#)  [in Ukrainian](#)  [in Russian](#)

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 currently need a visa to come to Germany. From the day you arrive, you can stay here for up to 90 days without special permission. You can even stay in Germany without a special residence permit until **4 March 2027**.

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 2026?

Your residence permit will be automatically extended and will then be valid until 4 March 2027. 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 have 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. The asylum procedure requires an application for asylum to be submitted to the responsible branch office of the Federal Office for Migration and Refugees.


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](#)


Arrival in Munich

Arrival at the main railway station:

- Referral to registration and advice centres
- Information on onward travel and accommodation

 There are people on site who can translate.

 Münchner Hauptbahnhof, Bahnhofsmmission, Gleis 11

 Daily from 0 to 24 hours

The service is free of charge.

Registration at the arrival centre for refugees from Ukraine:

It is important that you register within the first 90 days of your arrival in Munich. If you are registered, you may also be entitled to support.

Where do I register myself / my family?

Registration takes place at the government of Upper Bavaria (ROB).


 Ankunftszentrum für Geflüchtete aus der Ukraine, Dachauerstraße 122, 80637 München

If you are registered and need accommodation, please send an e-mail to

@ukraine-Verlegung.soz@muenchen.de


If you have any questions:



Questions for the Immigration Office

You are a war refugee from Ukraine and would like to apply for a residence permit (§ 24 AufenthG), submit additional documents, report changes or have a question? Use our  [contact form](#) or give us a call:

 [089/23396010](#) ( Monday to Thursday 7:30 to 15:30 and Friday 7:30 to 13:00)

Questions for the social department

Do you have a question or concern? Use our  [contact form](#) or give us a call:

 [089/23396833](#) ( Monday to Wednesday from 8:00 a.m. to 4:00 p.m., Thursday 8:00 a.m. to 5:00 p.m., Friday 8:00 a.m. to 1:00 p.m.)

Further information:


Official website of the City of Munich to support refugees from Ukraine


[!\[\]\(311e630c32806714146bed03eb4d14ee_img.jpg\) Solidarity with Ukraine](#)

Primary medical care at the main railway station (no emergencies!)

For people who do not yet have a medical treatment certificate.


OpenMed-Bus

 On Wednesday from 16:00 to 19:30

 At the entrance at Bayerstraße:




REFUDOCS

 Every day from 13:00 to 15:00 and from 19:00 to 22:00


 Hotel Regent, Seidlstraße 2, 80335 München

[!\[\]\(c2ecea60f1990c304f36f34e0bfaef4d_img.jpg\) Website](#)

Ärztlicher Bereitschaftsdienst



 Every day from 09:00 to 21:00

 Elisenhof, Prielmayerstraße 3, 80335 München

 [116117](tel:116117)


Clothing and everyday products

Diakonia Kleiderkammer Moosfeld, Am Stahlgruberring 8, 81829 München

 Tuesday to Friday from 10:00 to 16:00. If possible  [please book an appointment.](#)

Food:

You can get free food from the Münchner Tafel once a week.

 [0800/2004460](tel:08002004460) (calls are free of charge)

Medical care

Information on doctors' surgeries, pharmacies, hospitals, vaccinations, pregnancy, birth, tuberculosis, HIV and much more can be found on the website of the City of Munich:


[!\[\]\(db13b44035095bccbea3e85aa40281bb_img.jpg\) Medical care](#)

 For information in Ukrainian please scroll down.

Ukrainian Catholic Greek Church in Munich

[!\[\]\(49194783c31b01af0ee4e721c8e6c898_img.jpg\) Website](#)

Kathedrale Maria Schutz und St. Andreas, Schönstr. 55, 81543 München

 [089/65129090](tel:08965129090)

[!\[\]\(f805a8743ae200156f2a683196c31e23_img.jpg\) @ugkkm@t-online.de](mailto:ugkkm@t-online.de)

Crisis chat for children and young people up to the age of 25

Do you feel burdened by the war? Have you arrived in a foreign country and are finding it difficult to find your way around? Or do you simply need support and a sympathetic ear? We

are here to help.

🇺🇦 Ukrainian & Russian

This service is free of charge.

🌐 [More information](#)

Telephone number for Munich residents willing to help:

☎️ [089/1269915100](tel:0891269915100)

@ ukraine@diakonie-muc-obb.de

🕒 From Monday to Friday from 8:00 to 20:00.

🕒 On Saturday, Sunday and public holidays from 9:00 to 17:00.

🇩🇪 German

Residence permit, German course, childcare, school, work, training, study

Residence permit, German course, childcare, school, work, training, study

Do you want to work, study or do an apprenticeship in Germany? Then you need a residence permit. The prerequisite for this is a [place of residence](#).

If you know where you live in Munich, please register your place of residence. To do this, you must make [an appointment online](#) at the Bürgerbüro / Sozialbürgerhaus (SBH). Which SBH is responsible for you depends on your address. Enter your address [here](#) to find out which SBH is the right one for you.

🕒 All SBHs are open from Monday to Friday from 8:00 to 12:00.

Residence permit according to §24 AufenthG:

The residence permit contains the note "Gainful employment permitted". This means that any gainful employment, self-employment or dependent employment is possible.

While the application is being processed, you will receive a temporary „Fiktionsbescheinigung“. This also has the note „Erwerbstätigkeit erlaubt“.

There are two ways to submit the application: by post or by online application

- You will need the following documents by post:
 - Your first name and surname
 - The date of your entry
 - A copy of your identity document (scanned or photographed)
 - A copy of the registration email from the Government of Upper Bavaria (if you are not yet registered, you will receive an appointment to register after you have applied for your residence permit)
 - If possible, the completed and signed [application for a residence permit for refugees from Ukraine](#) (fill out a separate application for each family member)

Send these documents to the following address:

Kreisverwaltungsreferat (KVR)

Ausländerangelegenheiten

Ruppertstraße 19

80466 München

-
- By online application: Fill in this form:
in German: [Aufenthaltserlaubnis für Kriegsflüchtlinge aus der Ukraine](#)
in English: [Residence permit for war refugees from Ukraine](#)

For questions:

@ukraine.kvr@muenchen.de

[☎089/23396010](tel:089/23396010)

German courses:

If you have a residence permit according to §24 AufenthG or a fiction certificate, you can apply for a German/integration course (IK) at the Federal Office for Migration and Refugees (BAMF).

To do this, fill in the [Antrag auf Zulassung zu einem Integrationskurs](#) form.

Instructions for completing:

- Under "Reason for travelling to Germany", please tick "Other reasons" and enter "Ukraine war".
- Under "Reason for applying for admission to the integration course", please state the relevant reason, e.g. language acquisition for integration into the labour market.
- You do not need to tick the exemption from costs. This is done automatically.

Send the completed application form to the following address:

Bundesamt für Migration und Flüchtlinge

Referat 53 A

Streitfeldstraße 39

81673 München

You can then look for an integration course: [Integration courses - search](#)

Advice on participation and application can be obtained from the [migration advice centres for adults \(MBE\)](#) or [youth migration services \(JMD\)](#):

[🌐mbeon](#)

[🌐migmuennen](#)

If you do not yet have a residence permit or fiction certificate, you can contact the "" [IBZ-Sprache und Beruf](#):

@ibz-sprache.soz@muenchen.de

[🌐website](#)

Recognition of foreign qualifications:

Have you learnt or studied a profession in Ukraine and would like to work in Germany?

The [Service Centre for the Development of Foreign Qualifications](#) can check whether this can be recognised or classified as equivalent in Germany.

Childcare and school

[🌐Information from the City of Munich](#)


The parent counselling service helps parents with questions about childcare:

@kita-eltern@muenchen.de

[089/23396771](tel:089/23396771)

School attendance is compulsory in Germany. This means that all children and young people between the ages of 6 and 15 must enrol at a local school. Distance learning at a school in Ukraine does not replace compulsory schooling in Germany.

Information on school attendance is available here:

 Monday to Friday from 9:00 to 12:00 and from 13:00 to 16:00

@schulberatung-international@muenchen.de

[089/23326875](tel:089/23326875)

[089/233524227](tel:089/233524227) ( Ukrainian and Russian)


Support and counselling in the search for work and training:


Munich Employment Agency:

 [Website](#)

@Muenchen.ofis.ukrayina@arbeitsagentur.de

[0911/1787915](tel:0911/1787915) (The call is **not** free)

 From Monday to Thursday from 08.00 to 16.00 and on Friday from 08.00 to 13.00


 German, Ukrainian and Russian

Migration and Work Information Centre:


- Active support in the search for work
- Labour and social law information (e.g. in the event of dismissal, if you do not receive your wages, etc.)
- German course
- Job application training

The offer is free of charge.

Who for: For refugees from Ukraine


 Ukrainian, Bulgarian, Romanian, Turkish, English and French

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Sonnenstr. 12a, 80331 München

[089/51114642](tel:089/51114642)

@jobmatching@awo-muenchen.de

 Every Friday from 9:30 to 12:00 and from 13:00 to 15:00

 [Website](#)

Further information:

"" [Vocational preparation - looking for an apprenticeship](#)


"" [Work, training](#)

"" [Job centre](#)

"" [Find work](#)

Job portals

 [Job Aid Ukraine](#)

 [Springboard Into Work](#)

 [UAtalents](#)


 [socialbee](#)

Study

The university advises students and people from academia.

[Information and advice on scholarships for refugees](#)

 [089/21800](#)

 Ludwig-Maximilians-Universität München, Geschwister-Scholl-Platz 1, 80539 München

Financial support if you do not have a residence permit / fictitious certificate

Financial help for people without a residence permit / fictitious certificate

Munich Association for the Deaf

Information for deaf refugees can be found here:

 [Website](#)

@ukraine@gmu.de


Residence permit:

You may stay in Germany for up to 90 days from the day you enter the country.

After that - or if you want to work in Germany - you will need a [residence permit](#).

Financial assistance:

Don't have enough money? The prerequisite for financial support is [registration](#) at the First Arrival Centre:

 Dachauer Straße 122a, 80637 München



If you are registered, you can submit the application.

You can also obtain medical treatment vouchers there.

What documents do I need?


To apply for financial aid, please send the following information and documents by e-mail to

 [@asylbewerberleistungen.soz@muenchen.de:](mailto:asylbewerberleistungen.soz@muenchen.de)

- Name, telephone number
- Copies of the passports of all family members for whom you wish to apply for benefits
- completed online form:  [in Ukrainian](#) /  [in Russian](#)
- Specify the address of your accommodation

Do you have a question?

 [089/23396833](#)

 [089/23348805](#)

📍 Amt für Wohnen und Migration, Werinherstr. 89, 81541 München

📄 You can also visit us in person without an appointment. This is possible on Monday and Wednesday from 08:30 - 09:30.

Financial support if you have a residence permit / fiction certificate

Financial help for people with a residence permit / fictitious certificate

Munich Association for the Deaf

Information on the registration process for deaf refugees:

🌐 [Website](#)

@ ukraine@gmu.de

@ sozial.ukraine.deaf@gmail.com

Residence permit:

All persons, regardless of their residence status in Ukraine, who have left the country after 24 February 2022 may enter Germany without a visa. You can then stay in Germany for up to 90 days without a visa.

After the 90 days or if you want to work in Germany, you will need a [residence permit](#).

Financial support:

If you have a residence permit or a "Fiktionsbescheinigung", you can apply for basic financial support (SGB II / Bürgergeld). This means

- financial assistance
- Health insurance
- Free offers for support and qualification, such as language courses, integration courses, opportunities for further training
- Money for accommodation and heating

If you do not have a residence permit, you can find more information on financial assistance [here](#).

Where can I submit the application?

You can submit your application to the job centre / [Sozialbürgerhaus](#) (SBH). Which SBH is responsible for you depends on your address. Enter your address [here](#) 🌐 to find out which SBH is the right one.

What documents do I need for the application?

- Fictitious certificate or residence permit § 24 Abs. 1 (AufenthG)
- Registration in the Central Register of Foreigners (AZR). Registration is carried out by the 🌐 [Kreisverwaltungsreferat](#) (KVR). Registration in the AZR takes place automatically when you receive the fictitious certificate.



There are three ways to submit the application: 1. in person; 2. by post / e-mail; 3. online.
If documents are missing, you will receive a message from us.

In person:

You will receive the documents for the application at your appointment. We will support you with the application.

There are also people on site who can translate.

To avoid waiting times, book an appointment by phone or online:

 [089/453550](tel:089453550) ( From Monday to Friday 08:00 - 18:00)

 [Online](#)

Not all family members need to come to the Job Centre individually. It is sufficient for one person from your family to come. Please bring the following documents and proof to the appointment:

- Passports of all persons submitting the application or birth certificates of the children
- Residence permit / fictitious certificate from all persons submitting the application


If you have the following documents, please also bring them with you to the appointment:

- Do you pay rent for **accommodation**? Then please bring proof of the amount of the costs (e.g. rental agreement).
- Do you **work**? Then please bring proof of your income.
- Do you have a **German bank account**? Then please bring proof of the account number (IBAN).

By post / e-mail:

Use the  [short application form](#) and the  [short application form for additional persons](#).

Would you like to apply for your child's lunch costs, excursions or school trips to be covered?

Then you can submit the  [application for education and participation](#). Please send the documents by post or email to your social welfare centre:



Online:


You can submit the  [application digitally](#) here.


If you have your own bank account, you will receive the money faster. If you do not have an account, you can also receive the money in cash. Please discuss this with the member of staff at your SBH.

Do you have a question?

Then you can call:

 [089/453550](tel:089453550) ( From Monday to Thursday 08:00 - 18:00 and on Friday 08:00 - 14:00)

 [089/453552878](tel:089453552878)

 Or write an e-mail to your local job centre.

Additional support for family and child:


If you have a residence permit / fiction certificate, you can apply for additional support, such as child benefit, parental allowance or maintenance advance. You can find information on this here:


-
- [!\[\]\(f7bb9f13bfab7888450b5a781b608f0a_img.jpg\) in German](#)
 - [!\[\]\(a1667026428d256c32c8c06b2c0e0066_img.jpg\) in English](#)
 - [!\[\]\(d9d084f10e820c1e843b91cf9ac2f8b9_img.jpg\) in Ukrainian](#)
 - [!\[\]\(8e859fab66144758660ca2a248241a8d_img.jpg\) in Russian](#)


Support with the SGB II application for third-country nationals / people without Ukrainian citizenship

If you do not have Ukrainian citizenship and need assistance with your SGB II - Antrag:

Migrationsberatung hpkj im Bellevue di Monaco

 Müllerstr. 2, 80469 München

 On Monday: 10:00 - 12:00, on Tuesday: 16:00 - 18:00 and on Thursday: 10:00 - 12:00

 Russian, Ukrainian

PONTIS

 [Website](#)


 PONTIS Ukraine in Hasenberg [0176/18550238](tel:0176/18550238)

 PONTIS Ukraine in Pasing [0176/18550241](tel:0176/18550241)

 PONTIS Ukraine at Freimann [0176/18550243](tel:0176/18550243)


Migration counselling Caritas

 [Website](#)

 [089/724499200](tel:089/724499200)

Further offers of help

Help for Ukrainians on the run

 [MapaHelp](#) collects locations in Ukraine. People in difficult situations can receive help there. The help consists of accommodation, food, psychological and medical assistance or transport.


Hotline of the IOM


 [International Organization for Migration](#)

The call is free of charge.


 [+380504284565](tel:+380504284565)

 [+380500302268](tel:+380500302268)


 [+380504284660](tel:+380504284660)

 daily from 8:00 to 20:00

Help telephones

Violence against women:  [0800/116016](tel:0800/116016)

Sexual abuse:  [0800/2255530](tel:0800/2255530)

Pregnant women in need:  [0800/4040020](tel:0800/4040020)

Pontis Ukraine - Forms service

We help people fill out forms and applications.
Prerequisite: Residence permit according to § 24 AufenthG
The service is free of charge.

📍 Ernst-Schneider-Weg 7, 80937 München

🕒 From Monday to Thursday from 9:00 to 14:00

Please make an appointment:

☎ [0176/18550238](tel:017618550238)

☎ [0176/18550241](tel:017618550241)

☎ [0176/18550243](tel:017618550243)

Mental Health Centre Ukraine

We offer psychological help for all people who had to flee due to the war in Ukraine. There are various programmes for children, young people and adults.

You can see the current programmes and information on how to register at [🌐 on our website](#).

People without a Ukrainian passport can also come to us. The programme is particularly aimed at vulnerable people. For example, LGBTIQ*, Rom*nija, BIPoC (Black, Indigenous, People of Color), people with disabilities.

The service is free of charge.

🗣 Ukrainian, Russian, English, French, other languages if necessary.

📍 Franziskanerstraße 14, 81669 München

There is barrier-free access to the building and the rooms.

☎ [089/98295745](tel:08998295745)

✉ @mhcu@refugio-muenchen.de

🕒 Please make an appointment.

Addresses for people with cancer

For people with tumours:

Bavarian Centre for Cancer Research:

Onkologisches Zentrum - TU München, Ismaninger Str. 22, 81675 München

Onkologisches Zentrum - LMU Campus Großhadern, Marchioninistraße 15, 81377 München

☎ [0800/8510080](tel:08008510080)

✉ @buergertelefon@bzkf.de

🌐 [Website](#)

Oncology Centre of the Munich Clinic Bogenhausen:

Englschalkinger Straße 77, 81925 München

☎ [089/92702895](tel:08992702895)

✉ @christa.muser@muenchen-klinik.de

🌐 [Website of the centre](#)

📍 [You can find other locations here](#)

Help for traumatised people

[ArrivalAid Trauma Help](#)

We help you if you are suffering from the situations you have experienced. We offer counselling, anti-stress training and trauma help.

Ringseisstraße 11a, 80337 München

 [Our website](#)

 [@traumahilfe@arrivalaid.org](mailto:traumahilfe@arrivalaid.org)

 [089/55871688](tel:08955871688)

Helpline Ukraine - number against grief

We are there for you if you want to talk about your experiences in Ukraine or how you are doing in Germany. We have an open ear for worries, questions and problems. We can also provide information on other offers of help.


Who it's for: Children, young people and parents from Ukraine. You can also use our service if you have taken in people from Ukraine.

The call is free of charge and anonymous.

 [Website](#)

 Ukrainian, Russian

 0 [8005002](tel:8005002) 250

 Monday to Friday from 14:00 to 17:00


Help for people with disabilities and/or chronic illnesses

 [AbilityAid](#)

Counselling, courses for practising German and PC courses for beginners and advanced users
Dachauer Str. 21a, 80335 München

 [Website](#)

 [@ability@arrivalaid.org](mailto:ability@arrivalaid.org)

 [089/59998823](tel:08959998823)

Imagine Ukraine

We help you with your arrival in Europe. We provide practical help and guidance. For example, when looking for work.

Who for: People from Ukraine, Belarus, Russia and other countries who want to build a new life in Europe as a result of war and oppression.

The programme is free of charge.

 [@johann@joinimagine.org](mailto:johann@joinimagine.org)


 [Website: Website](#)


Consumer protection


In addition to [information on everyday life](#), the Bavarian Consumer Advice Centre offers free advice in Ukrainian. The counselling is individual and takes place by telephone, e-mail or on site.

 [website](#)

Legal advice, advice on insurance and tenancy law


 [089/5527940](tel:0895527940)


 Monday to Thursday from 9:30 to 12:15 and from 13:30 to 16:15

 Friday from 9.30 a.m. to 12.15 p.m. and from 1 p.m. to 3 p.m.

Financial and legal advice on pensions, investments, property financing, loans or in the event of an insurance claim


 [089/552794131](tel:089552794131)


 Monday to Friday from 9:00 to 12:30

 Monday and Thursday from 14:00 to 16:00

Energy counselling

 [0800809802400](tel:0800809802400)

 Monday to Thursday from 8:00 to 18:00

 Friday from 8:00 to 16:00

 info@vzbayern.de

COMING HOME - Office for Return Assistance

Would you like to return to your country of origin? Get in touch with [us!](#)

Who for: Students from abroad who have come to Germany as a result of the war in Ukraine and would like to return to their country of origin.

 reintegration@muenchen.de,

 [089/233-48666](tel:08923348666), [-48663](tel:08923348663)

Munich Kyiv Queer

Fight for Global Rights - Solidarity knows no borders.

Lesbians, gays, bi, trans* and Inter* (LGBTI) suffer from disenfranchisement, persecution and attacks in many places around the world. We stand by their side in solidarity.

The Munich Kyiv Queer contact group was founded in 2012. We campaign specifically for the human rights of homo-, bi-, trans* and inter* people in Ukraine. The partnership between Kyiv and Munich is the basis for this. Since then, a lively cooperation has developed between the lesbian, gay and trans* groups of both cities, which are linked by friendship. The joint projects have long since extended beyond Kyiv to the whole of Ukraine.


Currently, we mainly offer help for LGBTIQ* refugees from Ukraine who come to Bavaria/Munich, but we also support queer people locally.

What we offer: Counselling, accommodation, group meetings with refugees and helpers, paperwork, German courses

For whom: LGBTIQ*

The offer is free of charge. Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 German, English, Ukrainian, Russian

📍 Munich Kyiv Queer c/o Sub e.V., Müllerstraße 14, 80469 München

✉ info@MunichKyivQueer.org

🌐 [Website](#)

Media in Ukrainian language

Media in Ukrainian language

Children's programmes in Ukrainian:

🌐 [ARD-Mediathek](#)

Where did the ladybird hide its wings? How does the colour get into the crayons? Why does the squirrel have such a bushy tail?

Here you'll find funny stories with a mouse, elephant and duck:

🌐 [The page with the mouse](#)

Psychosocial support for people from Ukraine

People who have fled to us from the war in Ukraine have experienced terrible things. The children in particular were and are exposed to high levels of psychological stress. But children can be very resilient if they are helped immediately. It is also important that parents know how to look after their children, but also themselves. Our job is to provide therapy and counselling for people who have been traumatised by war and flight. On our website you will find two videos in Ukrainian with German subtitles:

🌐 [Refugio](#)

News in Ukrainian

"Deutsche Welle" is the German foreign broadcaster. It provides news in over 30 languages, including Ukrainian:

🌐 [News in Ukrainian](#)

Collected information at the Munich City Library

The Munich City Library has collected information on the war against Ukraine and the situation of refugees in Munich on its website. It provides an overview of which sources you can currently rely on and how you can recognise false information.

You will also find novels, biographies and stories by Ukrainian authors.

You will also find a list of sources of help.

🌐 [Münchner Stadtbibliothek](#)

Picture books and children's books

The following Munich city libraries have picture and children's books in Ukrainian:

[Motorama](#), [Bogenhausen](#), [Neuhausen](#), [Pasing](#), [Ramersdorf](#), [Sendling](#)

Events for children in Ukrainian can be found 🌐 [here](#).

Migration Advisory Council Munich

What is the Migration Advisory Board?

What is the Migration Advisory Council?

There are currently around 478,000 people with foreign citizenship living in Munich. That is around 30 per cent of the population of Munich. In addition, there are around 283,000 German citizens with a migration background.

The Migration Advisory Council represents the interests of people with a history of migration. The political body has existed since 1974 and consists of 40 members. The members were elected for three years on 19 March 2023. Each year, the Migration Advisory Board can fund certain projects. It has around €220,000 at its disposal for this purpose.

Our topics:

- Anti-discrimination and anti-racism
- Education and training
- Help for children and young people
- Labour and social affairs
- Issues for women
- Sport and leisure
- culture
- Migration policy and international understanding
- Politics for refugees and migration law

Politics for people in Munich without a German passport:

- We submit applications to the city council and the city administration.
- We organise events at which various topics are discussed. For example, on integration policy in Bavaria, the recognition of foreign certificates or unemployment among migrants.
- We are committed to ensuring that all people in Munich are allowed to vote.

Against racism, discrimination and in favour of integration:

- Together with the City of Munich and the [Lichterkette e.V.](#) association, we award the "[Münchner Lichtblicke](#)" prize every year. The award stands for tolerance and civil courage.
- We support refugees.
- We are involved in "[Munich is colourful](#)".
- We are part of the jury in the [Mosaik Jugendpreis](#).
- 21 March is International Day against Racism. In cooperation with [AGABY](#) and the [Netzwerk Rassismus- und Diskriminierungsfreies Bayern e.V.](#), we are organising the rally for this day.
- We are involved in the [AGABY](#) (umbrella organisation of Bavarian integration councils), the [Bavarian Integration Council](#) and the [Federal Immigration and Integration Council](#).


Bridge between the city, politics, clubs, associations and citizens:

- We organise events together with the City of Munich. For example, the Festival of Cultures or the [AnderArt Festival](#). We also organise memorial events for victims of racist and misanthropic violence.
- We support around 100 to 120 projects every year.
- We are in contact with migrant associations and organisations.


-
- We are the contact point for all questions concerning migrants in Munich.

 [Video on the election of the Migration Advisory Board](#)

 Geschäftsstelle des Migrationsbeirates, Sendlinger Straße 1, 80331 München

 [089/23392454](tel:08923392454)

 [@migrationsbeirat@muenchen.de](mailto:migrationsbeirat@muenchen.de)

 From Monday to Thursday from 9:30 to 15:00. On Friday from 9:30 to 12:00.

 [Website](#)

Who can vote?

Who can vote?




All foreign nationals may vote who, on the day of the election, meet the following requirements:

- are at least 18 years old,
- have lived in Munich for at least six months (in the event of several residences: with a primary residence) or otherwise usually live here
- and are not excluded from the right to vote.

All persons who meet these requirements are automatically on the electoral roll and receive a voting notification.


German citizens may also vote if they meet the above requirements and **also**

- hold a foreign passport
- or have held a German passport for less than 12 years (naturalisation after March 18, 2011).

Please note: Persons with German citizenship are not automatically on the electoral roll. If you want to vote or stand as a candidate in the Migrationsbeiratswahl (Migrants Advisory Board election), you must apply to the electoral office for  [‘Aufnahme in das Wählerverzeichnis \(inclusion on the electoral roll\)’](#). You can also request the application form by phone on  [089/23396233](tel:08923396233) or by e-mail ( briefwahl.kvr@muenchen.de).

 [Website of the federal capital city of Munich](#)

The application for inclusion on the electoral roll must be received by the electoral office no later than March 3, 2023:

 Kreisverwaltungsreferat, Geschäftsleitung, Wahlen und Beschlusswesen, Ruppertstraße 19, Raum 56.38, 80337 München

 [@briefwahl.kvr@muenchen.de](mailto:briefwahl.kvr@muenchen.de)

Counselling and help

Advice and Help / General

Social community centres

Community centres

There are 12 social community centres in Munich. We support all adults, young people and children. For example, we help with these emergency situations:

- We help if you can't pay your rent.
- We help if you have debts.
- We help if you have a disability and need support.
- We help if you have problems in your family.
- We help if you don't have a job.
- We help if you are ill and have problems.
- We help if you are old and have problems.
- We help if you are desperate and don't know what to do next.

This is how we help you:

- We inform and advise you.
- We support you and show you where you can get help.
- We take care of your protection in the event of violence, endangerment and neglect.
- If you wish, we can also come to your home.

Our help is open to all people, regardless of gender, cultural or social background, age, religion, ideology, disability and sexual or gender identity.


The service is free of charge.


All community centres have a barrier-free entrance.

 [Website](#)

Opening hours:

 Monday, Tuesday, Wednesday, Thursday from 8:00 to 16:00

 Friday from 08:00 to 12:00

Which Sozialbürgerhaus (SBH) is the right one for you depends on where you live. If you do not know which SBH is the right one for you, enter your address [here](#): .

[Berg am Laim, Trudering, Riem](#)

[Schwanthalerhöhe, Laim](#)

[Altstadt, Lehel, Ludwigsvorstadt, Isarvorstadt, Maxvorstadt](#)

[Neuhausen, Nymphenburg, Moosach](#)

[Milbertshofen, Am Hart, Feldmoching, Hasenberg](#)

[Pasing, Obermenzing, Aubing, Lochhausen, Langwied, Allach, Untermenzing](#)

[Thalkirchen, Obersendling, Forstenried, Fürstenried, Solln, Hadern](#)

[Schwabing-West, Schwabing-Freimann](#)

[Au, Haidhausen, Bogenhausen](#)

[Sendling, Sendling-Westpark](#)

[Ramersdorf, Perlach](#)

[Obergiesing, Fasangarten, Untergiesing, Harlaching](#)

This text contains information on the following search terms:

Bürgergeld (SGB II) to secure your livelihood financially, benefits for education and participation (BuT), placement in training and work, over-indebtedness, family conflicts, partner conflicts, raising children and young people, separation, divorce, custody, housing problems, imminent homelessness, care

Support in cases of discrimination, racism and right-wing violence

BEFORE - Help with discrimination, racism and right-wing violence

We advise people who have experienced right-wing, racist and misanthropic violence. The reasons can be manifold: Origin, gender, religion, disability, age, social status, sexual identity or anti-racist commitment.

We can meet at our centre or at another location of your choice.

We provide counselling anonymously and independently of the police and courts.

As the person affected, you are at the centre of our attention. We help you make decisions and provide information on legal options. We support you in coping with the consequences of an assault and dealing with unequal treatment.

 [Find out more](#)

Who for: For victims and their social environment. And for people who can testify to an incident.

 It is possible to do the counselling with the help of interpreters.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

BEFORE München

Mathildenstraße 3c

80336 München

 [089/46224670](tel:08946224670)

 [@kontakt@before-muenchen.de](mailto:kontakt@before-muenchen.de)


**This text contains information on the following search terms:
human rights, LGBTIQ, racial profiling, gender, antisemitism, antiziganism**

Help with social / financial hardship

Help with social / financial hardship

Everyone has the right to get help. The Social Department helps people in Munich who are in need because they do not have enough money. Social Law Book 12 regulates what help is available and who can receive it. The abbreviation is SGB 12 or SGB XII.

To receive social assistance, you must submit an application. They will then check how much money, income or assets you have. Once everything has been calculated, you will receive a letter. It will tell you how much money you will receive and how it was calculated. The money will help you to pay for things like food, toiletries, clothing, furniture, education, health insurance, electricity or housing.

You can find more information in this  [brochure](#).

Who does not receive social assistance?

- If you have too much money.
- If you can work but don't have a job at the moment or earn too little. Then the [job centre](#) is responsible for you.
- If you don't have a flat. Then the [homelessness assistance](#) centre can help.

Who gets social welfare?

- You can no longer work because you are too old or ill.
- You can no longer pay your rent.
- You don't have enough money for food.

How much money can I get?

That depends on your situation. For example, your age or whether you live alone or with a family. Some people need more than others, for example because they are pregnant or ill. The amount of money you need is calculated individually.

Where can I apply?

 At a [social welfare centre \(SBH\)](#).

What documents do I need?

- Your identity card
- Your severely disabled person's ID card, if you have one
- Your tenancy agreement and, if you have one, the letter stating when your rent was last increased

-
- Documents about your income, e.g. payslip, pension statement
 - Documents about your assets, such as savings balances, car documents, building society savings contracts, life insurance policies, house ownership, property ownership
 - Bank statements from the last 3 months
 - Documents showing whether you need care, for example a written notification from the care insurance fund

Debt counselling

Debt counselling

We advise people who have debts. The counselling is confidential. This means that we are not allowed to tell anyone about the counselling session. We cannot give you money or loans. But we can help you:

- negotiate with creditors
- in reviewing the claims that exist against you
- in the preparation and implementation of insolvency proceedings
- with budget planning
- in arranging household support
- in the event of seizure measures by creditors

Only with your reliable, honest and active co-operation can we support you in resolving your debt situation.

This service is free of charge.

🗣️ If you let us know in advance, we can organise a person who can translate. This will not incur any costs for you.

The service is free of charge.

You can find us in the [social community centres \(SBH\)](#). To find out which SBH is responsible for you, enter your address 📍 in [the search field](#).

Please make an appointment with us: "Städtische Schuldner- und Insolvenzberatungsstelle"

If you have any questions:

☎️ [089/23324353](tel:08923324353)

✉️ [@schuldnerberatung.soz@muenchen.de](mailto:schuldnerberatung.soz@muenchen.de)

This text contains information on the following search terms:

Private insolvency, bailiff, dunning notice, enforcement order, debt collection, insolvency, asset information, P-account, bankruptcy, wage garnishment, account garnishment, instalment payment, Schufa, foreclosure, dunning court, enforcement court, insolvency court

Debt counselling for young people

We offer an open consultation hour every Thursday from 16:00.


Who for: Young people up to the age of 26 who have problems with money or debts.

In the first consultation, we clarify the individual situation and give tips on how to deal with money and reduce debt. Further appointments can then be arranged.

We recommend arriving early.

There is barrier-free access to the building and the rooms.


The service is free of charge.

 Jugendinformationszentrum (JIZ), Sendlinger Straße 7, 80331 München


 [089/55052150](tel:08955052150)

 info@jiz-muenchen.de


 <http://www.jiz-muenchen.de>

 Thursday 16:00 - 18:00

If you don't have time on Thursday, you can go here:

 Jugendschuldnerberatung AWO/DGB, Neumarkter Straße 22, 81673 München

 schuldnerberatung@awo-muenchen.de

 [089/51556450](tel:08951556450) (on Tuesday from 15:00 to 16:00; on Thursday from 11:00 to 12:00)

**This text contains information on the following search terms
finances, loans, reminders, dunning procedure, youth counselling**

Forms service - help with filling out forms and applications

Forms service

We can help you fill out forms and applications.


The service is free of charge.


Please make an appointment by telephone or e-mail.


If you have any questions about accessibility on site, please contact the relevant centre directly.


Centre

BRK Ausfüllhilfe

 Goethestr.53, 80336 München (Room 010)

 German, English, French

 On Wednesday 15:30 - 17:30

 [089/23737420](tel:08923737420)

 Helmut.lehner@brk-muenchen.de

Migration and Labour Information Centre

Only for citizens of the EU.

📍 Sonnenstraße 12a, 80331 München
🕒 From Monday to Thursday 09:00 - 16:00
☎ [089/5139985](tel:0895139985)
✉ @arbeitsmigration@awo-muenchen.de

Berg am Laim / Ramersdorf-Perlach

[AKA - Aktiv für interKulturellen Austausch e.V.](#)

📍 Bad-Schachener-Str. 2 a, 81671 München
🗣 German and English
🕒 Monday 09:00 - 12:00
🕒 every fortnight Wednesday 17:00 - 20:00
☎ [0178/3360951](tel:01783360951)
☎ [089/189495718](tel:089189495718)
✉ @info@aka-muenchen.de

Freimann

[Pontis Freimann](#)

📍 Lindberghstraße 30, 80939 München
🗣 Arabic, Greek, Kurdish, Russian, Turkish, Ukrainian
🕒 Monday to Thursday 10:00 - 15:00 and by appointment
☎ [089/452235181](tel:089452235181)
✉ @pontis-freimann@diakonie-hasenbergl.de

Haidhausen

[AKA - Aktiv für interKulturellen Austausch e.V.](#)

📍 Rosenheimer Str. 135, 81667 München
🗣 German, Turkish
🕒 Tuesday 16:00 - 19:00
☎ [089/484542](tel:089484542)
☎ [089/189495718](tel:089189495718)
✉ @info@aka-muenchen.de

Hasenberg

[Pontis Hasenberg](#)

📍 Walter-Sedlmayr-Platz 9, 80995 München
🗣 Arabic, English, Greek, Russian, Turkish, Urdu
🕒 From Monday to Friday 08:00 - 14:00
☎ [089/452235191](tel:089452235191)
✉ @pontis@diakonie-hasenbergl.de

Diakonie Hasenberg

📍 Schneeheideanger 8, 80937 München
🗣 German
☎ [089/452235571](tel:089452235571)
✉ @info@diakonie-hasenbergl.de

Pasing

[Pontis Pasing](#)

📍 Landsberger Str. 478, 81241 München

🗣️ Arabic, Bulgarian, English, French, Italian, Kurdish, Spanish

🕒 From Monday to Thursday 09:30 - 14:00

🕒 Friday 09:30 - 13:00

☎️ [089/452235185](tel:089452235185)

✉️ [@pontis-pasing@diakonie-hasenbergl.de](mailto:pontis-pasing@diakonie-hasenbergl.de)

Am Westkreuz

[Kinderschutz München](#)

📍 Ute-Strittmatter-Str 30, 81248 München

🗣️ German, English, Turkish, Bulgarian, Arabic, French, Farsi, Dari, Pashto, Polish, Kurdish

🕒 From Monday to Thursday 09:00 - 10:00

🕒 Friday 09:00 - 10:00

☎️ [089/2317167963](tel:0892317167963)

☎️ [015221001730](tel:015221001730)

✉️ [@nbt-freiham@kinderschutz.de](mailto:nbt-freiham@kinderschutz.de)

**This text contains information on the following search terms:
form help, form filling help**

Counselling for people without papers

Counselling for people with unsecured residence status

We accompany you to the authorities and help you to apply for tolerated stay or residence on humanitarian grounds. We also have psychiatric reports drawn up if this is necessary for an application. We provide pregnant women with medical and legal support until the birth of their child and afterwards.

Who for: People without residence papers

Access to the building and the rooms is barrier-free.

The service is free of charge.

Café 104

Dachauer Straße 161

80636 München

☎️ [089/45207656](tel:08945207656)

✉️ [@cafe104@live.de](mailto:cafe104@live.de)

🌐 www.cafe104.de

🕒 On Tuesday from 17:00 to 20:00 and on Friday from 10:00 to 13:00

**This text contains information on the following search terms:
illegality, sans-papiers, residence status, unsecured residence**

Advice and Help / Integration

Counselling on German courses, school, work, training (IBZ - Sprache und Beruf)

Advice on German courses, school, work, training (IBZ - Sprache und Beruf)

Do you have questions about learning German, school or work? Do you need support and guidance for your education and career? We will inform and advise you. We will discuss your educational path together and support you:

- German course / integration course: We will help you find the right course and tell you when and where the course will take place. We will find out whether the costs of the course can be covered.
- School: We support you in your search for a suitable school.
- Training: We will advise you on the various training options available.
- Vocational qualification programmes: We provide you with information about further vocational training.
- Work: We support you in your job search.
- Internship: We support you in finding an internship.
- Career or studies from your country of origin: We provide advice on the recognition of foreign school-leaving qualifications and the first steps towards recognition of professional and academic qualifications.
- Search for other advice centres: We are well networked and know the right people to contact.

Who for: For people with migration or refugee experience aged 16 and over.

The programme is free of charge.

Children can be brought along.

📍 Office for Housing and Migration

🗣️ Arabic, Farsi, Dari, Kurdish (Sorani), Uyghur, Bassa, Duala, Swahili, Romanian, Russian, Ukrainian, Chinese, Portuguese, Italian, Spanish, English, French, Catalan, Turkish, Dutch

If you make an appointment, we can organise interpreters for other languages. You can also come to the open consultation hours without an appointment. These are:

📅 Monday and Wednesday 09:30 - 12:30

📅 Thursday 13:30 - 16:30

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Landeshauptstadt München
Amt für Wohnen und Migration
Franziskanerstraße 8
81669 München
☎️ [089/23340622](tel:08923340622)

@ibz-sprache.soz@muenchen.de

[Website](#)

📍 JiBB

Counselling at [JiBB](#) is aimed at young people aged 16 to 25.

🗣️ We can also organise interpreters.

🕒 Monday to Friday 09:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

JiBB

Kapuzinerstraße 30

80337 München

The entrance is located at Kapuzinerstraße 26.

@ibz-sprache.soz@muenchen.de

📍 Bellevue di Monaco

You don't need to register, just drop by:

🕒 Wednesday 16:00 - 18:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco

Müllerstraße 6

80469 München

☎️ [089/23340622](tel:089/23340622)

@ibz-sprache.soz@muenchen.de

[Website](#)

**This text contains information on the following terms:
labour market integration, job, employment, schooling**

Migration counselling for adults (MBE)

Migration counselling for adults (MBE)

Have you only recently arrived in Germany?

Do you need help with orientation?

Have you been here for some time but still feel unsure and unfamiliar?

Are you 27 years old or older?

Then you've come to the right place.

The **Migration Counselling Service for Adult Immigrants (MBE)** accompanies, informs and supports migrants as they settle into their new living environment:

-
- If you are looking for a [vocational German course](#).
 - If you are looking for an integration course.
 - If you have questions about school, training, work or career.
 - If you don't understand letters. For example, from the job centre or the immigration office.
 - If you need to make an appointment with an authority.
 - If you have questions about your right of residence
 - If you have health problems.
 - If you have questions about mobility (e.g. driving licence)
 - If you have questions about housing (not looking for accommodation)
 - If you have questions about social participation, e.g. sports and leisure activities

🗣️ We can advise you in German and many other languages.

Who for: For migrants aged 27 and over

The service is free of charge.

Personal information is treated confidentially. Support is provided regardless of your origin, religion or nationality.

There are many places in Munich that offer migration counselling. You can decide for yourself where you would like to go. On the website migmuenzen.de you will find all locations, opening hours and contact details. You will also find information on the languages in which counselling is available.

Here you can find the counselling centres in the different regions of Munich:

Counselling in the centre of Munich

Counselling services of the Munich Workers' Welfare Association (AWO)

🗺️ [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 53, 80336 München

Please make an appointment:

☎️ [089/54424715](tel:08954424715)

☎️ [0170/5467225](tel:01705467225)

✉️ infothek@awo-muenchen.de

🕒 Monday to Friday 10:00 - 12:00 and 13:00 - 14:00.

Bavarian Red Cross - Munich District Association

🗺️ [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 53, 80336 München

Please make an appointment:

☎️ [089/23737420](tel:08923737420) (room 108)

☎️ [089/23737422](tel:08923737422) (Room 102)

☎️ [089/23737423](tel:08923737423) (Room 010)

@mbe@brk-muenchen.de

Bund der Vertriebenen, Vereinigte Landsmannschaften, Landesverband Bayern e. V.

[Find out more](#)

There is barrier-free access to the building and the rooms.

Please make an appointment:

[Am Lilienberg 5, 81669 München](#)

[089/44140379](tel:089/44140379), [089/481447](tel:089/481447)

@info@bdv-bayern.de

@migrationsberatung@bdv-bayern.de

Condrobs e. V.

[Corneliusstraße 2, 80469 München](#)

Make an appointment:

[089/716717780](tel:089/716717780)

[0176/13410313](tel:0176/13410313)

[0176/13410102](tel:0176/13410102)

@migrationsberatung@condrobs.de

Caritas Association of the Archdiocese of Munich and Freising e. V.

[Learn more](#)

[Schrenkstraße 3, 80339 München](#)

Arrange an appointment:

[089/50035517](tel:089/50035517), [-31](tel:089/50035517), [-14](tel:089/50035517)

@migrationsberatung@caritasmuenchen.org

[Open consultation hours on Thursday 09:00 - 11:00.](#)

**Diakonie München und Oberbayern -
Innere Mission München e.V.**

[Find out more](#)

There is barrier-free access to the building and the rooms.

[Goethestraße 53, 80336 München](#)

1st floor

Please make an appointment:

[089/550576718](tel:089/550576718), [-21](tel:089/550576718), [-16](tel:089/550576718), [-14](tel:089/550576718), [-24](tel:089/550576718)

@migrationsdienste@diakonie-muc-obb.de

**Diakonie München und Oberbayern -
Innere Mission München e.V.**

[Find out more](#)

[Seidlstraße 4, 80335 München](#)

5th floor

Make an appointment:


[089/540456160](tel:089/540456160), [-66](tel:089/540456160), [-62](tel:089/540456160), [-63](tel:089/540456160)

@migrationsdienste@diakonie-muc-obb.de

IN VIA Munich e.V.

 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.


 Goethestraße 12, 80336 München

3rd floor

Please make an appointment:


 [089/54888950](tel:08954888950)

 mb@invia-muenchen.de

 Open consultation hours on Wednesday 09:30 - 11:00.

Israelitische Kultusgemeinde München und Oberbayern Social Department

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Sankt-Jakobs-Platz 18, 80331 München

Please make an appointment:


 [089/202400275](tel:089202400275)

 mbe@ikg-m.de

Hilfe von Mensch zu Mensch e. V.

 [Find out more](#)

There is barrier-free access to the building and the rooms.

 Marsstraße 25, 80335 München

Please make an appointment:

 [089/189179860](tel:089189179860)

 [0157/34620276](tel:015734620276)

 mbe.muenchen@hvmzm.de

 Open consultation hours from Monday to Friday 09:00 - 16:00.

REFUGIO Munich

There is barrier-free access to the building and the rooms.

 Rosenheimerstraße 38, 81669 München

Please make an appointment:


 [089/98295725](tel:08998295725)

 mbe@refugio-muenchen.de


hpkj e. V.

 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.


 Müllerstraße 6, 80469 München

Please make an appointment:

 [017610491166](tel:017610491166) or [017610491165](tel:017610491165)

 [089/218965757](tel:089218965757)

 migrationsberatung@hpkj-ev.de

 Open consultation hours on Monday 10:00 - 12:00 and on Tuesday 16:00 - 18:00 and on Thursday 10:00 - 12:00.

Zukunft Hoffnung e. V.

 [Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Dachauer Straße 14, 80335 München

Please make an appointment:

☎ [089/55077482](tel:08955077482)

@ mbe@zukunthoffnung.de

🕒 Open consultation hours on Tuesday 09:00 - 12:00.

Counselling in the north of Munich

Caritas Association of the Archdiocese of Munich and Freising e. V.

🔗 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Hildegard-von-Bingen-Anger 1-3, 80937 München

Please make an appointment:

☎ [089/31606310](tel:08931606310)

@ migrationsberatung@caritasmuenchen.org

🕒 Open consultation hours on Tuesday 09:00 - 12:00.

Kinderschutz e. V.

🔗 [Find out more](#)

📍 Heidemannstraße 25-27, 80939 München

Make an appointment:

☎ [089/2317167920](tel:0892317167920)

☎ [089/2317167952](tel:0892317167952)

☎ [089/2317167953](tel:0892317167953)

@ mbe@kinderschutz.de

🕒 Open consultation hours on Wednesday 10:00 - 12:00 and on Thursday 13:30 - 15:30.

Counselling in the east of Munich

Caritas Association of the Archdiocese of Munich and Freising e. V.

🔗 [Find out more](#)

📍 Platz der Menschenrechte 2, 81829 München

Make an appointment:

☎ [089/43737886](tel:08943737886)

@ migrationsberatung@caritasmuenchen.org

Malteser Hilfsdienst e. V.

📍 Streitfeldstraße 1, 81673 München

Arrange an appointment:

☎ [089/43608552](tel:08943608552)

☎ [089/43608553](tel:08943608553)

☎ [089/43608554](tel:08943608554)

☎ [089/43608555](tel:08943608555)

@ dalia.ferreirabischof@malteser.org

@migrationsberatung.muenchen@malteser.org

Open consultation hours on Monday 09:00 - 12:30 and on Tuesday 09:30 - 12:30 and on Wednesday 14:00 - 17:30.

Counselling in the south of Munich

Bavarian Red Cross - Munich District Association

[Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Perchtinger Straße 5, 81379 München

Please make an appointment:

☎ [089/2373242](tel:089/2373242)

@ Mohammad.Salari@brk-muenchen.de

☎ [089/890886011](tel:089/890886011)

@c hristine.mueller@brk-muenchen.de

Bavarian Red Cross - Munich District Association

[Find out more](#)

📍 Boschetsrieder Straße 67, 81379 München

Rear building, 2nd floor

Make an appointment:

☎ [089/309040631](tel:089/309040631), [089/309040632](tel:089/309040632)

@ julietta.baghdasaryan@brk-muenchen.de

🕒 Open consultation hours on Monday 10:00 - 13:00 and on Thursday 14:00 - 17:00.

Diakonie München und Oberbayern - Innere Mission München e.V.

[Find out more](#)

📍 Plecherstraße 6, 81541 München

Ground floor

Make an appointment:

☎ [089/62021626](tel:089/62021626), [-23](tel:089/62021626), [-24](tel:089/62021626), [-20](tel:089/62021626)

@ migrationsdienste@diakonie-muc-obb.de

@ migration-giesing@diakonie-muc-obb.de

Counselling in the west of Munich

Caritas Association of the Archdiocese of Munich and Freising e.V.

[Find out more](#)

There is barrier-free access to the building and the rooms.

📍 Arnulfstraße 83, 80634 München

Please make an appointment:

☎ [089/724499200](tel:089/724499200)


@ migrationsberatung@caritasmuenchen.org

🕒 Open consultation hours on Tuesday, Wednesday and Friday 09:30 - 12:30.

Caritas Association of the Archdiocese of Munich and Freising e. V.

 [Find out more](#)

There is barrier-free access to the building and the rooms.

 Haidelweg 48, 81241 München

Please make an appointment:

 [089/537951](tel:089537951)

 [089/54343172](tel:08954343172)

 [089/82992026](tel:08982992026)


 migrationsberatung@caritasmuenchen.org


Gesellschaftspolitische Projekte e. V.

 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Please make an appointment:

 Rotkreuzplatz 2a, 80634 München


 [089/5438149](tel:0895438149)


 d.zander@gpp-ev.de

 mbe@gpp-ev.de

Specialist service for older migrants

Diakonie München und Oberbayern - Innere Mission München e.V.

 [Find out more](#)

 Plecherstraße 6, 81541 München

Ground floor

Make an appointment:

 [089/62021622](tel:08962021622)

 migrationsdienste@diakonie-muc-obb.de

 fd-aeltere@diakonie-muc-obb.de

This text contains information on the following search terms:

German, language course, finances, contact with authorities, family, housing

Migration counselling for young people

Migration counselling for young people - Youth migration services (JMD)

Have you only recently arrived in Germany?

Do you need help finding your way around Germany?

Have you been here for a while but still feel unsure and unfamiliar?

Do you need guidance and help and are you under 27 years old?

Then the **Youth Migration Service** is the right place for you.

The Youth Migration Service helps young people to find their feet in their new home. You will receive expert advice, support, practical help and educational programmes.

Come to the Youth Migration Service with your questions on the following topics:

- German language courses / integration courses
- Personal situation / social environment
- School / training / career
- Financial security
- housing
- Group programmes / leisure activities
- Parental counselling

🗣️ We offer counselling in German and many other languages.

Your personal information will be treated confidentially.

Support is provided regardless of your origin, religion and nationality.

Who for: For migrants under the age of 27.

The service is free of charge.

Aktiv für interkulturellen Austausch e. V. BzB

🌐 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Bad-Schachener-Str. 2a, 81671 München

Please make an appointment:

☎️ [089/189495711](tel:089189495711)

@ jmd@aka-muenchen.de

🕒 Open consultation hours if you do not have an appointment: Friday 16:30 - 18:00

Beratungsdienste der Arbeiterwohlfahrt München (AWO)

🌐 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 53, 80336 München

Please make an appointment:

🕒 Monday to Friday 10:00 - 12:00 and 13:00 - 14:00

☎️ [089/54424715](tel:08954424715)

☎️ [0170/5467225](tel:01705467225)

@ infothek@awo-muenchen.de

Bayerisches Rotes Kreuz Kreisverband München

🌐 [Learn more](#)

There is barrier-free access to the building and the rooms.

📍 Thalkirchnerstr. 106, 80337 München

Please make an appointment:

☎ [01749605150](tel:01749605150)

@Alexine.Zapf@brk-muenchen.de

@JMD@brk-muenchen.de

IG - InitiativGruppe e. V.

🌐 [Find out more](#)

📍 Karlstraße 44, 80333 München

☎ [089/54467129](tel:089/54467129)

Diakonie München und Oberbayern - Innere Mission München e.V.

🌐 [Learn more](#)

📍 Seidlstr. 4, 80335 München

Please make an appointment:

☎ [089/540456123](tel:089/540456123) or ☎ [089/540456122](tel:089/540456122)

@jugendmigrationsdienst@diakonie-muc-obb.de

Internationaler Bund Freier Träger der Jugend-, Sozial- und Bildungsarbeit e. V.

🌐 [Learn more](#)

📍 Lindwurmstraße 117, 80337 München

There is barrier-free access to the building and the rooms.

Please make an appointment:

🕒 From Monday to Friday 09:00 - 16:00

☎ [089/60087713](tel:089/60087713), ☎ [089/60087714](tel:089/60087714), ☎ [089/60087716](tel:089/60087716), ☎ [089/60087725](tel:089/60087725)

@jmd-muenchen@internationaler-bund.de

IN VIA München e. V.

Catholic Association for Girls' and Women's Social Work, Migration Department

🌐 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📍 Goethestraße 12, 80336 München

🕒 Consultation hours: Tuesday 15:00 - 17:00

Please make an appointment:

☎ [089/54888950](tel:08954888950)

@ jmd@invia-muenchen.de

Paritätischer Wohlfahrtsverband, Landesverband Bayern e. V., Kinderschutz e. V.

🌐 [Find out more](#)

📍 Heidemannstraße 25-27, 80939 München

📅 Open consultation hours if you do not have an appointment:

Wednesday 10:00 - 12:00

Thursday 13:30 - 15:30

Make an appointment under:

☎ [089/2317167920](tel:0892317167920)

@ jmd@kinderschutz.de

FamAra - Migration counselling for families without a home

FamAra - Migration counselling for families without a home

You have no home and are in a difficult life situation? We advise families with children under the age of 18 and pregnant women from the 7th month. We can advise you on the following topics:

- Housing
- Childcare
- work
- if you need a place to sleep
- if you need a postal address
- if you would like to return to your home country

Together we will develop a good perspective for your individual situation.

We also provide hot meals and laundry facilities.

🌐 [Find out more](#)

Who for: For families from an EU country or with a European residence permit. For families with [overnight protection](#). For pregnant women from the 7th month of pregnancy. For parents or guardians affected by homelessness and/or precarious housing conditions.

🗣 German, English, Spanish, Bulgarian, Romanian

The programme is free of charge.

Children can be brought along.

FamAra

Ohmstraße 3

80802 München

☎ [089/45029637](tel:08945029637)

✉ [@famara@hilfswerk-muenchen.de](mailto:famara@hilfswerk-muenchen.de)

🕒 Monday, Wednesday, Friday 09:00 - 12:00 and 13:00 - 16:00

🕒 Tuesday, Thursday 11:00 - 12:00 and 13:00 - 16:00

**This text contains information for the following search terms:
bed, homeless**

Migration counselling for people from Romania and Bulgaria

Migration counselling for people from Romania and Bulgaria

As part of the "Education instead of begging" project, we can advise you on the following topics:

- We advise you if you need help
- We help you to stabilise your individual life situation
- Counselling and help with securing your livelihood
- We support you with school and childcare
- We help you to find a German course or integration course
- We inform you about offers of help in Munich
- We take a look at your career prospects
- We refer you to medical centres
- We help you with employment and if you have questions about social insurance
- Help with contacting the authorities

Counselling is individual. We discuss your situation together and find a good way forward.

Who for: People from Romania and Bulgaria

Children can be brought along.

There is barrier-free access to the building and the rooms.

The counselling service is free of charge.

Caritasverband der Erzdiözese München und Freising

Goethestraße 53

80336 München

🗣 Romanian:

☎ [089/54343172](tel:08954343172)


✉ [@Ramona.Sisu@caritasmuenchen.org](mailto:Ramona.Sisu@caritasmuenchen.org)



🗣 Bulgarian:



☎ [089/537951](tel:089537951)

✉ [@Nedialko.Kalinov@caritasmuenchen.org](mailto:Nedialko.Kalinov@caritasmuenchen.org)

You can make an appointment or come to the open consultation hours:

 AWO München, Sonnenstraße 12a, 80331 München (1st floor)

 Tuesday 09:00 - 12:00 ( Romanian)

 Monday 09:00 - 13:00 ( Bulgarian)

 [Website](#)

**This text contains information on the following search terms:
vocational orientation**

Counselling and help for victims of violence and abuse


Desert Rose - Help with forced marriage and / or FGM-C

Wüstenrose - Help with forced marriage and / or FGM-C

We advise girls, boys, women and men who are affected or threatened by forced marriage or violence in the name of "honour". We also provide counselling for girls and women who are threatened or affected by [FGM-C](#) (female genital mutilation).

Our counselling can take place on the phone or in person.

The counselling is free of charge.

 We speak German, English, Somali, Swahili and Turkish. For all other languages, we can organise a person to translate for you.

 **Consultation hours on the phone:**

Monday 14:00 - 16:00

Tuesday 10:00 - 12:00

Thursday 13:00 - 15:00

IMMA e. V. - Wüstenrose, Fachstelle Zwangsheirat / FGM

 [Goethestraße 47, 80336 München](#)

 [@wuestenrose@imma.de](mailto:wuestenrose@imma.de)

 [+49 \(0\) 8945216350](tel:+4908945216350)

 <https://imma.de/einrichtungen/w%C3%BCstenrose/>

Counselling centre for girls and young women

Counselling centre for girls and young women - IMMA e. V.

The IMMA counselling centre helps girls and young women with all their questions and in various problem situations with a focus on violence.

 [Find out more](#)

For whom: Girls and young women up to the age of 27

🗣️ If necessary, we can organise for someone to translate. Please let us know in advance which language you speak.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Please make an appointment. We currently offer appointments in person, by telephone or by video consultation.

IMMA e. V.

Jahnstraße 38

81379 München

☎️ [089/2607531](tel:0892607531)

✉️ beratungsstelle@imma.de

🕒 **Open counselling: You don't need an appointment here**

Tuesday 14:00 - 16:00

📞 **Telephone availability:**

Monday 14:00 - 16:00

Wednesday 14:00 - 18:00

Thursday 10:00 - 12:00

Counselling and trauma therapy for women

Counselling and trauma therapy for women aged 17 and over who experienced sexualised violence in childhood or adolescence

"Wildwasser München" is a specialist centre for supporting women after sexual violence and for protecting women* and girls* from sexual violence (prevention and intervention).

Women* and girls* means: all persons who identify as women or girls.

Only women work here.

We help you on the phone, by e-mail or when you come to us.

You don't have to tell us your name and you don't have to tell us what terrible things have happened to you.

- You can come to us for counselling if you experienced sexual violence as a child or teenager.
- We will support you so that you feel better again.
- We will work with you to find out what can help you.
- We will give you addresses of therapists, lawyers, doctors ...
- We help you to get financial help.
- You can undergo trauma therapy with us if we have a free therapy place.
- We support and accompany you if you want to file or have filed a criminal complaint.
- We explain your rights to you.

🌐 [Find out more](#)

Who for: Women* with and without disabilities aged 17 and over.

🗣️ Interpreters are available if required.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

☎️ [089/60039331](tel:08960039331)

✉️ @beratung@wildwasser-muenchen.de

**This text contains information on the following search terms:
childhood, sex, rape, abuse, maltreatment, past, psychological stress,
traumatisation**

Counselling for boys* and young men*

Investigation centre for victims of domestic violence

Investigation centre for victims of domestic violence

Are you affected by domestic violence? Then you can come to us for free counselling and an examination. We secure the evidence and preserve it. We document the injuries so that the documentation can be used in court.

Who for: For victims of any form of domestic violence (adults aged 18 and over).

There is barrier-free access to the building and the rooms.

The service is free of charge as long as it is used as described above. Orders that go beyond this, such as the preparation of a written report, toxicological analyses and the like, are subject to a charge.

Untersuchungsstelle für Opfer häuslicher Gewalt

Institut für Rechtsmedizin der Ludwig-Maximilians-Universität

Nussbaumstraße 26

80336 München

☎️ [089/218073011](tel:089218073011) (🕒 Every day from 08:00 - 17:00)

✉️ @gewaltopferambulanz@med.uni-muenchen.de

🌐 [Website](#)

🕒 Please make an appointment for an examination.

SOLWODI - Counselling centre for women in need

SOLWODI Munich - For women affected by violence

We provide counselling and support if you are experiencing violence. You have come to the right place, especially when it comes to human trafficking and sexual exploitation. Other topics include forced marriage in your home country and female genital mutilation (FGM/C). We can also help you with other immigration, social or personal problems.

We will inform and advise you on your legal options. We help you to make decisions and accompany you on the way to a free, self-determined life without violence. We support you in dealing with the authorities. If you need a lawyer, we can put you in touch with one.

Our counselling is available in person, by telephone or by e-mail. Our counselling is anonymous.

The service is free of charge.

🗣️ German, English

🕒 Monday, Tuesday, Thursday and Friday 10:00 - 14:00 and by appointment

SOLWODI München

📍 [Dachauer Straße 50, 80335 München](#)

✉️ @muenchen@solwodi.de

☎️ [+49 \(0\) 8927275859](tel:+49(0)8927275859)

🌐 <https://www.solwodi.de/seite/353251/m%C3%BCnchen....>

**This text contains information on the following search terms:
prostitution, violence against women, sexual violence, forced prostitution**

Services for older people

Counselling centres for older people and their relatives

Counselling centres for older people and their relatives

The advice centres provide information, support and help with decisions relating to ageing. For example:

- Care insurance benefits
- Planning and financing home or inpatient care
- Housing and care options in old age
- Dementia and other illnesses in old age
- Economic assistance
- Administrative matters
- Severe disability
- Power of attorney

-
- Guardianship
 - Living will

Who for: Senior citizens and their relatives

The offer is free of charge.

🗣️ If you let us know in advance, we can organise someone to translate.

Children can be brought along.

There are three different places you can go to:

Arbeiterwohlfahrt München

Beratungsstelle für ältere Menschen und Angehörige

Gravelottestraße 16

81667 München

📞 [089/66616330](tel:08966616330)

✉️ [@beratungsstelle@awo-muenchen.de](mailto:beratungsstelle@awo-muenchen.de)

🌐 [Website](#)

🕒 From Monday to Thursday 09:00 - 16:00

🕒 On Friday 09:00 - 14:00

Caritas München-Nord

Hildegard-von-Bingen-Anger 1-3

80397 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📞 [089/31606310](tel:08931606310)

✉️ [@fachundberatungsstelle@caritasmuenchen.org](mailto:fachundberatungsstelle@caritasmuenchen.org)

🌐 [Website](#)

🕒 From Monday to Thursday 10:00 - 15:00

🕒 On Friday 09:00 - 12:00

Bayerisches Rotes Kreuz

Boschetsrieder Straße 67

81379 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📞 [089/309040610](tel:089309040610)

✉️ [@bst@brk-muenchen.de](mailto:bst@brk-muenchen.de)

🌐 [Website](#)

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

🕒 On Friday 08:30 - 12:30

This text contains information on the following terms:

family carers, respite services, home adaptation, discussion groups, dementia companions, residential communities for people with dementia, care options

Municipal complaints centre for problems in geriatric care


Municipal complaints centre for problems in care for the elderly

When older people are in care facilities (inpatient) or are cared for at home (outpatient), questions or problems can arise. We take care of your concerns in this area. You can also contact us if you have complaints about support in the home (assisted living) or other forms of living.

We will work with you to find a solution.

 [Find out more](#)


Who for: For senior citizens. For their relatives and caregivers, legal guardians, neighbours, acquaintances and carers


 If you would like someone to translate, please let us know in advance which language you speak.

Children can be brought along.


There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.


 Städtische Beschwerdestelle für Probleme in der Altenpflege, Burgstraße 4, 80331 München

 [089/23396966](tel:08923396966)

 [@staedtiche_beschwerdestelle.altenpflege@muenchen...](mailto:staedtiche_beschwerdestelle.altenpflege@muenchen...)

 On Monday and Thursday 09:00 - 12:00 and 13:00 - 16:00

 On Tuesday and Friday 09:00 - 12:00

 On Wednesday 13:00 - 19:00

Old people's and service centres (ASZ)

Alten- und Service-Zentren (ASZ)

There are 33 contact points for older people and their relatives in Munich. We help and advise on all issues relating to old age. There is also the option of visiting you at home.


Our aim is to ensure that older people can be independent, are not lonely and feel mentally and physically well.

There are various courses and programmes on offer:

- Fitness
- education
- language
- computers
- and many other topics


There is also a café and cheap lunches for people on a budget.

Here you can find the flyer in different languages: [German](#), [English](#), [French](#), [Greek](#), [Croatian](#), [Russian](#), [Serbian](#), [Turkish](#), [Ukrainian](#)

The centres are located throughout Munich. You can find the centre nearest you [at](#)  or on the [INTEGREAT city map](#).

Who for: Senior citizens. For relatives and carers of older people. For people who are concerned with issues relating to ageing.

 [Find out more](#)

 There are people who can translate. Please let us know in advance which language you speak.

Access to the buildings and rooms is barrier-free. There are disabled toilets.

Many offers are free of charge. Some offers cost something. You can find out the exact costs on site.

Building bridges information campaign


Building bridges information campaign

We inform older people with a migration background and their social environment in their native language about topics relating to life in old age. If you have an association, for example, we will be happy to come to one of your meetings and provide on-site advice.

The topics depend on the interests of the group. Possible topics include


- Overview of offers in Munich
- Networking and counselling
- Basic security and financial aid
- Documents for emergencies (e.g. health care proxy, living will)
- Health and care insurance - who pays what?
- Care needs and care services
- Living arrangements and outpatient services
- Short-term care - what is it?
- Nutrition and diabetes
- Care in a hospice or palliative care unit
- Dementia - what now?


Who for: Individual older people and their relatives, international groups, associations, organisations and communities.

 We can organise a person who can translate.

The offer is free of charge.


Children can be brought along.

 Brücken bauen, Landshuter Allee 38b, 80637 München
Access to the building and the rooms is barrier-free.

 [089/126991430](tel:089126991430)

@justeinbach@diakonie-muc-obb.de

@brueckenbauen@diakonie-muc-obb.de

 From Monday to Thursday: 8:30 - 16:30; on Friday: 8:30 - 14:00

 [Website](#)


People with disabilities

Barrier-free (public) toilets in Munich

Barrier-free (public) toilets in Munich


The website  [inclus](#) provides an overview of accessible toilets in Munich.

For whom: For people with disabilities

If you click on the location symbol, you can see your own location on the map and where the nearest toilet is: 

If you click on a toilet, you will get more detailed information about the facilities:

- floor plan
- Installed handles
- door width
- gradient of the ramp
- Use with or without [Euro toilet key](#)

 German, English

You can also leave a review about the toilet.

The service is free of charge.

 [More information](#)

@inclus@dpschool.io

Specialist centre for counselling and anti-discrimination in the Office of the Disability Commissioner

Specialist centre for counselling and anti-discrimination in the Office of the Disability Commissioner

Counselling and help on the subject of disabilities:


- Application and objection for the severely disabled person's pass
- Degree of care
- Basic income support in the event of reduced earning capacity
- Information on benefits for people with disabilities
- Basic income support in the event of incapacity to work and in old age

-
- Application and counselling for barrier-free housing
 - Counselling and support in the event of discrimination due to a disability

Counselling is independent of the authorities. Counselling is confidential, anonymously if desired.


 [Find out more](#)

Who for: Munich residents with disabilities and their relatives

 Do you need an interpreter for the counselling session? When you make an appointment, please tell us in which language. We will then organise it. This will not incur any costs for you.

Children can be brought along.

Counselling is free of charge.


You can find answers to many questions about disability on the  [website](#).

Please make an appointment:

 From Monday to Thursday from 09:00 to 15:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Büro der Behindertenbeauftragten

 [Burgstraße 4, 80331 München](#)

 [@behindertenbeauftragte.soz@muenchen.de](mailto:behindertenbeauftragte.soz@muenchen.de)

 [+49 \(0\) 8923320417](tel:+49(0)8923320417)

 <https://bb-m.info/>

Outpatient service: counselling and support for people with disabilities

Gemeinsam Leben Lernen e. V. - Outpatient service

We support and advise people with disabilities and their relatives. We enable people with disabilities to participate in our society - in school, leisure and culture.

Who for: People with disabilities and their relatives

Various services are free of charge:

- We advise you
- We offer educational programmes
- There are opportunities to meet people
- Sports activities


Costs are incurred for individual assistance during leisure time and individual support in daycare centres and schools. We will be happy to help you with the applications for the

assumption of costs.

 From Monday to Friday from 08:00 to 17:00

The entrance to the building and the rooms is barrier-free. There is a disabled toilet.

Gemeinsam leben lernen e. V.

 [Goethestraße 8, 80336 München](#)

 info@gll-muenchen.de

 [+49 \(0\) 8989055980](tel:+49(0)8989055980)

 <http://www.gll-muenchen.de/>

This text contains information on the following search terms:

Family relief

For children and young people with disabilities

Association for the care and integration of disabled children and young people - BiB e.V.


- Do you have general questions about disability?
- Do you need support in dealing with the care insurance fund?
- Do you have questions about financial support services?
- Would you like to know where and how to apply for integration assistance benefits or basic income support?
- You no longer know how you are going to provide care in the future and urgently need support?
- Are you looking for a short-term care place?
- Do you need information on the "personal budget"?


The association offers counselling on these and many other questions relating to disability. We are happy to provide general information over the phone, but we can also advise you individually in a personal meeting at our office. Counselling is confidential. We take our time and have an open ear!

The counselling service is free of charge.

Who for: For families with children and young people with disabilities.

 from Monday to Wednesday 09:30 - 15:00

 on Thursday 09:30 - 13:00


 and by appointment

There is barrier-free access to the building and the rooms.

Verein zur Betreuung und Integration behinderter Kinder und Jugendlicher (BiB) e.V.

 [Seeriederstraße 25, 81675 München](#)

 [@info@bib-ev.org](mailto:info@bib-ev.org)

 [+49 \(0\) 89124796930](tel:+49(0)89124796930)

 <https://www.bib-ev.org/>

Single mothers with children with disabilities

allfabeta - Contact network for single mothers with children with disabilities

Single parents often face particular challenges. Our aim is to empower these women. We provide counselling and offer open meetings. You can exchange ideas with others and make contacts.

The following services are free of charge:


- Counselling and support
- Group meetings (childcare during the meeting costs €3)
- Self-help groups

There are other offers, such as seminars or excursions, which cost something.

 [Find out more](#)

Who for: Single women with children with disabilities or chronic illnesses.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Siaf, Sedanstrasse 37, 81667 München

 [089/45802511](tel:08945802511)

 [@allfabeta@siaf.de](mailto:allfabeta@siaf.de)

Please make an appointment.

Counselling and leisure activities for people with and without disabilities

Open work with the disabled


We advise and organise excursions and trips. We also offer courses and programmes in the areas of sport and culture. The programmes are designed in such a way that people with and without disabilities can participate on an equal footing.

Who for: For all people with and without disabilities: children, young people, adults and senior citizens.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

Many activities are free of charge. For some programmes, there is a charge for drinks or food. Some courses or excursions also incur a small charge.

 From Tuesday to Wednesday 17:00 - 19:30

 On Thursday 17:00 - 21:00

 For events: Friday and Saturday

Offene Behindertenarbeit evangelisch in der Region München

 [Blutenburgstraße 71, 80636 München](#)

 [@info.oba@elkb.de](mailto:info.oba@elkb.de)

 [+49 \(0\) 8912661160](tel:+49(0)8912661160)

 <https://www.oba-muenchen.de/>

This text contains information on the following search terms:

Leisure, Inclusion, Cafe, Worship, Faith

Counselling and self-help association for people with disabilities

Counselling centre Lebenshilfe Munich

We are a self-help organisation for people with primarily intellectual disabilities. We offer counselling for people with disabilities, parents and relatives. We are also a contact point for parents-to-be who are expecting a child with a disability. We can advise you on legal, social and practical issues.


Who for: People with disabilities and their relatives

Children can be brought along.

The service is free of charge.


 [@beratung@lebenshilfe-muenchen.de](mailto:beratung@lebenshilfe-muenchen.de)

 [@zipf@lebenshilfe-muenchen.de](mailto:zipf@lebenshilfe-muenchen.de)

 Daily from 08:00 to 16:00


There is barrier-free access to the building and the rooms. There is a disabled toilet.

Lebenshilfe München

 [St.-Quirin-Str. 13a, 81549 München](#)

 [@info@lebenshilfe-muenchen.de](mailto:info@lebenshilfe-muenchen.de)

 [+49 \(0\) 8969347117](tel:+49(0)8969347117)

 [+49 \(0\) 89693470](tel:+49(0)89693470)

 <https://www.lebenshilfe-muenchen.de/>

Support for people with disabilities and migrant backgrounds

Support for people with disabilities and a migration background

We help you to find the right authority, organisation or specialist agency for your needs. The needs of the people who come to us are our top priority. We organise small events with useful tips about life in Munich, health, cultural integration, etc. We are committed to a tolerant Munich and cultural diversity.

Who for: People with disabilities and chronic illnesses and their families.

 German, Russian, Bulgarian

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

ViertelPunkt

Goethestraße 53

80336 München

 [089/537102](tel:089537102)

 [@maiamarkova@viertelpunkt.org](mailto:maiamarkova@viertelpunkt.org)

 [Website](#)

AbilityAid - Counselling for refugees with disabilities or chronic illnesses

AbilityAid

We provide counselling for people with a history of flight with a disability or chronic illness. Counselling takes place by telephone or in our office. We also offer computer courses (e.g. Word, Excel, Internet) and German practice courses.

Who for: People with disabilities or chronic illnesses and their relatives.

The programme is free of charge.

 Support from interpreters is possible.


Children can be brought along.

Please make an appointment for counselling.

 From Monday to Friday from 09:00 to 17:00

There is barrier-free access to the building and the rooms.

AbilityAid

 [Dachauer Straße 21a, 80335 München](#)

@ability@arrivalaid.org

[+49 \(0\) 8959998823](tel:+49(0)8959998823)

<https://arrivalaid.org/abilityaid/#beratung-kurse>

**This text contains information on the following search terms:
Practice courses, Conversation courses**

Network of and for women and girls with disabilities in Bavaria

Network of and for women and girls with disabilities in Bavaria


The Netzwerkfrauen Bayern is an open organisation. Every girl and every woman with a disability can be part of the network, and anyone who cares about our topics can help! We talk about topics from all areas of life: Career and education, family and partnership, health, political issues. We talk about dealing with the authorities and laws, but also about hobbies and leisure activities.

Who for: Women and girls with disabilities or chronic illnesses

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

 Monday to Friday 10:00 - 14:00 and by appointment

Netzwerk Frauen Bayern

[Hansastraße 40, 80686 München](https://www.netzwerkfrauen-bayern.de)

@info@netzwerkfrauen-bayern.de

[+49 \(0\) 8945992427](tel:+49(0)8945992427)

<http://www.netzwerkfrauen-bayern.de/>

**This text contains information on the following search terms:
Peer Counselling**

For deaf people

Emergency call for deaf people

Emergency call for deaf people

You can either send a fax or contact the emergency number by SMS:

- [Fax](tel:08919294) to 089/19294

-
- SMS for customers of T-Mobile and Vodafone: [9908919294](tel:9908919294)
SMS for customers of O2 and E-Plus: [32908919294](tel:32908919294)

Important information for an emergency call

Send an informal message to one of the numbers provided and answer the following questions:

- **Who** is calling (your name)?
- **Where** has something happened (address)?
- **What** has happened?
- **How** many injured or sick people are there?
- **What type** of illness or injury is involved?

Further information on the  [website of the Munich Police Headquarters](#)

Social services for the deaf

Social services for the deaf

We support you if you are deaf and use sign language. The experts in the counselling service have a legal duty of confidentiality. This means that they will not tell anyone what was said during the appointment.

Who for: For people who live in Munich.


We are there for you on the following topics:


- If you are in personal or financial distress
- If you have problems in the family or with your partner
- If there are problems with the care and upbringing of children
- In the event of separation, divorce and custody
- If you have problems with your home
- If you are experiencing a life crisis or psychological stress
- If you have social problems
- If you have problems with authorities and applications
- When it comes to help for older people

The service is free of charge.

We also advise relatives.

 Sozialdienst für Gehörlose, Sozialbürgerhaus, Ridlerstraße 75, 80339 München

 Sign language

 [@sbh-ls-sg.soz@muenchen.de](mailto:sbh-ls-sg.soz@muenchen.de)

Fax: 089/23342839

SMS: 015222955340

 [Website](#)

Counselling for people who are hard of hearing or deaf

Counselling for people who are hard of hearing or deaf

(EUTB® = Supplementary independent participation counselling)

We support people with hearing loss and deafness in Bavaria. We advise you on all issues relating to rehabilitation and participation:

- We help you to decide which hearing aid is right for you and to fit your new hearing aid
- We support you with applications for financial benefits or with the assumption of costs by health insurance companies
- We put you in touch with self-help groups or hearing aid associations
- We support you with the daily burden of hearing loss

We can also advise you on the following topics: Autism, AD(H)S and neurodiversity, learning disabilities, developmental disorders in speech.

You can get advice from us - no matter where you live.

Who for: For people who are hard of hearing or deaf and their relatives and friends.

The service is free of charge.

🗣️ English, German, Hebrew, Dutch

You can bring your children for counselling.

There is barrier-free access to the building and the rooms.

EUTB Beratungsstelle beim Landesverband Bayern der Schwerhörigen und Ertaubten e.V.

Fürstenrieder Str 279 a

81377 München

Ground floor room 2

📞 [015566600773](tel:015566600773)

✉️ @eutb@schwerhoerige-bayern.de

🕒 From Monday to Friday 10:00 to 15:00

🌐 [Website](#)

This text contains information on the following terms:

Deaf, hearing impaired

LGBTI*

Counselling and help

LGBTI* - Counselling and help

Counselling centre for lesbians and bisexual women LeTRa

We provide counselling for lesbian women, bisexual women, women coming out, lesbian couples, parents, relatives and friends of lesbian women:

- We are there for you and help you with difficulties in everyday life.
- Our lesbian / bisexual counsellors offer individual and couples counselling.
- The counselling sessions can take place once or in a series of meetings.
- We also offer counselling by telephone or email.
- Counselling takes place in a protected atmosphere and is anonymous. We do not tell anyone what we have talked about.
- Everyone is welcome, no matter what cultural background you have or where you come from. Trans lesbians and all transgender and intersex people as well as lesbians with disabilities and mental illnesses are also welcome.

🗣️English, French and German. If you let us know in advance, we can also organise a translator for all other languages.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge, but we are happy to receive your donation.

LeTRa Lesbenberatung
Blumenstraße 29 (Entrance in the inner courtyard)
80331 München

☎️ [089/72542](tel:08972542)

✉️ info@letra.de

🌐 www.letra.de

Please make an appointment:

📅 On Monday from 14:30 to 17:00 and on Wednesday from 14:30 to 17:00

LeTRa also offers "" [counselling for lesbian and bisexual women who have fled](#).

Gay Communication and Cultural Centre e. V. (Sub)

Non-profit organisation to promote the identity of gay men in all situations. Over 20 offers for

- counselling
- leisure activities
- Intercultural
- language courses
- Self-help groups
- Information on HIV/Aids.

Who for: Gay, bisexual, queer men, both cis* and trans* of all ages. All people are welcome. There are no specific offers for heterosexual people.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The offer is free of charge.

Sub – Schwules Kommunikations- und Kulturzentrum e. V.
Müllerstraße 14b (rear building)
80469 München

☎ [089/85634640](tel:08985634640)

@ info@subonline.org

🌐 www.subonline.org

🕒 From Sunday to Thursday from 19:00 to 23:00, on Friday from 19:00 to 24:00, on Saturday from 19:00 to 24:00

The Sub [also](#) offers "" [psychosocial counselling specifically for gay and bisexual men with a refugee background](#).

Trans*Inter*Counselling centre

Counselling for trans* and inter* people and their relatives; further training, specialist counselling and public relations work in the field of trans* and inter*.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

The service is free of charge.

Trans*Inter*Beratungsstelle

Lindwurmstraße 71

80337 München

☎ [089/54333130](tel:08954333130)

@ info@trans-inter-beratungsstelle.de

🌐 www.trans-inter-beratungsstelle.de

🕒 on Monday and Thursday from 13:00 to 15:00 and by appointment

LGBTIQ* counselling - Diversity Munich

We are happy to advise you on all topics relating to LGBTIQ*. Participation in our counselling service is anonymous.

Who for: Parents, teenagers and young adults, as well as teachers and professionals.

[Find out more](#)

Some activities cost money.

Please make an appointment.

diversity Münche

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

@ beratung@diversity-muenchen.de

This text contains information on the following search terms:

bisexual, youth group, leisure group, non-binary, non-binary, transgender, intersex, homosexual, queer, international, transgender, gender, culture, politics,

identity, flight, refugees, rainbow, LGBT

rosa Alter: Counselling for older people

rosa AlterCounselling for older people

We provide counselling for lesbian, gay, trans*gender and inter*sex senior citizens. We advise you on social, socio-legal and psychosocial issues. We put you in touch with volunteers who will be happy to help you and support you in networking. Our aim is to ensure that you receive the best possible care in old age. We are in contact with various LGBTI* organisations, associations and groups. We can help you with questions about conventional care for senior citizens. Counselling is individual.

We also offer training on the topic of LGBTI* and old age.


 [Find out more](#)


Who for: LGBTI* aged 50 and over and relatives


The counselling service is free of charge.


Please make an appointment.

rosaAlter
Lindwurmstr. 71
80337 München

 [089/54333114](tel:08954333114) (head of the centre)

 [089/54333119](tel:08954333119) (lesbian / bisexual)

 [089/54333120](tel:08954333120) (gay / bisexual)

 [089/54333124](tel:08954333124) (trans* / inter)

[@info@rosa-alter.de](mailto:info@rosa-alter.de)

 On Monday 10:00 - 13:00, on Wednesday 13:00 - 17:00 and by appointment.

This text contains information on the following search terms

LGBTI*, 50+

refugees@diversity – buddy programme

refugees@diversity - Buddy programme

Are you lesbian, bisexual, gay or trans*? Have you fled to Munich from your home country and would like to get to know other like-minded people or offers within the Munich scene? Then you've come to the right place!

We will provide you with a buddy who will accompany you to events in Munich's queer scene. So you don't have to go anywhere on your own and always have someone at your side who can answer all your questions about queer offers and organisations in and around Munich.

You can also visit the [youth groups](#) and events at diversity together with your buddy. This makes access to our community easier.

Who for: LGBTIQ* people with a refugee background aged between 14 and 27.

The programme is free of charge. Some events cost something.

Please make an appointment.

diversity München e. V.

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

✉ @beratung@diversity-muenchen.de

🌐 [Website](#)

This text contains information on the following search terms:

youth group, hiv, aids

Everyday life

Opening hours and public holidays

Opening hours

Most larger grocery shops in Munich are open Monday to Saturday from 8:00 am to 8:00 pm. Most shops in the city centre are open from 10:00 to 20:00. The hours are often shorter for smaller shops. Sometimes there is also a lunch break. Almost all shops are closed on Sundays, with the exception of some shops at Munich Central Station, Ostbahnhof and Munich-Pasing station.

There is no work on a public holiday and all shops are closed (exception: certain professions in shift work). Many bakeries are open in the mornings on Sundays and public holidays. Buses and trains run at different times on Sundays and public holidays than on weekdays.

Public holidays

There are public holidays for the whole of Germany and public holidays that vary from state to state. Bavaria has 13 public holidays. Most of them are church holidays.

Public holidays 2025 in Munich

January

Wednesday, 1 January 2025 (New Year)

Monday, 6 January 2025 (Three Wise Men)

April

Friday, 18 April 2025 (Good Friday)

Monday, 21 April 2025 (Easter Monday)

May

Thursday, 1 May 2025 (Labour Day)

Thursday, 29 May 2025 (Ascension Day)

June

Monday, 09 June 2025 (Whit Monday)
Thursday, 19 June 2025 (Corpus Christi)
August
Friday, 15 August 2025 (Assumption Day)
October
Friday, 3 October 2025 (Day of German Unity)
November
Saturday, 1 November 2025 (All Saints' Day)
December
Thursday, 25 December 2025 (Christmas Day)
Friday, 26 December 2025 (Second Christmas Day)

Public holidays 2026 in Munich

January

Thursday, 1 January 2026 (New Year's Day)
Tuesday, 6 January 2026 (Three Wise Men)

April

Friday, 3 April 2026 (Good Friday)
Monday, 6 April 2026 (Easter Monday)

May

Friday, 1 May 2026 (Labour Day)
Thursday, 14 May 2026 (Ascension Day)
Monday, 25 May 2026 (Whit Monday)

June

Thursday, 4 June 2026 (Corpus Christi)

August

Saturday, 15 August 2026 (Assumption Day)

October

Saturday, 3 October 2026 (Day of German Unity)

November

Sunday, 1 November 2026 (All Saints' Day)

December

Friday, 25 December 2026 (Christmas Day)
Saturday, 26 December 2026 (Second Christmas Day)

Information on insurance, contracts, shopping, invoices, reminders, finances

Bank account

Bank account

A current account is a personal account with which you can make payments via the bank. Your money is always available in your current account.

With a current account you can:


- make transfers
- Receive cashless payments (payments from public offices and authorities, so-called social benefits, are often made cashless, i.e. transferred to a personal current account)

-
- set up standing orders
 - participate in direct debit procedures
 - make cashless payments with the EC/Maestro card
 - Withdraw cash at bank counters or ATMs
 - Cashing cheques
 - Print out account statements

Important: Make sure that you have enough money in your account for all withdrawals and payments.


Tip: Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month and what services the bank offers in return.

Opening an account

You decide which bank you would like to have an account with. Make an appointment to open an account. As you will need to prove your identity, please bring your ID with you. If you are in the asylum process or have a tolerated stay permit and do not have an ID card, you are generally also entitled to open a current account. Your official proof of arrival or the notification of toleration will then suffice as proof of identity. You can find a form for applying for a basic current account on the website of the  [consumer advice centre](#). Further information is also available there, for example what you can do if your application to open an account is rejected.

Important: If you do not speak German or English, please bring an interpreter with you.

Important information on using the EC card

- After opening the account, you will receive an EC card with a four-digit PIN code. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments and for withdrawing money from ATMs. **Be sure to keep your card and PIN code separate!**
- If you want to withdraw cash, it is best to use the ATM of the bank where you have your account, because then the withdrawal costs nothing.
- If you enter the PIN code incorrectly three times at the ATM, your debit card will be cancelled and blocked. In this case, please contact your bank.
- If you lose your debit card or it is stolen, you must have it blocked immediately so that no-one else can use it. This is possible around the clock at  [116116](#). Tell them your sort code and account number. Then ask your bank for a new debit card.
- If you need help using your debit card correctly, ask your bank or friends and acquaintances who are familiar with Germany.





Payment card for asylum seekers

Payment card for asylum seekers

The "Bezahlkarte für Asylbewerber*innen" was introduced in June 2024. Benefits under the [Asylum Seekers' Benefits Act](#) (AsylbLG) are no longer paid out in cash or transferred to your bank account, but are credited to the payment card. The payment card is like a bank card. You can use the card to pay in shops and withdraw cash. You can only spend as much money as is on the card.

Information in [different languages](#).

Who gets a payment card?

People aged 14 and over who receive benefits under the Asylum Seekers' Benefits Act (AsylbLG).

In benefit communities (e.g. families), each family member aged 14 and over receives their own payment card.

Where can I get my payment card?

As soon as you apply for benefits and they are approved, you will receive the card from the Office for Housing and Migration.

Amt für Wohnen und Migration, Werinherstraße 89, 81541 München

How much money is paid onto the payment card?

Only the benefits according to the Asylum Seekers' Benefits Act (AsylbLG) are paid onto the payment card.

Do you receive other benefits (e.g. child benefit) or wages from an employer? Then you need a [current account](#).

How much money do I have on the card?

You can view your balance online at meine.bezahlkarte.eu and in the payment card app ([Google Play Store](#) / [Apple Store](#)).

You will need your card ID and PIN to do this.

You will find the card ID and PIN in the letter you receive with your payment card.

Where can I pay with the payment card?

You can only pay with the payment card in your authorised area. You can view this area at my.paymentcard.eu and in the payment card app. For people with residence restrictions, the card is limited to the city of Munich and the directly neighbouring districts.

In exceptional cases, payment may also be authorised at other locations (for example, if you need to visit your lawyer or an authority at another location). Please contact your clerk for this.

You can pay with the payment card in all shops that accept Mastercard.

💡 Look out for the orange / red Mastercard® symbol



Can I withdraw cash with the payment card?

Yes, you can withdraw cash.

Each person can withdraw up to €50 per month. You can withdraw cash free of charge from ATMs or at the checkout in many shops. Withdrawals are only possible twice a month. After that, the card is blocked for further withdrawals.

If you have a voucher for a maximum of €50 from one of the following shops, you can exchange it for cash:



You can exchange the voucher for cash here:

📅 Monday 14:00 - 17:00

📍 KREISBÜRO DIE LINKE, Schwanthalerstraße 139, 80339 München

📅 Wednesday 18:00 - 20:00

📍 BELLEVUE DI MONACO, Müllerstraße 4, 80469 München

📅 Thursday 18:00 - 20:00

📍 LIGSALZ 8, Ligsalzstraße 8, 80339 München

📅 Tuesday 15:00 - 17:00

📍 EINE WELT HAUS, Schwanthalerstraße 80, 80339 München (rear building, first floor)

📅 Thursday 19:00 - 20:00

📍 STATTPARK OLGA, Heinrich-Wieland-Straße 90, 81735 München

Can I transfer money with the payment card or pay by direct debit? Are there any problems with certain transactions?

Certain transactions are not possible. In principle, no transfers or direct debit payments are possible with the payment card. For example, you cannot use the payment card for money transfer services such as Western Union or MoneyGram. Certain goods or services cannot be purchased.

In certain cases, a bank transfer or direct debit may be authorised. Please inform the Office for Housing and Migration by e-mail:

@bezahlkarte.soz@muenchen.de

Enter the name of the recipient and the corresponding IBAN. If the check is successful, the recipient will be authorised.


Examples of invoices or direct debits that can be authorised:


- Mobile phone contracts
- Travel expenses (public transport, Deutsche Bahn)
- Health insurance
- Liability insurance
- Contracts at the gym
- Sports club membership fees
- Red Cross
- Invoices to a lawyer
- Payments in social department stores

I can no longer find my payment card. What do I have to do?

You can block your payment card online or by telephone:

 my.paymentcard.eu

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



If you find the card again, you can reactivate it at  meine.bezahlkarte.eu.

You can report the loss or theft to the Office for Housing and Migration:

@bezahlkarte.soz@muenchen.de

The old card will then be cancelled and you will receive a new one. The credit will be transferred to the new card.

Where can I get help / contact / information?

- You can find information in several languages at  [here](#).
- There is a support chat in the payment card app. This is available in several languages.
- A service telephone is available in over 100 languages:
 [081619654300](tel:081619654300)
- By e-mail:
@bezahlkarte.soz@muenchen.de

Contracts

Contracts

Contracts in Germany

In Germany, we have what is known as freedom of contract. If you want to use a smartphone, rent a flat, or join a gym, for example, you will have to enter into a contract (either verbal or written). Always pay close attention to what the contract says: How is the total price calculated? Are there additional monthly fees besides a one-off payment?

Contracts are binding and have to be followed. You can only terminate a contract within the notice period stated. If you are not sure if you can pay the ongoing costs or whether you have understood everything correctly, do not sign the contract, otherwise you could commit a criminal offence.

Never sign a document if you do not understand it or cannot read it.

It is possible that you might enter a contract or legal agreement by signing a document. This could result in financial costs for you. As soon as a contract has been signed, it is very difficult to withdraw from it. Always compare different offers and do not let anyone pressure you to sign.

Insurances

Insurance

What is insurance?

An insurance policy is a contract between an insurance company and a person. The person is the policyholder. They pay regular premiums to the insurance company. The premiums are called "Prämie". If a loss occurs that is covered by the contract, the insurance company pays all or part of the loss. The most important types of insurance are health insurance and liability insurance.

Health insurance

Here you will find information on >> [Health insurance](#).


Liability insurance

If you cause damage to a person in Germany, the law states that you must pay for the damage. This also applies if you did not cause the damage intentionally. This applies to personal injury, property damage and financial losses in the private sector. For example, if you cause a traffic accident or if your child breaks a window pane with a ball.

You can take out private liability insurance to cover such damage for you and your family. It is not compulsory to have this insurance, but it is highly recommended, as otherwise you could be faced with very high costs in the event of a claim.

The [migration advice centres](#) can help you find a good offer for personal liability insurance.

 [Find out more](#)

Information in German, Arabic, English, French, Dari/Farsi is available at  [here](#).

Consumer protection

Consumer protection

Consumer centres represent and protect the interests of people who buy or consume something. They help with questions or legal problems, for example:

-
- Insurance: Which ones are important?
 - Contracts: What should I look out for?
 - Can I return incorrect or broken goods?
 - Invoice or reminder: Do I have to pay even if I haven't ordered anything?
 - Finances: How do I transfer money abroad? How can I make provisions for old age?
 - Health insurance: Which examinations are covered by statutory health insurance?
 - Electricity and gas: How does a change of supplier work and what should I bear in mind?
 - Data protection
 - Food and nutrition: What are the ingredients? How do I eat healthily for myself or my children?

Here you can find answers and further information from Verbraucherzentrale Bayern in various languages:

[!\[\]\(d8f173299d3bae93619e8b8e9dc0a3ff_img.jpg\) German](#), [!\[\]\(38b77cf8789da992a101ee42b9706560_img.jpg\) English](#), [!\[\]\(d34af0046a582dfea704068f33d51c85_img.jpg\) Polish](#), [!\[\]\(b7911d73d8a0b69e9980c83ef2b9288a_img.jpg\) Romanian](#), [!\[\]\(3eb90ebc9c6457a32cc106c679425736_img.jpg\) Ukrainian](#)

Videos on everyday questions in Turkish, English, Ukrainian, Russian and German

Everyday questions explained in 2-3 minutes:

- Information on fake shops that deliver nothing or the wrong goods. Watch the video to find out how to recognise them quickly and protect yourself against them
- What are guarantees and warranties? In the video, we explain the difference and who to contact if a product is faulty.

You can find the Turkish videos [!\[\]\(13e40c2880c9211438a44a20d606e2aa_img.jpg\) here](#).

You can find the English videos [!\[\]\(ce59ccb5fd51f4752e3fafa2a8faae81_img.jpg\) here](#).

You can find the Ukrainian videos [!\[\]\(7af6ce14a28d939baed0e14f90e5b239_img.jpg\) here](#).

You can find the Russian videos [!\[\]\(289401936af4bfde2c57be66917cac98_img.jpg\) here](#).

Videos on many other everyday topics [!\[\]\(c9fa5c3ab12744aa1d627061f7082793_img.jpg\) in German](#).

[!\[\]\(bec0c3c5c19b9e3bdb78b95a5baad14d_img.jpg\) info@vzbayern.de](mailto:info@vzbayern.de)

[!\[\]\(1ce831c52a707dfb66ccc86bfd191b2d_img.jpg\) Website](#)

Mobility

General information

General information

In Munich, you don't need your own car to get from A to B comfortably and cheaply. Public transport is well developed. By underground, bus, tram or S-Bahn, you can reach almost any place in this city of millions. Of course, there is a suitable ticket for every occasion. By bike, you can avoid traffic jams and are more flexible. It's also good for your health and the environment. Every journey by bike is a valuable contribution to clean city air.

Sharing instead of owning

A trip to the lake or a big shopping trip for the weekend? If you do need a car, Munich offers numerous [car-sharing providers](#). This makes your own car superfluous!

E-mobility

Munich promotes the use and expansion of electric mobility. If you want to buy a cargo bike or a trailer for your bike, for example, you can [apply](#) for a subsidy at [here](#). If the application is approved, you will be reimbursed part of the costs.

Important: You must submit the application **before** the purchase.

The City of Munich subsidises, among other things

- Cargo bikes as well as two- and three-wheeled light electric vehicles such as e-scooters for all private households, businesses and freelancers in Munich
- Pedelecs and four-wheeled light electric vehicles for Munich businesses and freelancers

Detailed information on the programme can be found at [here](#).

@emobil.rku@muenchen.de

Smart on the road

The app [MVGGO](#) shows how you can combine different means of transport with information on

- all MVG bikes (hire bike system)
- Car sharing vehicles from MILES, Free2move, SIXT, STATTAUTO
- Charging stations for electric vehicles in your immediate vicinity.

City map and public transport

City map and public transport

The **Munich city map** with street names and house numbers can be found [at here](#).

Public transport in Munich is called ÖPNV (local public transport).

There are different maps. The coloured zones are the fare zones. These are important when choosing a ticket.

A map for [S-Bahn, U-Bahn and regional trains](#).

A map for [S-Bahn, U-Bahn, regional train and tram](#).

A map for [S-Bahn, U-Bahn, regional train and bus](#).

[Website](#)

You can find detailed timetables here:

[S-Bahn: S1, S2, S3, S4, S6, S7, S8](#)

[Underground: U1, U2, U3, U4, U5, U6, U7, U8](#)

[Tram: 12, 16, 17, 18, 19, 20, 21, 23, 25, 27](#)

You can find the detailed bus timetables at [here](#).

Offline city map on MAPS-ME

Are you looking for a specific address or an interesting point in Munich? MAPS-Me offers a navigation function, is free and can be used offline.

How to get the city map:

1. Download the MAPS.ME app. You can find it in the Android PlayStore or Apple App Store. It is free of charge.
2. Download a map of your federal state. Munich is located in Bavaria.
3. Then download the city map for Munich

Download MAPS.ME in the  [Google Play Store](#) or in the  [Apple Store](#)

Buying tickets

There is a large selection of tickets: for example, tickets for individual journeys, tickets for a whole day or several days, tickets for groups, monthly tickets or annual tickets.

There are many ways to buy a ticket: for example via your mobile phone or at the ticket machines at the stops.

 [Find out more](#)

Deutschlandticket



For people who travel frequently by public transport, the "Deutschlandticket" is worthwhile. It is valid for all public transport throughout Germany: regional trains, trams, underground trains, suburban trains and buses. It is not valid on long-distance trains (ICE, IC, EC) or long-distance buses.

It is a season ticket. This means that you take out the contract once and it is automatically renewed if you do not cancel it. It can be cancelled monthly. It costs 58 euros per month. Children under the age of 6 can travel free of charge.


Important:


- Travelling without a ticket will be penalised! You must have a valid ticket for every journey. Otherwise you will pay a fine of 60 euros.
- If you use public transport frequently, find out about cheaper tickets. There is, for example, a "Streifenkarte", a day ticket or a monthly ticket.
- With the Munich Pass you can also get a monthly ticket at a reduced price.

How, when, where? Orientation in local public transport - ÖPNV

You will find timetables and network maps at every stop. You can buy tickets either at the stations for the U-Bahn and S-Bahn, in the trams or from the bus drivers. All network maps and timetables, connection searches and information on fares and tickets for printing can be found on the websites of  [MVV](#) and  [MVG](#). The electronic journey planner reliably determines the best connection. It knows every stop and address. In addition to the fastest connection, it shows on the city map how best to reach the stops.

The app MVGO shows you how to get from one place to another and how long it will take:

 [MVGO in the App Store](#)

 [MVGO in the Google Play Store](#)

It not only offers all connection options with departure and arrival times, estimated walking

times and delays, but also information on the current operating status of the escalators and lifts. The app also offers the option of buying the right ticket cashlessly on the go.

Munich's railway stations / ZOB / airport

Munich's railway stations / ZOB / airport

Munich Central Station

The main railway station is located in the centre of the city. It has 32 above-ground and several underground tracks. It has the most main tracks of any German railway station. All long-distance trains depart from the main concourse. Tracks 5 to 10 - the so-called Holzkirchen station - are mostly used by regional trains travelling to Salzburg and Mühldorf. From tracks 27 to 36 - the so-called Starnberg station - trains depart for Lindau, Lenggries or Tegernsee. Around 350,000 people use the main station every day. There is also a customer centre for local public transport, shopping facilities and snack bars.

Munich's Ostbahnhof railway station

The Ostbahnhof is located in the Haidhausen district. Ostbahnhof is another long-distance railway station and an important transfer point between regional trains as well as S-Bahn and U-Bahn trains. The ExpressBus X30 also stops there and offers a good connection to Giesing and Sendling. There is also a wide range of restaurants, bars and clubs in the immediate vicinity.

Munich-Pasing railway station

This station has 14 tracks and is also a long-distance railway station. Around 85,000 people use it every day.

Munich Central Bus Station (ZOB)

This is a railway station for bus connections. It is an important transport hub for national and international connections from Munich. With 29 bus terminals and many sales areas, the ZOB has an airport-like character.

Munich Airport

You can take the S-Bahn lines 1 and 8 to the airport and the visitor park. You should allow around 40 minutes for the S-Bahn journey to reach the airport on time.


It is also possible to use the Lufthansa Airport Bus. It departs from the stops Hauptbahnhof (about 45 minutes journey time) and Schwabing Nord / Nordfriedhof (about 30 minutes journey time). However, there may be delays depending on the volume of traffic. Further information can be found at [here](#). MVV tickets are not valid here.

If you want to travel by car, you can also use a car-sharing vehicle to the airport.

Cycling

Cycling

Hire and rent a bike

There are a number of easy ways to hire a bike in Munich. One of these is  [MVG Rad](#), the city of Munich's bike hire system - an ideal complement to the underground, bus and tram. To use the system, you must have the free "MVGO" app and be of legal age.

If you know that you will be living in Munich for a longer period of time, it is worth buying a bike. It's cheaper than using public transport.

It is also possible to hire a **cargo bike** free of charge. Click [here](#) for more information.

Learning to ride a bike

There are various courses to learn how to ride a bike. Most courses are held in German. Some courses are also available in other languages.

For more information and how much the courses cost, click here:


 [ADFC - Allgemeiner Deutscher Fahrrad-Club](#)

 Information in [English](#), [Spanish](#), [Turkish](#)

 [089/46133830](#)

 [@Radfahrschule@adfc-muenchen.de](mailto:Radfahrschule@adfc-muenchen.de)

 [Donna Mobile](#)

 [089/505005](#)

 [@info@donnamobile.org](mailto:info@donnamobile.org)

 [Projekt-Laden International Haidhausen](#)

 [089483668](#)

 [@info@projekt-laden.de](mailto:info@projekt-laden.de)

Important traffic rules when cycling

- Familiarise yourself with the general traffic rules in Germany, especially the right-of-way rules.
- Always ride on the right-hand side of the carriageway.
- Do not ride next to each other, but behind each other.
- If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel).
- Only children up to the age of 11 are allowed to cycle on footpaths.
- Be careful on tram tracks: if you hit the tracks with your tyres, you could fall.
- A helmet protects against serious head injuries in the event of a fall.
- It is not permitted to use a mobile phone while riding. You may have to pay a fine for doing so.
- It is not permitted to ride a bicycle under the influence of alcohol. You may lose your driving licence as a result.

🗣️ Traffic rules for cyclists in various languages can be found at 🌐 [here](#).

Make sure that your bike is roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

A roadworthy bicycle has

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (two per wheel)
- Reflectors on the pedals
- Bell
- Two independent brakes

Bike cellar: issue and workshop

Are you looking for a bike? Do you have a bike that needs maintenance? Then drop by! We offer space, tools, spare parts and active advice. You have to repair it yourself, but we are happy to help you. Our collection of used bikes and parts is available to everyone. You want to help us? We are happy to welcome volunteers. Donated bikes are also in good hands with us.

Are you looking for a used bike? Come to the bike distribution centre: 📷 every Monday 19:00 - 20:30

A second-hand bike costs between 15 and 40 euros.

Does your bike need maintenance or a repair? Come to the workshop evening: 📷 every Tuesday 19:30 - 21:30

The offer is free of charge.

🗣️ [Find out more](#)

Radlkeller

📍 [Müllerstraße 4, 80469 München](#)

✉️ [@radl@bellevuedimonaco.de](mailto:radl@bellevuedimonaco.de)

☎️ [+49 \(0\) 8955057750](tel:+49(0)8955057750)



🌐 <https://bellevuedimonaco.de/radlkeller/>

Driving a car - vehicle, driving licence, parking

Driving a car - vehicle, driving licence, parking

Driving licence

You are not allowed to drive a car without a driving licence. To obtain a driving licence, you must attend a certain number of practical and theory lessons and then pass a practical and a theory test.

To apply for your driving licence at the  [driving licence office](#) and take the test, you need a valid identity document ((foreign) identity card, passport or residence permit) and a place of residence in Munich. You must also be at least 17 ( [accompanied driving](#)) or 18 years old.

The theory test can also be taken in English, for the practical test you must at least be able to follow the instructions of the driving instructor and examiner in German.

You can take driving lessons before submitting your application; the application is only necessary for taking the test, as the driving licence authority will send the corresponding test order to the TÜV.

If you have any questions about training and the test, you can obtain information from a driving school.

Having your driving licence transferred

If you have a foreign driving licence, you may use it to drive in Germany for up to six months after your first registration. If your driving licence is not written in Latin script, you will need an international driving licence from the outset. After six months, a transfer is required for certain types of driving licence. This is not necessary if you have a permanent driving licence from an EU or EEA country (Iceland, Liechtenstein, Norway) without categories C, C1, C1E, CE, D, D1, D1E and DE.

Driving without a valid driving licence is a criminal offence.

 [Find out more](#)

You can submit your application here:

 [Online form](#)

Kreisverwaltungsreferat (KVR)

Hauptabteilung II Fahrzeugzulassungs- und Fahrerlaubnisbehörde


Garmischer Straße 19/21

81373 München

 [089/23396090](tel:08923396090)

 @fuehrerscheine.kvr@muenchen.de

Registering or transferring a vehicle

Vehicles (including trailers) may only be used on public roads if they are registered and have an official licence plate. To register a vehicle for the first time or to change its registration number (if you have bought it from a private individual), you can contact the registration authority in Munich or one of the  [citizens' offices](#).

Please make an appointment:

 [Make an appointment to register a vehicle](#)

 [Make an appointment if you want to re-register a vehicle that was previously registered in Munich](#)

 [Make an appointment if you want to register a vehicle that was previously registered](#)

[outside Munich](#)

All citizens' offices have barrier-free access to the buildings and rooms. There is also a disabled toilet.

Kreisverwaltungsreferat (KVR)


Hauptabteilung II Fahrzeugzulassungs- und Fahrerlaubnisbehörde


Eichstätter Straße 2

80686 München


 [089/23396090](tel:08923396090)


 [@zulassung.kvr@muenchen.de](mailto:zulassung.kvr@muenchen.de)

 on Monday 07:00 - 12:00

 on Tuesday 08:30 - 12:00 and 14:00 - 18:00

 on Wednesday 07:00 - 12:00

 on Thursday 08:30 - 13:30

 on Friday 07:00 - 12:00

Registering a vehicle imported from abroad

If you have imported a vehicle or trailer from abroad and would like to register it here, you must contact the registration authority.

 [Find out more](#)

Kreisverwaltungsreferat (KVR)


Hauptabteilung II Fahrzeugzulassungs- und Fahrerlaubnisbehörde


Eichstätter Straße 2

80686 München


 [089/23396090](tel:08923396090)


 [@zulassung.kvr@muenchen.de](mailto:zulassung.kvr@muenchen.de)

 on Monday 07:00 - 12:00

 on Tuesday 08:30 - 12:00 and 14:00 - 18:00

 on Wednesday 07:00 - 12:00

 on Thursday 08:30 - 13:30

 on Friday 07:00 - 12:00

Note on the environmental zone


In Munich, the entire area within the Mittlerer Ring is a low emission zone. This means that you may only drive in this area with a valid green sticker on your vehicle. Exemptions are possible.

 [Exemption authorisations](#)

 [Applying for the environmental badge](#)

Parking

In many city districts, there are a few things to bear in mind when parking. The applicable parking regulations can be found on the signs displayed.

-
- Parking is generally prohibited in fire service access roads. They are marked by a rectangular white sign with a red border and the word "Feuerwehruzufahrt" (fire service access)
 - In car parks marked with the wheelchair symbol, parking is only permitted with a special permit.
 - For some parking spaces with a time limit without a parking permit, you will need a parking disc on which you set the arrival time and which you leave visible in the vehicle.
 - In "resident parking" areas, you may only park at the specified times with a special parking permit for residents.
 - For many parking spaces, a parking ticket must be purchased at the machine. This is also possible without cash using the  [HandyParken app](#).
 - If you violate the parking regulations, you must expect a fine.

 [Find out more](#)



Driving a taxi

Driving a taxi

A taxi is a personal transport service by car. Taxis can often be found outside train stations, theatres or at taxi ranks. The drivers help you get in and out of the car and stow your luggage in the boot.

If the TAXI sign on the roof of the car is illuminated, the taxi is free. If the TAXI sign on the roof of the car is not illuminated, the taxi is already taken.

There are three ways to organise a taxi in Munich:

- Stop a passing taxi with a hand signal
- At a [taxi rank](#) at 
- By telephone
 -  [089/21610](tel:089/21610)
 -  [089/19410](tel:089/19410)
 -  [089/450540](tel:089/450540)
- On the internet via a  [website or app](#)


Costs: There is a minimum fare for all journeys. The cost of the journey depends on the distance travelled. There are also fixed rates for standstill times, i.e. when the taxi is waiting while you do something yourself.


 [Find out more](#)

Offers that can save you money

Munich Pass

Munich Pass

The  [Munich Pass](#) is a help for people with little money. It gives you discounts. This means you have to pay less money for some things. For example

- at the swimming pool
- at sports grounds
- at museums and the theatre
- at some cinemas and zoos
- at the [adult education centre](#)
- at the [library](#)
- for tickets for the tram, bus, underground and suburban railway
- You can get medication with a prescription cheaper in some pharmacies. You can see which pharmacies offer this below on the website of  [Medikamenten-Hilfe](#).

 [Find out more](#)

The Munich Pass is free of charge.

For whom:

- For citizens (and their family members) who receive one of the following benefits:
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or child supplement
- For people with a low income (except au pairs, trainees, students). The income limit is checked individually.
- For people doing a voluntary social year, ecological year or federal voluntary service

What documents do I need?


- Grant notice or proof of income, assets and rent
- Proof of social or ecological year or federal voluntary service

Where do I apply for the Munich Pass?

- If you receive benefits according to SGB-XII, SGB-II, housing benefit or child supplement or if you are doing federal voluntary service, a voluntary social year or a voluntary ecological year:

 [Sozialbürgerhaus](#)

- if you receive benefits according to AsylbLG:


 Amt für Wohnen und Migration, Wirtschaftliche Flüchtlingshilfe, Werinherstraße 89 Haus 34, 81541 München

 [089/23348805](tel:08923348805)


 [@asylbewerberleistungen.soz@muenchen.de](mailto:asylbewerberleistungen.soz@muenchen.de)

- if you are homeless:

 Zentrale Wohnungslosen-Hilfe, Franziskaner-Straße 6 und 8, 81669 München

 [089/23340105](tel:08923340105)

 on Monday, Tuesday and Thursday from 08:30 to 12:00 and from 13:00 to 16:00

 on Wednesday from 08:30 to 12:00 and from 13:00 to 17:00

📅 on Friday from 08:30 to 12:00

- if you are deaf or use sign language and live in Munich:
📍 "Freiwillige Leistungen" at Sozialbürgerhaus Laim – Schwanthalerhöhe, Ridlerstraße 75, 80339 München
✉️ [@fwl-ls.soz@muenchen.de](mailto:fwl-ls.soz@muenchen.de)

Collection of information: "Living favourably in Munich"

"Living favourably in Munich"

The brochure "Günstig leben in München" contains lots of tips, addresses and information on how to live more cheaply in Munich:

- How can I save money in Munich?
- Am I entitled to financial support and where can I apply for it?
- Where can I shop cheaply?
- Information on housing, rent, energy costs, handyman services, do it yourself

There are many offers on various topics:

- Food
- health, telephone
- Telephone, internet and radio
- mobility
- Education and culture
- Sport and leisure
- Finances and law
- Counselling and help services

The brochure is free of charge.

You can find the brochure online or at the town hall:

🌐 [Online](#)

📍 Stadt-Information, Marienplatz 8, 80331 München

Would you like explanations or counselling? Then please ask at a [social community centre](#) or a [migration advice service](#).

Advice on electricity, water and heating consumption - how to save money!

Advice on electricity, water and heating consumption - how to save money!

Every household is different. An energy consultation will provide you with individual answers to your energy-related questions:

- How can I save electricity and energy?
- Is my energy consumption too high and how can I reduce it?

-
- Which windows are the right ones?
 - What subsidies can I get?
 - How can I avoid mould?

Counselling is free of charge. There are several options for counselling:

Energy advice from Stadtwerke München

The consultation takes place at your home. You will find out how you can save costs for electricity, water and heating. You will receive valuable tips on how you can reduce your consumption.

For whom:

- Holders of the [Munich Pass](#)
- Citizens (and their relatives) who receive one of the following benefits
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or supplementary child allowance
- People with a low income

Please make an appointment.

☎ [089/23612361](tel:08923612361) (📷 From Monday to Friday 09:00 - 12:30)

@Energieberatung@swm.de

🌐 [Website](#)

The energy-saving check: advice and financial support for the purchase of more efficient appliances

The consultation takes place in your home. You will be given tips on how you can save costs for electricity, water and heating in your household.

During a second visit, small energy-saving aids worth up to € 70.00 will be installed in your home free of charge. These can be, for example, shower heads that save water or energy-saving light bulbs.

We also check your appliances, for example how much electricity your fridge uses. If it turns out that your fridge, for example, is using a lot of electricity, you can get up to €600 towards the purchase of a new appliance. In some cases, it is also possible to replace up to two large household appliances free of charge (🌐 "[Weiße Ware](#)").

Who for: For all low-income households in the city and district of Munich.

☎ [089/67820270](tel:08967820270)

@stromspar-check@caritasmuenchen.org

🌐 [Website](#)

Shopping

Shopping

Favourable shopping

Living in Munich costs a lot of money. Food is offered cheaply by the large discounters. If you are on a low income, it is also worth taking advantage of the social department stores. In addition to clothes, you can also buy furniture and everyday items cheaply there. There are also numerous second-hand shops and flea markets.

Social department stores in Munich

📍 Kaufhaus diakonia secondhand, Dachauer Straße 192, 80992 München

☎ [089/18914800](tel:08918914800)

🌐 <http://diakonia-kaufhaus.de>

🕒 From Monday to Friday 10:00 - 19:00

🕒 Saturday 10:00 - 15:00

🌐 [Further locations](#)

📍 Weißer Rabe soziale Betriebe und Dienste GmbH, Landsberger Straße 146, 80339 München

☎ [089/8894930](tel:0898894930)

🌐 <http://www.weisser-rabe.de>

📍 Halle 2 - Gebrauchtwarenhaus, Sachsenstraße 29, 81543 München

☎ [089/23396200](tel:08923396200)

🌐 <http://www.awm-muenchen.de/privathaushalte/abfall...>

Second hand shops

You can find a list of all second-hand shops in Munich at 🌐 [here](#).

Flea markets

You can find a list of all flea markets in Munich at 🌐 [here](#).

Halal food shopping

Shops that only sell halal food can be found south of the main railway station. There are also many halal restaurants there. There is also a supermarket near Pasing station that only sells halal food. Some German supermarkets now also sell halal food. Look for the labelling on the packaging.

Shopping without packaging

More and more people want to shop without packaging and thus make a contribution to avoiding waste and to sustainability. There are several ways to do this in Munich.

Weekly markets

There are more than 40 weekly and farmers' markets in Munich. Over 120 traders offer their food for sale there. The food is fresh and mostly regional. The use of shopping bags or baskets

avoids or reduces packaging material.

 [Locations of the markets](#)

"Once without please"

The project provides information on its website about shops and restaurants where you can shop without packaging.

 [Find out more](#)

Telecommunications

Telecommunications

Country code for Germany

The international country code for Germany is +49 or 0049.

Local code Munich

Munich has the local code 089 for land lines (non-mobile phones).

If you call from abroad with the international country code, the 0 of the local code is omitted: You dial +4989 or 004989 and then the number of the person/office.

Mobile phones

In Germany, mobile phone numbers begin with a 0. If you call them from abroad, you leave out this 0. Instead you dial the international country code +49 or 0049.

In Germany there are two different types of mobile phone contract: Prepaid contract and fixed-term contract. The **prepaid contract** does not have a fixed duration. With a **fixed term contract** there is a minimum contract duration; this contract will be renewed automatically if you do not cancel it. If you do not want this contract to be renewed automatically, you have to make this known in writing. Be aware of the cancellation period. It is written in the contract.

Before you sign a contract, find out from your friends, ask around and think what details are especially important for you.

Ten important questions concerning taking out a contract:

1. What is the monthly payment? Does the fee increase after a certain period?
2. Is there a minimum monthly charge (minimum cost per month)?
3. How long is the contract period (e.g. 12 or 24 months)?
4. When do I have to cancel the contract if I do not want it to be renewed?
5. How much are the fees for setting up, changing or deactivating?
6. What is the billing cycle (60/1, 10/10)?
7. How much does a minute cost (different/own network)?
8. What are the costs for buying a mobile phone with and without a contract?

-
9. How much does Internet access cost?
 10. How much does it cost to call abroad?

Think about which flat rate is the best for you and find out what the flat rate doesn't cover and what the extra costs will be.


Internet

Internet

In your own home

If you live in your own home, you can install Internet (WLAN) for a fee. Internet providers offer contracts for this, which have to be paid monthly and usually have a minimum term of 24 months. They are often combined with a telephone connection ("Festnetz") and TV.

Hotspots Free & Secure - M-WLAN

M-WLAN is available at various locations in Munich, allowing you to surf the Internet free of charge. Information on locations can be found [at](#)  [here](#).

M-WLAN This is also available in encrypted form ("M-WLAN Secure Wi-Fi"). To be able to use it, you have to register once at one of the M-WLAN locations. After entering an e-mail address, the access data will be sent to this address and you can use it to dial into the encrypted WLAN. Registration is free of charge.

Free WLAN is also available at all [Munich City Library](#) locations.



Lost property office

Lost property office

Have you lost something? If so, the finder may have handed it in to the lost property office. It takes a few days to register the items.

If something has been found that contains a name and address, we will contact the person.

I have lost something:

You can report a lost item by telephone, e-mail or via the  [online lost property report](#). If the item is registered with us, we will contact you. If you do not hear from us, we have unfortunately been unable to locate the item. You will need an appointment to view items that cannot be assigned to a specific person or to collect an item. You can make an appointment by telephone, e-mail or via  [online appointment](#).

 [Further information on collection](#)

Exception: Your key has disappeared

All keys found in the last five months can be viewed in lockers on the ground floor during opening hours (see below):

📍 Implerstraße 11, 81371 München
You do not need an appointment for this.

My bicycle has gone missing and I would like to see if it has been handed in to the lost property office:

This is always possible on Tuesdays. You need an appointment. You can make an appointment by phone, e-mail or via 📞 [make-an-appointment-bike](#).

📄 [Further information on viewing and collecting bicycles](#)

I have found something:

If you have found something that is worth more than ten euros, you must hand it in at a lost property office, citizens' office or police station. You do not need an appointment to hand something in.

📄 [Further information on handing in found items](#)

📅 Monday 07:30 - 12:00

📅 Tuesday 08:30 - 12:00 and 14:00 - 18:00

📅 Thursday 08:30 - 15:00

📅 Friday 07:30 - 12:00

There is barrier-free access to the building and the rooms.

Fundbüro

📍 [Implerstraße 11, 81371 München](#)

@ fundbuero.kvr@muenchen.de

☎ [+49 \(0\) 8923396045](tel:+49(0)8923396045)

🌐 <https://stadt.muenchen.de/service/suche/fundbuero/>

Waste disposal and recycling

Waste disposal and recycling

Waste separation in Munich

Munich has a "3 bin system". This means that people sort their rubbish and then throw it in the appropriate bin. On the one hand, the aim is to better manage the huge amounts of waste in the city; on the other hand, it is also about better recycling of materials from the waste in the interests of sustainability.

Here you can see how the 3-bin system works and what belongs in each bin:

Residual waste in the black bin

Waste that can no longer be recycled is placed in the black bin:

- Nappies, sanitary towels and tampons

-
- Used paper tissues, facial tissues, paper towels
 - Plastic bin liners
 - Hoover bags
 - Coated paper
 - Wallpaper, carpet residues
 - Rubbish, ash, small animal litter, cigarette butts

Paper in the blue bin

Paper waste goes in the blue bin. It must be clean and uncoated:


- Newspapers and magazines
- Cardboard boxes (please fold or shred)
- Catalogues and brochures
- Exercise books
- Books
- Forms and printer paper
- Letters and envelopes
- Paper bags
- Paper packaging
- Cigarette packets (without aluminium and without foil)
- Boxes of chocolates (without plastic)

Organic waste in the brown bin

Compostable waste goes in the brown bin:

- Kitchen waste (including meat and fish scraps)
- Fruit and vegetable waste
- Salad (without salad dressing)
- Potato and egg peelings
- Coffee filters, tea bags
- Wilted bouquets of flowers
- Potted plants (without pot)
- Garden waste
- Crumpled newspapers to soak up moisture

Glass, metal and plastic in the containers

There are around 1000  [recycling islands](#) in Munich. There are special containers for glass bottles, metal cans, aluminium foil and plastic packaging.

Bulky waste, broken electrical appliances and hazardous waste to the recycling centre

To the recycling centre:

- Items that do not fit in the bin, for example because it is too big
- all broken electrical appliances
- Hazardous materials such as old batteries, energy-saving light bulbs or chemicals

Items can be taken to the  [12 recycling centres](#) free of charge (2 m³/day).

Old clothing and shoes in clothing containers

The containers for clothing and shoes are also usually located at the  [recycling centres](#).

- Clothing for adults
- Clothing for children
- Clean shoes
- Hats, gloves
- Household linen (tablecloths, towels, etc.)
- curtains, drapes
- bed linen

To ensure that the items can be recycled properly, they must be placed in bags and thrown into the containers. Place the items in a bag, tie the bag closed and throw it into the container.

This is not allowed in the clothing containers:

Dirty or wet textiles, ski boots, skates, rubber boots, rollerblades, dirty shoes, fabric and wool scraps, textile scraps, rubbish or waste of any kind.


Well-preserved used clothing or articles of daily use

can be bought and sold in second-hand shops or at flea markets.

If you have any questions:

 [Website](#)

 [Form for questions](#)

 [089/23396200](tel:08923396200)


 @awm@muenchen.de

Barrier-free (public) toilets in Munich

Barrier-free (public) toilets in Munich

The website  [inclus](#) provides an overview of accessible toilets in Munich.

For whom: For people with disabilities

If you click on the location symbol, you can see your own location on the map and where the nearest toilet is: 

If you click on a toilet, you will get more detailed information about the facilities:

- floor plan
- Installed handles
- door width
- gradient of the ramp
- Use with or without [Euro toilet key](#)

 German, English

You can also leave a review about the toilet.

The service is free of charge.

 [More information](#)

[@inclus@dpschool.io](mailto:inclus@dpschool.io)

Health

Emergencies – SOS

Emergency numbers

Emergency call

Police:  **110**

Fire brigade, rescue service:  **112**

Ambulance, emergency doctor:  **112**

The emergency numbers on mobile phones always work, even with a prepaid card without credit / money!

The emergency number may only be dialled in actual emergency situations. Misuse is punishable by up to two years in prison in accordance with § 145 Para. 1 No. 1 StGB.

Important information for an emergency call 112

- **Who is** calling (your name)?
- **Where** has something happened (address)?
- **What** has happened?
- **How** many injured or sick people are there?
- **What kind** of illnesses or injuries are there?
- **Wait** for further questions!

Remain calm. Speak slowly and clearly so that you can be better understood. Do not end the call. The emergency call centre or the police will end the call when all the important information has been transmitted.

Emergency medical services


Emergency medical services

Rescue service in case of danger to life


 [112](tel:112)


The emergency number may only be dialled in emergency situations. Misuse can result in up to two years in prison.


Medical on-call service


 [116117](tel:116117)

Free hotline for illnesses that are not life-threatening.
Outpatient medical assistance is available outside office hours.
We will put you through to an on-call service in your area.

 Monday 18:00 - Tuesday 08:00

 Tuesday 18:00 - Wednesday 08:00

 Wednesday 13:00 - Thursday 08:00

 Thursday 18:00 - Friday 08:00

 Friday 13:00 - Monday 08:00

On the evening before a public holiday from 18:00 - 08:00 on the following working day (also on Shrove Tuesday, 24 and 31 December)

Emergency wards of the clinics


[Chirurgische Klinik und Poliklinik](#) - City centre

Ambulanz und Notaufnahme

Nußbaumstraße 20

80336 München

 [089/440052611](tel:089440052611)


 24 h

[Klinikum Bogenhausen](#)

Präklinik - Interdisziplinäre Notaufnahme

Englschalkinger Straße 77

81925 München


 [089/92702151](tel:08992702151)



 24 h



[Klinikum Harlaching](#)






Notfallversorgung für Erwachsene



Zentrale Notaufnahme (ZNA)

Sanatoriumsplatz 2
81545 München
 [089/62106666](tel:08962106666)



 **[Klinikum Neuperlach](#)**
Zentrale Notaufnahme (ZNA) - Chirurgie
Haus A, Ebene 1
Oskar-Maria-Graf-Ring 51
81737 München
 [089/67942558](tel:08967942558)


 **[Klinikum Neuperlach](#)**
Zentrale Notaufnahme (ZNA)
Haus A, Ebene 1
Oskar-Maria-Graf-Ring 51
81737 München
Internal Emergency Department - Internal Medicine (Ward 12)
 [089/67942572](tel:08967942572)

 **[Klinikum Schwabing](#)**
 24 hours a day
Kölner Platz 1
80804 München
House 5, ground floor
Access via gate 1 (Isoldenstraße)
Central Emergency Department:  [089/30680](tel:08930680)
Central Emergency Department - Surgery:  [089/30682600](tel:08930682600)
Central Emergency Department - Internal Medicine:  [089/30682210](tel:08930682210)



 **[Klinikum Dritter Orden](#)**
Emergency room
Menzinger Straße 44
80638 München
 [089/17951450](tel:08917951450)

Further on-call services

Emergency call for poisoning
 [089/19240](tel:08919240)
 24 hours a day

Emergency telephone for the deaf
(text telephone)
 [089/19294](tel:08919294)

Emergency fax for the deaf
112

 **[Klinikum Schwabing](#) - On-call practice**
Kölner Platz 1
80804 München
 [089/33040302](tel:08933040302)

-
- 🕒 From Monday to Friday 19:00 - 22:00
 - 🕒 On Saturday, Sunday and public holidays 09:00 - 19:00

📍 [Bereitschaftspraxis Elisenhof](#) - Emergency service

Medical on-call service of the general practitioners in Munich

Prielmayerstraße 3

80335 München

📞 [116117](tel:116117)

- 🕒 On Monday, Tuesday and Thursday 19:00 - 23:00
- 🕒 On Wednesday and Friday 14:00 - 23:00
- 🕒 On Saturday, Sunday and public holidays 08:00 - 23:00

📍 [KVB München Süd](#)

Ärztliche Bereitschaftspraxis

Boschetsrieder Straße 72

81379 München

📞 [089/74879999](tel:08974879999)

- 🕒 On Wednesday and Friday 18:00 - 20:00
- 🕒 On Saturday, Sunday and public holidays 09:00 - 20:00

📍 [Krankenhaus Neuperlach](#)

Bereitschaftspraxis München Süd-Ost

Oskar-Maria-Graf-Ring 51

81737 München

📞 [089/67339933](tel:08967339933)

- 🕒 From Monday to Thursday 19:00 - 21:00
- 🕒 On Friday 17:00 - 21:00
- 🕒 On Saturday, Sunday and public holidays 09:00 - 21:00
- 🕒 On 24 and 31 December 09:00 - 16:00

📍 [Klinikum Pasing](#)

Medical on-call practice Munich West

Steinerweg 5

81241 München

📞 [089/88922607](tel:08988922607), [089/88922608](tel:08988922608)

- 🕒 On Wednesday and Friday 16:00 - 20:00
- 🕒 On Saturday, Sunday and public holidays 09:00 - 17:00

Immediate help for mental crises and psychiatric emergencies

📞 [0800/6553000](tel:08006553000)

🗣️ more than 120 languages. The list of available languages can be found [here](#).

🕒 Daily 09:00 - 24:00

The call is free of charge.

Acute drug and addiction help

Telephone hotline for people at risk of addiction - TAL 19 e.V.

Addiction hotline

📞 [089/282822](tel:089282822)

 24 hours a day


 **[Addiction counselling of the city of Munich](#)**

Health department


Counselling centre


Paul-Heyse-Straße 20


80336 München

 [089/23347200](tel:08923347200)


 [@suchtberatung.gsr@muenchen.de](mailto:suchtberatung.gsr@muenchen.de)


 On Monday, Tuesday, Thursday and Friday 09:00 - 12:00

 From Monday to Thursday 13:00 - 17:00

 On Friday 13:00 - 15:00

Open consultation hours without prior appointment:


 On Tuesday 15:00 - 17:00


 On Friday 10:00 - 12:00

Drug emergency service L43 München - Prop e. V.

Landwehrstraße 43

80336 München


 [089/54908630](tel:08954908630)


 24 hours a day

Dentist emergency numbers

Referral to an open on-call practice

Announcement service

 [089/7233093](tel:0897233093)

 24 hours a day

Transfer to an open on-call practice, all health insurance companies

 [089/30005515](tel:08930005515)

Location search of the dental emergency service

 [Online search](#)

Paediatric emergency services

There is a separate emergency service for children and newborns. The telephone number is the same as for the emergency services:

 **Paediatric emergency doctor:** [112](tel:112)


 **Newborn emergency doctor:** [112](tel:112)

 **[Bereitschaftspraxis im Elisenhof](#)**


Munich city centre emergency service (at the main station)


Prielmayerstraße 3

80335 München

 [116117](tel:116117)

 On Monday, Tuesday and Thursday 19:00 - 23:00

 On Wednesday 14:00 - 23:00 and Friday 14:00 - 23:00


 On Saturday, Sunday and public holidays 08:00 - 23:00

 [**Klinikum Dritter Orden**](#)

Paediatric clinic - emergency room

Franz-Schrank-Straße 8

80638 München

 [089/17951187](tel:08917951187)

 [**Kinderklinik im Dr. von Hauner'schen Kinderspital**](#)

Emergency room

Lindwurmstraße 4

80337 München

 [089/440052811](tel:089440052811)


 From Monday to Friday 09:00 - 16:00

 [**Paediatric Department Hospital Harlaching**](#)

Sanatoriumsplatz 2

81545 München

 [089/62102717](tel:08962102717)

 On Saturday, Sunday and public holidays 09:00 - 20:00

Emergencies are also treated during the rest of the day.

 [**Klinikum Schwabing**](#)


Paediatric and adolescent medicine emergency department

Kölner Platz 1

80804 München

Access: Parzivalstraße 16

 [089/30682589](tel:08930682589)

 24 hours a day

We have carefully checked the information on this page. Nevertheless, we cannot guarantee that the information is correct.


Protection from violence

Protection from violence

Women and girls in need


"Violence against women" helpline

Free and anonymous counselling service by phone, chat or email for women who are experiencing or have experienced violence.

 Counselling in 18 different languages and sign language

 [Find out more](#)

 [08000116016](tel:08000116016)

 24 h

Women's shelters - anonymous accommodation

There are several women's shelters in Munich for women affected by intimate partner violence. Women and their children can find protection there. They also receive counselling and support to help them overcome the situation. They can stay there for as long as they need protection and intensive, specialised counselling.

Who for: Women and their children who are looking for a safe place due to domestic violence

To ensure anonymity, the addresses of the women's shelters are not published. It is possible to contact them by telephone:

- **Women's refuge of Frauenhilfe München gGmbH**

☎ [089/354830](tel:089354830)

🌐 www.frauenhilfe-muenchen.de

- **Women's refuge of Frauen helfen Frauen e. V.**

☎ [089/645169](tel:089645169)

This text contains information on the following search terms:

Help, Housing, Safety, Marriage

Children and young people in need

Child and youth helpline of the German Child Protection Association

Counselling and support for children and young people with questions and problems of all kinds, anonymously if desired.

🌐 [Find out more / Online counselling](#)

☎ [0800/1110333](tel:08001110333) (free of charge)

"Young people advise young people"

🕒 Monday to Friday 14:00 - 20:00

Saturday 14:00 - 20:00

Further emergency contacts and advice centres can be found here: "" [Asylum procedure - counselling and help](#); "" [Counselling and help / Integration](#); "" [Counselling and help / General](#)

Paediatric emergency services

Paediatric emergency services

There is a separate emergency service for children and newborns. The emergency number is the same as for other acute emergencies:

☎ **Emergency doctor for children:** [112](tel:112)

☎ **Emergency doctor for newborns:** [112](tel:112)

Emergency rooms should only be visited if there really is an acute emergency. For example, in the event of a "serious and life-threatening illness" or an accident.

If there is an illness but no acute emergency and regular doctors' surgeries are closed, contact the medical on-call service. This service provides medical care outside the normal opening hours of doctors' surgeries. For example, at night, at weekends and on public holidays. They will tell you where you can take your child or whether a doctor will come to your home.

 [116117](tel:116117)


[**Bereitschaftspraxis im Elisenhof**](#)

Notdienst München-Zentrum

Prielmayerstraße 3

80335 München

 [116117](tel:116117)

 Monday 19:00 - 23:00

Tuesday 19:00 - 23:00

Wednesday 14:00 - 23:00

Thursday 19:00 - 23:00

Friday 14:00 - 23:00


Saturday, Sunday, public holiday 08:00 - 23:00

Kinderabteilung Krankenhaus Harlaching

Sanatoriumsplatz 2

81545 München

 [089/62102717](tel:08962102717)

 On-call practice:

Saturday, Sunday, public holiday 09:00 - 20:00

Outpatient clinic for emergencies: 24 h


Klinikum Schwabing

Klinik und Poliklinik für Kinder- und Jugendmedizin der Technischen Universität München

Kölner Platz 1 (Zugang: Parzivalstraße 16)

80804 München

 [089/30682589](tel:08930682589)

 On-call practice:

Saturday, Sunday, public holiday 09:00 - 20:00

Outpatient clinic for emergencies: 24 h


[**Klinikum Dritter Orden**](#)

Kinderklinik

Notaufnahme

Franz-Schrank-Straße 8

80638 München

 [089/17951187](tel:08917951187)

 24 h

[**Kinderklinik im Dr. von Hauner'schen Kinderspital**](#)

Notaufnahme

Lindwurmstraße 4

80337 München


 [089/440052811](tel:089440052811)

 24 h


Medical on-call service


Medical on-call service


Medical assistance at night, at weekends and on public holidays


 [116117](tel:116117)


The telephone number is valid for the whole of Germany. It is a hotline for non-life-threatening illnesses and outpatient medical assistance outside office hours. We can help you find a doctor's surgery near you that is open. Or we can support you if you need a doctor to come to your home.


 Monday 18:00 - Tuesday 08:00

 Tuesday 18:00 - Wednesday 08:00

 Wednesday 13:00 - Thursday 08:00

 Thursday 18:00 - Friday 08:00

 Friday 13:00 - Monday 08:00

 The evening before a public holiday 18:00 - the following working day 08:00 (including Shrove Tuesday, 24 and 31 December)

The service is free of charge.

 [Website](#)


Emergency wards of the clinics

Emergency wards at the hospitals


The hospital emergency departments are open day and night. They provide help for people who have a serious and life-threatening illness or who have had an accident. For example


- Stroke
- heart attack
- Injury due to an accident
- Injury to the head
- Poisoning

In all other cases, [doctors' surgeries](#) or the [on-call services](#) are responsible.

If you are very ill, in severe pain or injured and unable to walk, call the ambulance / emergency doctor:  [112](tel:112)


 [Chirurgische Klinik und Poliklinik](#)

 Ziemssenstraße 5, 80336 München

 [089/440031100](tel:089440031100)

 24 h

Campus Großhadern

 Marchioninistraße 15, 81377 München


 [089/440044800](tel:089440044800)

 info.notaufnahme.grosshadern@med.uni-muenchen.de

 24 h


Klinikum Bogenhausen

 Engelschalkinger Straße 77, 81925 München

 [089/92702151](tel:08992702151)

 24 h


Klinikum Harlaching


 Sanatoriumsplatz 2, 81545 München

 [089/62106666](tel:08962106666)


Klinikum Neuperlach

 Oskar-Maria-Graf-Ring 51, 81737 München

 [089/67942558](tel:08967942558) (Surgery)


 [089/67942572](tel:08967942572) (Internal Medicine)

Klinikum Schwabing


 Kölner Platz 1, 80804 München

House 5, ground floor

Directions via: Tor 1, Isoldenstraße


 [089/30680](tel:08930680) (switchboard)


 [089/30682600](tel:08930682600) (Surgery)

 [089/30682210](tel:08930682210) (Internal Medicine)

 24 h

Klinikum Dritter Orden

 Menzinger Straße 44, 80638 München


 [089/17951450](tel:08917951450)

 info@dritter-orden.de

Further on-call services

Further on-call services


Poison control centre Munich

 [089/19240](tel:08919240)

 24 h

Deaf telephone emergency call

(text telephone)

 [089/19294](tel:08919294)

Emergency fax for the deaf

 112

Schwabing Hospital - On-call practice

Kölner Platz 1

80804 Munich

[089/33040302](tel:08933040302)

Monday to Friday 19:00 - 22:00

Saturday, Sunday, public holiday 9:00 - 19:00

On-call practice Elisenhof

Medical on-call service of the general practitioners in Munich

Prielmayerstraße 3

80335 Munich

[116117](tel:116117)

Monday 19:00 - 23:00

Tuesday 19:00 - 23:00

Wednesday 14:00 - 23:00

Thursday 19:00 - 23:00

Friday 14:00 - 23:00

Saturday, Sunday, public holiday 08:00 - 23:00

KVB Munich South

Medical on-call practice

Boschetsrieder Street 72

81379 Munich

[089/74879999](tel:08974879999)

Wednesday and Friday 18:00 - 20:00

Saturday, Sunday, public holiday 09:00 - 20:00

Neuperlach Hospital

On-call practice Munich South-East

Oskar-Maria-Graf-Ring 51

81737 Munich

[089/67339933](tel:08967339933)

Monday to Thursday 19:00 - 21:00

Friday 17:00 - 21:00

Saturday, Sunday, public holidays 09:00 - 21:00

24 and 31 December 09:00 - 16:00

Pasing Hospital

Medical on-call practice Munich West

Steinerweg 5

81241 Munich

[089/88922607](tel:08988922607), [089/88922608](tel:08988922608)

Wednesday, Friday 16:00 - 20:00

Saturday, Sunday, public holiday 09:00 - 17:00


Acute drug and addiction support

Acute drug and addiction counselling

Counselling is anonymous and free of charge.

Telephone hotline for people at risk of addiction - TAL 19 e. V.

Addiction hotline

 [089/282822](tel:089282822)

 24 h

Drug emergency service L43 Munich - Prop e. V. (with emergency sleeping centre)

Landwehrstraße 43

80336 München

 [089/54908630](tel:08954908630)

 [Website](#)

 24 h

[Addiction counselling centre of the city of Munich](#)


Health department


Counselling centre


Paul-Heyse-Straße 20

80336 München

 [website](#)


 Monday, Tuesday, Thursday: 09.00 - 12.00 and 13.00 - 17.00

 Wednesday: 13.00 - 17.00 hrs

 Friday: 09.00 - 12.00 and 13.00 - 15.00

 [089/23347200](tel:08923347200)

 @suchtberatung.gsr@muenchen.de

 Interpreters are available by appointment.

Dentist emergency numbers

Dentist emergency numbers

Do you have a toothache? Then contact a dental practice.

Most dentists are closed at weekends and on public holidays. If you have unexpectedly severe pain on these days, you can go to an emergency dental service. This is for very urgent cases:

You can reach an emergency service around the clock on this telephone number:

 [089/30005515](tel:08930005515)

 24 h

On weekends, public holidays and bridging days, you can find an open practice near you here. Enter your postcode in the search field:

[Online search](#)

Help for female offenders and released prisoners

Offender and release assistance for women

Have you received a fine? Are you unable to pay? Do you have to do community service as part of a probation order? Do you have a warrant for your arrest? Are you due to go to prison soon?

We can advise and support you.

Who for: Women aged 21 and over,

- who have been sentenced to a fine

-
- who have to fulfil work obligations as part of a probation order
 - who have been sentenced to prison

Counselling and support

- for fines (placement in community service and money management)
- before a prison sentence
- in Munich Prison and Aichach Prison (at the request of the imprisoned woman)
- after release from prison

Please contact us in good time! The sooner you come, the better we can help you!

The [Sozialdienst katholischer Frauen München e.V.](#) is a specialised women's association within the Catholic Church. The SkF provides counselling and support regardless of religious affiliation or nationality. We offer counselling from woman to woman in a protected environment.

🗣️ Interpreters are available for English, Bulgarian and Russian.

Children can be brought along.

The service is free of charge.

Online counselling for relatives and friends is available via the following link:

🌐 <https://www.caritas.de/hilfeundberatung/onlineber...>

Clearing centre for placement in non-profit work and money management:

☎️ [089/55981249](tel:08955981249)

@ p.schmalenbach@skf-muenchen.de

🕒 8:00 - 17:00

Counselling before, during and after imprisonment:

☎️ [089/559810](tel:089559810)

@ straffaelligenhilfe@skf-muenchen.de

🕒 8:00 - 17:00

There is barrier-free access to the buildings and rooms. There is a disabled toilet.

Sozialdienst katholischer Frauen München e.V.

📍 [Dachauerstraße 48, 80335 München](#)

🌐 <https://www.skf-muenchen.de/>

**This text contains information on the following search terms:
offers women, detention, sentencing**


Trauma first aid

Trauma help

Flight and migration due to war and displacement put people in unbearable situations. Many suffer from the consequences for the rest of their lives. However, the majority of traumatised people only receive therapeutic help at a late stage. This is where our trauma help comes in. We support you in learning to live with the consequences of trauma.


Our trauma help is based on easy-to-understand exercises with the body and simple cognitive methods to strengthen your resources.

You can find more information and registration on our  [website](#), check it out!

1. Do you know someone or need help yourself after a trauma? Contact  [here](#).
2. We will find a suitable trauma first aider for you as soon as possible. Also in your native language.
3. The first aider will contact you in person or online. The aim is to reduce individual symptoms and improve psychological resilience.

Who for: Third-country nationals, refugees or people with subsidiary protection or permission.

The programme is free of charge.

 Interpreters are available for Arabic, Farsi, French, English, Russian, Ukrainian and Urdu.

Children can be brought along.


The assignments take place in our office, at your home or online. There is barrier-free access to the buildings and rooms.

Ringseisstraße 11a

80337 München

 [089/55871688](tel:08955871688)

 @traumahilfe@arrivalaid.org

 Monday to Friday 09.00 - 16:00

This text contains information on the following search terms:

First aid, trauma help, trauma training, psychological help, psychological support, escape, traumatisation, volunteering

JADWIGA - Help with human trafficking (forced prostitution, forced begging, labour exploitation) or forced marriage

Specialist counselling centre JADWIGA

We support women

- who are forced to work as prostitutes.
- who are forced to steal, sell drugs or cheat.
- who are not paid for their work.
- who are forced to beg.
- who are forced to marry.
- who are affected by illegal adoption.
- who are forced into surrogacy.

We provide counselling and help in a crisis situation. It is also possible to find sheltered accommodation or to help you if you want to return to your home country.

We can also come to you. We can also visit you in prison.

■ Albanian, Arabic, Bulgarian, English, Romanian, Hungarian, French and Ukrainian

Who for: Women and girls of all nationalities.

The programme is free of charge.

Children can be brought along.

■ Schwanthalerstr. 79, 80336 München

[089/38534455](tel:08938534455)

muenchen@jadwiga-online.de

9:00 - 15:00

[Website](#)

The German healthcare system, health insurance

The German healthcare system

In Germany, many institutions are part of the healthcare system. There are three areas:

1. Doctors' surgeries and pharmacies: they provide outpatient medical care. "Outpatient" means that you can go home again after treatment.
2. Acute care in hospitals in an emergency and inpatient medical care. "Inpatient" means that you stay in hospital for treatment.
3. Health protection: protection against infections and preventive services. "Preventive" means: services that maintain your health and help you avoid becoming ill.

Outpatient and inpatient care helps sick people. You can decide for yourself which doctor or facility you go to. This is called freedom of choice.


Health insurance

In Germany, it is compulsory to have health insurance. As soon as you have a residence permit, you must register with a health insurance company. You will then receive an insurance card, which you can use to access medical services throughout Germany. You are then entitled to the same services as all residents in Germany.

🌐 ["Health for all"](#) provides information in 15 languages on the following topics

- Statutory and private health insurance
- Medical care
- Electronic health card
- Visiting a doctor, duty of confidentiality
- emergencies
- Prevention and early detection of illnesses

-
- Long-term care insurance

Further information in other languages can be found at  [Migration and health](#).

Good to know

Hospitals treat emergencies. This means when people are seriously ill or have life-threatening injuries. For minor injuries or illnesses, you can go to a [doctor's surgery](#). You will receive good help there.

You may also need a doctor at night or at the weekend. But it is not always an emergency. Then you can go to the [medical on-call service](#).

If you have a toothache, you can go to a dental practice. There is an [emergency dental service](#) at weekends.

Here you can find information about [pharmacies](#) and which ones are open at night or at weekends.

In an emergency

Are you or someone close to you suffering a life-threatening injury? Or is there another medical emergency? Then call the rescue and emergency service:

 [112](#)

The electronic patient file (ePA)

The electronic patient file (ePA)

The electronic patient file will be introduced in Germany on 15 January 2025. This means that a digital file will be created for every person with statutory health insurance. Unless an objection has been raised, no file will be created.

Is it compulsory to use the file?

No, use is voluntary. Before making an objection, you should familiarise yourself with the advantages and disadvantages of such a file.

What is in the file?

The file stores important health data about a person. For example, findings, doctor's letters, diagnoses, treatment measures and medication. Whenever you visit a doctor's surgery or hospital, the file contains information about your health, what examinations you have had or what medication you are taking.

Important: You can decide for yourself at any time which data is stored and which data is restricted, hidden or deleted.

Who can see what is in my file apart from me?

Only the doctors treating you have access to the data. When the health card is read in, your data can be viewed for a maximum of 90 days.

The health insurance company has no access to the data.

Important: You can decide for yourself at any time who can view the data and for whom access or read authorisation should be blocked.

What are the advantages of the electronic patient file (ePA)?

- Greater safety and accuracy when prescribing medication, as doctors have a more precise overview of your current treatment situation.
- Easier communication between doctors' surgeries, hospitals and other medical facilities.
- Data cannot be lost or damaged.
- Easier communication between patient and doctor in the event of language barriers.

How can I view and manage my file?

You can view and manage your file using an app from your health insurance provider. You will receive the access data from your health insurance company.

🗣️The system you can use to manage your data and access rights is in German.

What can I do if I do not want a file to be set up for me?

You can object to the creation of your file. For insured persons who are not in a position to object themselves, this can be done by their legal representative. Ask your health insurance company how you can submit your objection.

Important: There are no fixed deadlines. An objection can be made at any time, even retrospectively, even if the file has already been used. In this case, it will be closed and access permanently deactivated.

More information:

🌐 [Website of the Federal Ministry of Health](#)

🌐 [Website of the National Association of Statutory Health Insurance Physicians](#)

I have a question:

🌐 [Health Shop Munich e.V.](#)

☎️ [089/772565](#)

@ mail@gl-m.de



Counselling is free of charge.

Prevention, hygiene, immunisation

Prevention, hygiene, immunisation


Examinations for prevention and early detection

Many illnesses and disabilities can be cured or treated if they are recognised early. Your health insurance will pay for the necessary examinations. Health problems or risk factors can also be identified at an early stage. Which examinations are important for you depends primarily on your age and gender.

You can find more detailed information on the examinations in the brochure  "["Health for all"](#)" or on the website of the  [Federal Ministry of Health](#). You can also ask your health insurance company which examinations are required.

Hygiene

Good hygiene helps to avoid getting sick yourself. Frequent hand washing is just as important as clean toilet hygiene.

You can find [hygiene tips](#) on the website of the Federal Centre for Health Education at .


Vaccination protection

We come into contact with viruses, bacteria or fungi every day. This contact can lead to illness, but it doesn't have to. The body can often deal with viruses, bacteria or fungi on its own.

Infectious diseases can be passed on from person to person or, under certain circumstances, from food or objects. Some diseases are transmitted from animals to humans.

To **protect against some infectious diseases**, you can be vaccinated, for example against flu, mumps, chickenpox, measles or rubella. Your family doctor can best advise you on which vaccinations make sense for you. Some vaccinations have to be repeated after a certain period of time to ensure that the immunisation protection is not lost.

 www.impfen-info.de

Current vaccination recommendations from the Robert Koch Institute are available in 20 languages at  [Impfkalender](#).

Visit to the doctor

Visit to the doctor

General practitioner - Specialist doctor


If you are ill, you can go to a family doctor. You can decide for yourself which practice you would like to visit.

GPs are usually open all day on Monday, Tuesday and Thursday. The practice may be closed on Wednesday and Friday afternoons. The opening hours are determined by the GPs themselves. You should therefore make an appointment if you need help from a GP.

GPs are your first point of contact in the event of illness. They carry out important examinations and decide on necessary medication. They can also determine whether a specialist examination is necessary.

If necessary, you will then be referred to a specialist practice. More specialised examinations can be carried out there.

Where can I find a doctor who speaks my language?

You can find a nationwide directory of doctors and psychotherapists here: 

<https://arztsuche.116117.de/#>

You can enter your postcode and click on "Search". By clicking on the "Further search criteria" button, you can select the desired language under "Foreign languages".

Paediatrician

Children are usually examined by paediatricians. Regular preventive examinations and immunisations are important for the health of every child. The preventive examinations, which are prescribed and mandatory by law in Bavaria, are called "U-Untersuchungen". They take place at a specific time and are free of charge. Please ask a paediatrician about the ["U examinations"](#).

Gynaecologist (gynaecology)

It is important that women are regularly examined by a gynaecologist. This allows diseases to be recognised in good time. You can also discuss the topic of contraception there.

Dentist

If you have a toothache, go to a dentist. You can choose which practice you would like to go to.

Information on health care via the health insurance fund

When you visit a doctor, present your health insurance card. With this card, most examinations are free of charge for you. You will have to pay for certain examinations yourself. For therapies (e.g. physiotherapy) and aids (e.g. bandages), you will have to pay a portion yourself. People on a low income can apply not to have to pay this co-payment. Ask your health insurance company for details.

The costs of dental treatment are covered by your health insurance. If a tooth needs to be renewed or replaced, you will have to pay part of the cost yourself.

The costs of hospital treatment are also covered by health insurance. However, you will have to pay between 10 and 50 euros for each day in hospital. People on low incomes can also be exempt from this.

Help for victims of violence and abuse

Desert Rose - Help with forced marriage and / or FGM-C

Wüstenrose - Help with forced marriage and / or FGM-C

We advise girls, boys, women and men who are affected or threatened by forced marriage or violence in the name of "honour". We also provide counselling for girls and women who are

threatened or affected by [FGM-C](#) (female genital mutilation).

Our counselling can take place on the phone or in person.

The counselling is free of charge.

🗣️ We speak German, English, Somali, Swahili and Turkish. For all other languages, we can organise a person to translate for you.

 **Consultation hours on the phone:**

Monday 14:00 - 16:00

Tuesday 10:00 - 12:00

Thursday 13:00 - 15:00

IMMA e. V. - Wüstenrose, Fachstelle Zwangsheirat / FGM

📍 [Goethestraße 47, 80336 München](#)

✉️ [@wuestenrose@imma.de](mailto:wuestenrose@imma.de)

☎️ [+49 \(0\) 8945216350](tel:+49(0)8945216350)

🌐 <https://imma.de/einrichtungen/w%C3%BCstenrose/>

Counselling centre for girls and young women

Counselling centre for girls and young women - IMMA e. V.

The IMMA counselling centre helps girls and young women with all their questions and in various problem situations with a focus on violence.

🌐 [Find out more](#)

For whom: Girls and young women up to the age of 27

🗣️ If necessary, we can organise for someone to translate. Please let us know in advance which language you speak.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Please make an appointment. We currently offer appointments in person, by telephone or by video consultation.

IMMA e. V.

Jahnstraße 38

81379 München

☎️ [089/2607531](tel:0892607531)

✉️ [@beratungsstelle@imma.de](mailto:beratungsstelle@imma.de)

 **Open counselling: You don't need an appointment here**

Tuesday 14:00 - 16:00

 **Telephone availability:**

Monday 14:00 - 16:00

Wednesday 14:00 - 18:00

Thursday 10:00 - 12:00

Counselling and trauma therapy for women

Counselling and trauma therapy for women aged 17 and over who experienced sexualised violence in childhood or adolescence

"Wildwasser München" is a specialist centre for supporting women after sexual violence and for protecting women* and girls* from sexual violence (prevention and intervention).

Women* and girls* means: all persons who identify as women or girls.

Only women work here.


We help you on the phone, by e-mail or when you come to us.

You don't have to tell us your name and you don't have to tell us what terrible things have happened to you.

- You can come to us for counselling if you experienced sexual violence as a child or teenager.
- We will support you so that you feel better again.
- We will work with you to find out what can help you.
- We will give you addresses of therapists, lawyers, doctors ...
- We help you to get financial help.
- You can undergo trauma therapy with us if we have a free therapy place.
- We support and accompany you if you want to file or have filed a criminal complaint.
- We explain your rights to you.

[Find out more](#)

Who for: Women* with and without disabilities aged 17 and over.

 Interpreters are available if required.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

 [089/60039331](tel:08960039331)

[@beratung@wildwasser-muenchen.de](mailto:beratung@wildwasser-muenchen.de)

**This text contains information on the following search terms:
childhood, sex, rape, abuse, maltreatment, past, psychological stress,
traumatisation**

Advice for boys* and young men*

KIBS - Contact, information and advice centre for boys* and young men* in cases of sexualised and/or domestic violence

We offer personal counselling. You can choose whether you would like to be counselled by a female or male specialist. If you would like to receive counselling by telephone, it is possible for your telephone number to remain anonymous. We offer trauma and family-orientated help. There is also a group programme for boys* who have experienced domestic violence.

💡 This sign means anyone who identifies as a boy or man: *

For whom:

- Boys* and young men* up to the age of 27 who have been affected by sexualised violence
- Boys* from the age of six who have experienced domestic violence
- Boys* under the age of 14 who behave in a way that violates sexual boundaries
- Parents, relatives, friends and peers, other carers and professionals

The service is free of charge and anonymous on request.

🕒 From Monday to Friday 10:00 - 17:00

KIBS - Beratung für Jungen und junge Männer

- 📍 [Landwehrstraße 34, 80336 München](#)
- ✉️ [@mail@KIBS.de](mailto:mail@KIBS.de)
- ☎️ [+49 892317169120](tel:+49892317169120)
- 🌐 <http://www.kibs.de/>

Investigation centre for victims of domestic violence

Investigation centre for victims of domestic violence

Are you affected by domestic violence? Then you can come to us for free counselling and an examination. We secure the evidence and preserve it. We document the injuries so that the documentation can be used in court.

Who for: For victims of any form of domestic violence (adults aged 18 and over).

There is barrier-free access to the building and the rooms.

The service is free of charge as long as it is used as described above. Orders that go beyond this, such as the preparation of a written report, toxicological analyses and the like, are subject to a charge.

Untersuchungsstelle für Opfer häuslicher Gewalt
Institut für Rechtsmedizin der Ludwig-Maximilians-Universität

Nussbaumstraße 26
80336 München
☎ [089/218073011](tel:089218073011) (🕒 Every day from 08:00 - 17:00)
✉ @gewaltopferambulanz@med.uni-muenchen.de
🌐 [Website](#)
📅 Please make an appointment for an examination.

HEROES – Against oppression in the name of honour

HEROES - Against oppression in the name of honour

In the HEROES project, young men between the ages of 15 and 21 are trained as multipliers for equal rights. In the weekly training sessions, we critically question oppression in the name of honour. We sit together and discuss topics such as honour, identity, gender roles, racism, prejudice, human rights and equality.

The training sessions take place on Thursdays from 17:30 to 19:30.

After around nine months, you become a HERO. As a HERO, you can run workshops in schools and youth centres together with the group leaders. In these workshops, you bring the topics closer to other young people using role-playing games and discussions. The participants pass on the food for thought that they themselves have gained to others.

[Find out more](#)

Who for: Young men with a migration background aged between 16 and 23 with a good knowledge of German (at least B2 level).

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Anyone who organises a workshop will be paid an expense allowance.

HEROES München
Goethestraße 53
80336 München
[089/544247-39/ -40](tel:08954424739)
heroes@awo-muenchen.de
Wednesday 10:00 - 14:00
Thursday 17:00 - 20:00

**This text contains information on the following search terms:
boys, leisure, volunteering**

SOLWODI - Counselling centre for women in need

SOLWODI Munich - For women affected by violence

We provide counselling and support if you are experiencing violence. You have come to the right place, especially when it comes to human trafficking and sexual exploitation. Other topics include forced marriage in your home country and female genital mutilation (FGM/C). We can also help you with other immigration, social or personal problems.

We will inform and advise you on your legal options. We help you to make decisions and accompany you on the way to a free, self-determined life without violence. We support you in dealing with the authorities. If you need a lawyer, we can put you in touch with one.

Our counselling is available in person, by telephone or by e-mail. Our counselling is anonymous.

The service is free of charge.

🗣️ German, English

📅 Monday, Tuesday, Thursday and Friday 10:00 - 14:00 and by appointment

SOLWODI München

📍 [Dachauer Straße 50, 80335 München](#)

@ muenchen@solwodi.de

☎️ [+49 \(0\) 8927275859](tel:+49(0)8927275859)

🌐 <https://www.solwodi.de/seite/353251/m%C3%BCnchen...>

**This text contains information on the following search terms:
prostitution, violence against women, sexual violence, forced prostitution**

Health counselling for people in accommodation

Health counselling for people in accommodation

Are you living in accommodation and have a question about health? Are you pregnant or have you just had a baby? Does your child need something?

We offer counselling on health issues. The counselling takes place in your accommodation.

🗣️ Support from interpreters is possible.

🌐 [Find out more](#)

Services during pregnancy and the postpartum period:

- Family midwives advise you on preparing for the birth, prevention and hygiene
- Family midwives advise you on FGM (female genital mutilation), HIV and hepatitis
- We support you in liaising with doctors and maternity clinics

What is the difference between a midwife and a family midwife?

A midwife is responsible for the physical examination and counselling. A family midwife also provides psychosocial support. For example, if you feel insecure, stressed or overwhelmed.

Services after the birth:

-
- Family midwives provide counselling on the following topics: Breastfeeding, nutrition, care, sleeping, interaction between parents and child
 - Weight control
 - We support you in liaising with doctors for children and adolescents

The family midwives will visit you until the child is three months old. After that, we can refer you to other centres.

Services for children up to 6 years:

- Our carers can visit you and your child directly at the accommodation. There are also consultation hours and group training sessions in the accommodation centres.
- We support you in connecting with doctors for children and adolescents

We provide advice on the following topics: Breastfeeding, nutrition, sleeping, immunisation, dental health, accident prevention and FGM (female genital mutilation).

The carers look after families with infants and children up to the age of 6. For older children, we can refer you to other centres.

Services for people from the age of 6:

- We determine what is needed
- We advise you on health, medical and integrative issues
- We advise you on dealing with chronic illnesses and disabilities
- We advise you on nutrition, therapies or taking medication
- We support you if you would like to contact a doctor or clinic

The service is free of charge.

 [089-23347322](tel:089-23347322)

@gvo14.gsr@muenchen.de

 From Monday to Friday 9:00 - 12:00, after that an answering machine is active.

Healthcare for people without health insurance

Open.med (Doctors of the World)

Open.med (Doctors of the World e.V.)

Open.med is a medical contact point and social counselling service for people who have no health insurance. Open.med works independently of state institutions and respects your anonymity.

Who for: People without health insurance or with limited access to healthcare, homeless people.

■ German, Bulgarian, Romanian, Turkish and English.

Children can be brought along.

The programme is free of charge.

Available by telephone:

☎ 9:30 - 17:00

Open medical consultation hours:

☎ Tuesday 16:00 - 19:00

☎ Friday 10:00 - 13:00

Consultation hours for children:

☎ Every 1st and 3rd Wednesday of the month: 17:00 - 18:00

Consultation hours for women:

☎ Every 2nd and 4th Thursday of the month: 09:00 - 12:00

Consultation hours for chronically ill patients:

☎ Please make an appointment.

Psychiatric consultation:

☎ Please make an appointment.

Psychotherapeutic consultation:

☎ Please make an appointment.

There is barrier-free access to the building and the rooms.

Open.med

📍 [Dachauerstraße 161, 80636 München](#)

@ openmed@aerztderwelt.org

☎ [+49 \(0\) 1775116965](tel:+49(0)1775116965)

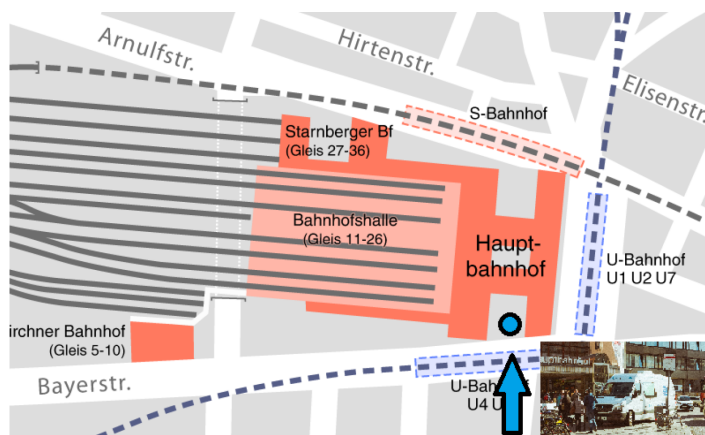
🌐 <https://www.aerztderwelt.org/wem-wir-beistehen/h...>

In addition to the above services, open.med is available once a week at the main railway station and once a week at the overnight shelter:

Outreach at the main station - treatment bus

📍 Bayerstraße 10, 80335 Munich

☎ Every Wednesday 16:00 - 18:00



Operation in the overnight shelter

📍 Lotte-Branz-Str. 5, 80939 München

🕒 From 1 October to 31 March: Monday 18:00 - 20:00

🕒 From 1 April to 30 September: Monday 19:00 - 21:00

**This text contains information for the following search terms:
uninsured, clearing, insurance status, contraception**

Malteser relief service

Malteser relief service

We help people who live in Munich and have no health insurance. You can come to us if you are suddenly ill, injured or pregnant. A doctor will then examine you and provide emergency care.

We will advise you in detail before the medical examination.

We also support people who want to join or return to health insurance. We talk to the German health insurance companies, social welfare centres and authorities and, if necessary, accompany you to appointments with the authorities.

🌐 [Find out more](#)

Who for: For all people without health insurance

🗣️ Interpreters for Romanian and Bulgarian are on site on Tuesday and Thursday.

Children can be brought along.

There is barrier-free access to the rooms. There is a disabled toilet.

The programme is free of charge.

You can make an appointment or come to the open consultation hours. You do not need an appointment for the open consultation hours.

🕒 Open consultation hours:

Dentist: on Tuesday 09:30 - 12:30, on Thursday 13:30 - 16:00

For adults: on Tuesday 09:30 - 12:30, on Thursday 13:30 - 16:00

For children: every 2nd Wednesday of the month 14:30 - 16:30

For women: Every 1st, 3rd and 5th Wednesday of the month 09:30 - 11:30 a.m.

Malteser Hilfsdienst

Streitfeldstraße 1

81673 München

📞 [089/43608554](tel:08943608554)

@ malteser-medizin-muenchen@malteser.org

**This text contains information on the following search terms:
medical care uninsured, health, uninsured, insurance status, contraception
counselling**

Health Clearing Centre

Health Clearing Centre

If you do not have health insurance or do not know whether you are insured, we are here for you. We offer help for people without health insurance or if their insurance status is unclear. We can advise you on all issues relating to the healthcare system. With us, you will find solutions as to how you can receive healthcare.

We will clarify who will cover the costs of your treatment at the doctor or hospital. If you have no money for medically necessary treatment, it is possible in individual cases for the costs to be covered.

Our support is not dependent on nationality or residence status, everyone is welcome.

Who for: People without health insurance and people who have little or no money.

Interpreters are available

The service is free of charge and anonymous.

Clearingstelle Gesundheit Condrobs e.V.

Corneliusstr. 2

80469 München

☐ [089/716717790](tel:089716717790)

clearing.gesundheit@condrobs.de

By telephone arrangement

<https://www.condrobs.de/einrichtungen/clearingste...>

**This text contains information on the following search terms:
medical care, uninsured, health fund, contraceptive counselling**

Pill & Co - advice and financial support for contraception

Pill & Co - Counselling and financial support for contraception

We support women in financing contraception. Whether hormonal or non-hormonal contraception, you can discuss with our doctor what is right for you. We can also cover contraception after a rape.

Prerequisites:

- Women older than 22 years
- Women in training with a livelihood < €800
- Au pairs
- BAFöG recipients
- Women without health insurance

🗨️ Interpreters are available by appointment.

There is a lift.

The service is free of charge.

-
- 🕒 On Monday 08:30 - 13:00 and 14:00 - 18:00
 - 🕒 On Tuesday 09:00 - 13:00 and 14:00 - 17:00
 - 🕒 On Wednesday 08:30 - 10:30 and 14:00 - 18:00
 - 🕒 On Thursday 09:00 - 13:00 and 14:00 - 17:00
 - 🕒 On Friday 09:00 - 15:00

Pro Familia e. V.

📍 [Türkenstraße 103, 80799 München](#)

✉ [@verhuetung.muenchen@profamilia.de](mailto:verhuetung.muenchen@profamilia.de)

☎ [+498933008411](tel:+498933008411)

🌐 <https://www.profamilia.de/angebote-vor-ort/bayern...>

**This text contains information on the following search terms:
medical care, no health insurance, uninsured, health, insurance status,
contraception counselling**

Health meetings

GesundheitsTreffs

Would you like to speak to a doctor? Do you have questions about nutrition, mental health, caring for relatives or a diagnosis? Do you have questions about a medication or a vaccination?

We are happy to answer all your questions about health. The health of children and young people is particularly important to us. We will help you to find the right doctor's surgery or if you would like to make an appointment. We will advise you and help you find the right offer. We also support you in filling out applications. We support you during pregnancy and after the birth.

We can also measure your blood pressure and blood sugar, for example, or carry out a hearing test / eye test.

Our team consists of a doctor, social pedagogue and healthcare and paediatric nurses. We also work together with midwives, hospitals and social institutions.

All services are free of charge. You do not need to have health insurance.


Counselling is anonymous.


🗣 There are also people who can translate. Please let us know in advance which language you require.

You can bring your children with you.

There is a disabled toilet.


 [Website](#)


 GesundheitsTreff Hasenberg
Wintersteinstraße 14
80933 München

 [089/233772508](tel:089233772508)

 @gesundheit-hasenberg.gsr@muenchen.de


 [Flyer](#)


 GesundheitsTreff Riem
Willy-Brandt-Allee 44
81829 München

 [089/233728720](tel:089233728720)


 @gesundheit-riem.gsr@muenchen.de


 [flyer](#)

 Mobiler GesundheitsTreff Moosach
Dachauer Straße 270b
80992 München

 [089/233772504](tel:089233772504)

 @gesundheit-moosach.gsr@muenchen.de

 GesundheitsTreff Neuperlach
Quiddestraße 15
81735 München

 [089/45350018](tel:08945350018)

 @gesundheit-neuperlach.gsr@muenchen.de

**This text contains information on the following search terms:
Education, Family, Sport**

Gynaecological consultation for women without health insurance

**MAGGY - Munich outpatient clinic in the health department for
gynaecology**

You have no health insurance? You have no access to medical care? Do you have questions for a gynaecologist?

Then you can visit the gynaecological consultation at the Health Department.

What we offer:

- We can examine you gynaecologically and advise you on various topics
- We can carry out examinations for the early detection of cancer
- We can advise you if you have an infection
- We can advise you on sexually transmitted infections (STIs) and can also test you for them
- Our team consists not only of gynaecologists, but also of social pedagogues. They can also advise you.

 [Find out more](#)

The service is free of charge.

The service is anonymous: no one will find out about the counselling or examination.

🗣️ We speak different languages: English, French, Serbo-Croatian, Macedonian, Bulgarian, Russian. For other languages, we can call in a person to interpret over the phone.

Who for: Women and girls who do not have adequate health insurance or medical care.

Children can be brought along.

📍 MAGGY - Münchner Ambulanz im Gesundheitsreferat für Gynäkologie
Bayerstr. 28a
80335 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

☎️ [089/23323333](tel:08923323333)

✉️ @aids-sti-beratung.rgu@muenchen.de

🕒 Consultation hours are always on Mondays from 13:00 to 15:00. You don't need an appointment, just drop by. Please allow for waiting time.

**This text contains information on the following search terms:
gynaecologist, uninsured, HIV, syphilis, hepatitis, gonorrhoea, chlamydia**

Home care service for sick children ("Zu Hause Gesund Werden")

Home care service for sick children ("Zu Hause Gesund Werden")

Zu Hause Gesund Werden helps parents who cannot stay home to look after their sick child themselves for occupational reasons. At short notice, we send a voluntary helper who reliably cares for your sick child in the familiar environment of your family apartment, so that the child can get well in peace.

Who's it for: The offer is designed for all parents who are working or in training.

Access requirements:

You live in the city or district of Munich.

Your sick child is at least 6 months old and a maximum of 12 years old.

You are working or in training.

You need care for at least 3 hours and maximum 6 hours per day.

The care costs 6.50 EUR per hour. Plus public transport travel costs.

If the family finances are tight, we are able to finance the costs from donations.

Alzheimer Eck 13
80331 Munich



[089/ 2904478](tel:0892904478)

Monday - Friday 9:00 - 13:00

www.zhgw.de

This text contains information about the following search terms:

Childcare in the event of illness, caring for a child when ill, caring for sick children, when a child gets ill, my child is sick

Medication and pharmacies/chemists

General information

General information

If you need medication, you can buy it in pharmacies. Some medicines, such as antibiotics, require a prescription. This means that you cannot buy them without a prescription. You will receive the prescription from your doctor. You can obtain your medication with this prescription from any pharmacy. Even with a prescription, not all medicines are usually free of charge.

Pharmacy emergency service

If you need a medicine outside of normal pharmacy opening hours, you can use the pharmacy emergency service. The pharmacies in the city take turns to guarantee access to medication at night or at weekends.

Please note that a few euros will be added to the usual price of medication during emergency service times.

You can find out which pharmacy in your neighbourhood is currently on emergency duty at meinestadt.de. To do this, enter the postcode (postcode) of your home address in the window provided.

Cheap medication - Medication assistance

Cheap medication - Medication assistance

Do you have the >> [Munich Pass](#)? Then you can get medicines that you have to pay for yourself at a reduced price in some pharmacies. These are medicines that you can buy without a prescription.

If you need such medication, please speak to your doctor. You will then be issued with a so-called "green prescription" or a private prescription. Present this to a participating pharmacy together with your Munich Pass and you will receive the medication at a significantly reduced price.

 [Further information](#)

Here you can find the  [locations](#) of the participating pharmacies.

Mental health and trauma

Psychological service for people with a migration background

Psychological service for people with a migration background

This service is a culturally sensitive and native-language counselling service for migrants. The counsellors have culturally specific knowledge and often have their own experience in the field of migration. They take cultural and religious backgrounds into account and understand your concerns. The counsellors will work with you to find solutions:

- if you have questions about parenting
- if there are conflicts/problems in your marriage/partnership or in your family
- in the event of mental illness, stress or crises
- for migration-specific problems


The service is free of charge.

Counselling is subject to confidentiality. This means that nobody will find out what was discussed during the counselling session.

Caritas München, Bayerstraße 73, 80335 München

There is barrier-free access to the building and the rooms.

Who for: For new immigrants, EU citizens and refugees

 Counselling takes place in your native language. Either the counsellor can speak your language or there will be someone there to translate.

You can bring your children with you.


 [089/23114960](tel:08923114960)

 pda@caritasmuenchen.org

 [Website](#)

Open consultation hours - you do not need an appointment:

 Monday, Wednesday, Thursday and Friday 10:00 - 12:00

 Tuesday 12:00 - 13:00

Arbeiterwohlfahrt München, Goethestraße 53, 80336 München

There is barrier-free access to the building and the rooms.

Who for: Children, teenagers and adults living in Munich.

Please make an appointment:

 [089/54424753](tel:08954424753)

 Turkish, German, English

📅 Monday to Friday 11:00 - 12:00

☎ [089/4424762](tel:0894424762)

🗣 Bosnian, Croatian, Serbian, German

📅 Monday to Thursday 11:00 - 12:00

✉ @psych.migration@awo-muenchen.de

🌐 [Website](#)

Psychotherapy and social counselling for people with refugee experience

Psychotherapy and social counselling for people who have experienced flight

We support people who have fled war, persecution and torture. These people have often experienced terrible things and are still suffering from the consequences today. We work with various methods. The therapy can take place as individual therapy or in a group. Health insurance is not required.

The programme is free of charge.

Children can be brought along.

Who for: For people aged 18 and over.

🗣 Interpreters are available.

Special offer for children and adolescents

We offer individual or group therapy for children and young people who are suffering from their experiences in their country of origin or during their flight. The therapy usually takes place for one hour per week with interpreters. We also offer socio-educational counselling. Health insurance is not required!

Who for: For children and young people up to and including the age of 17 (including unaccompanied refugee minors). Residence status does not matter.

The number of therapy places is limited.

Registration is possible at 🌐 [using the registration form](#) or by telephone.

🗣 Interpreters are available.

The service is free of charge.

📅 Monday to Friday 09:00 - 16:00

There is barrier-free access to the building and the rooms.

Refugio München

📍 [Rosenheimer Straße 38, 81669 München](#)

[@info@refugio-muenchen.de](mailto:info@refugio-muenchen.de)

[+49 \(0\) 899829570](tel:+49(0)899829570)

<https://www.refugio-muenchen.de/angebote-fuer-men...>

**This text contains information on the following search terms:
Torture, PTSD, PTSD, flashback, sleep disorder, behavioural therapy, depth psychology, systemic therapy, talk therapy, trauma**

Counselling services for mental health

Counselling services for mental health

Social-psychiatric service

Social-psychiatric services (Sozialpsychiatrische Dienste or SPDi) are advice centres for people with mental health problems and psychological illnesses as well as their families or caregivers.

We offer help in life crises, if you have questions about psychological illnesses and health, issues to do with housing and managing your everyday life, work and subsistence costs, problems in relationships and useful things to do in your leisure time. To do this, we offer counselling both in person or over the phone, refer you to further offers of help and carry out home visits.

Who's it for: People aged between 18 and 60; your residence status must be clarified and you must have lived in Germany for at least 15 months.

You can bring your children with you.

The service is free.

Social-psychiatric service Neuhausen-Nymphenburg

■ Interpreters can be requested if necessary.

A disabled toilet is available.

Leonrodstraße 54

80636 Munich

[089/126991452](tel:089126991452)

spdi-neuhausen@diakonie-muc-obb.de

Monday to Friday 09:00 - 12:30

Tuesday 14:00 - 18:00

Wednesday 14:00 - 16:00

Thursday 14:00 - 16:00

<http://www.spdi-neuhausen.de>

Social-psychiatric service - city centre

■ Interpreters are available for the following languages: English, French, Swedish.

All premises have barrier-free access as well as a disabled toilet.

Paul-Heyse-Straße 20

80336 Munich

[089/23347234](tel:08923347234)

sozialpsychiatrischerdienst.rgu@muenchen.de

Monday to Thursday 09:00 - 12:00 and 13:30 - 15:30

Friday 09:00 - 12:00

www.muenchen.de/sozialpsychiatrischer-dienst

In Munich, there are ten of these services. You can find your local service and its opening times [here](#).

Geriatric psychiatric service Munich East

This outpatient psychiatric service offers individual counselling sessions, groups, help with official correspondence, cooperation with other advice centres, doctors, hospitals, legal guardians and care services.

Who's it for: People from the age of 60 years with psychological or social problems and their relatives or caregivers

■ Interpreters are available.

Childcare is available. You can bring your children with you.

There is barrier-free access to the building and rooms, and a disabled toilet.

The service is free.

Schwanseestraße 16

81539 Munich

[089/32805656](tel:08932805656), [089/6914802](tel:0896914802)

gpd.ost@projekteverein.de

www.projekteverein.de

Monday 10:00 - 15:00

Tuesday 10:00 - 16:00

Wednesday 10:00 - 15:00

Thursday 10:00 - 16:00

Friday 10:00 - 15:00

In Munich, there are four of these services. You can find the other locations [here](#).

This text contains information about the following search terms:

Outpatient psychiatry, geriatric psychiatry, psycho-social help for seniors, outpatient help for seniors in Munich

Crisis counselling and suicide prevention

Crisis counselling and suicide prevention

☎ Police [110](#)

☎ Emergency call [112](#)

Crisis service Bavaria

☎ [0800/6553000](#)

🕒 24 hours a day

🗣 Telephone counselling in 120 languages

🌐 [Website](#)

The Ark e.V.

"Die Arche" offers counselling for people in life crises, with suicidal thoughts or after a suicide attempt, as well as for people who have lost a loved one to suicide.

Who for: Adults and young people aged 14 and over

🗣 If required, we can organise a person to translate. Please let us know which language you speak a few days before the appointment.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

🕒 Monday to Friday 09:00 - 13:00 and 14:30 - 17:00

Die Arche e. V.

📍 [Saarstraße 5, 80797 München](#)

✉ info@die-arche.de

☎ [+49 \(0\) 89334041](#)

🌐 <http://www.die-arche.de/>

**This text contains information on the following search terms:
suicidal behaviour, depression, trauma, suicide, suicide, grief**

Munich Alliance against Depression e. V.

Munich Alliance Against Depression e. V.

Depression is a serious illness that can be treated very well. We support people suffering from depression and their relatives. What we offer:

- We provide information and knowledge about depression
- There are open meetings for sufferers, relatives and interested parties

-
- We help you to find further counselling services
 - We offer counselling in person and by telephone

Every Monday from 18:30 - 19:30 we go [jogging](#) together 🧭 We meet here:

📍 Veterinärstr. 1, 80539 München

Every Friday from 13:30 - 14:30 we go for a [walk](#) together 🧭 We meet here:

📍 Glyptothek, Königsplatz 3, 80333 München

🧭 [Find out more](#)

The offer is free of charge.

Münchner Bündnis gegen Depression e. V.

Luisenstraße 43

80333 München

☎ [089/54045120](tel:08954045120)

@ info@muenchen-depression.de

🕒 Daily 08:30 - 15:30

📷 [@action_depression](#)

ANAD e. V. Care Centre for Eating Disorders

ANAD e. V. Eating Disorder Care Centre

ANAD e. V. supports people who have a problem or disorder with eating. We provide counselling for those affected and their relatives via our 🧭 [portal](#). Counselling is anonymous. We can provide counselling by email, telephone or video. We provide information on the options available. For example, we provide information on clinics, nutritional counselling, residential groups and outpatient psychotherapy. We can also put you in touch with other organisations. There may also be a place in one of our residential projects.

Who for: People with eating disorders and their families/friends.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Anonymous counselling is free of charge.

ANAD e. V. Eating disorders care centre

Poccistraße 5

80336 Munich

☎ [089/2199730](tel:0892199730)

@ info@anad.de

🕒 Daily 09:00 - 17:00

This text contains information on the following search terms:

crisis situations, anorexia, bulimia, binge eating, borderline, eating problems, body image


Specialist outpatient clinic for eating disorders and muscle addiction


Specialist outpatient clinic for eating disorders and muscle addiction

We provide advice on all problems with eating behaviour and weight. Our services are for children, adolescents, women and men

- who suffer from their eating behaviour
- who know that they have an eating disorder
- who are indirectly affected by someone's eating disorder in the family, at school, at work, in a relationship, etc.



We also treat anorexia, bulimia, obesity and muscle addiction.

 [Find out more](#)

 There are people on site who can translate.

There is barrier-free access to the building and rooms. There is a disabled toilet.

The offer is free of charge.

Caritas München
Fachambulanz für Essstörungen und Muskelsucht
Arnulfstraße 83
80634 München
 [089/724499400](tel:089724499400)
@faessstoerungen@caritasmuenchen.org
 From Monday to Friday 08:00 - 14:00

**This text contains information on the following search terms:
sports addiction, binge eating**

Psychosocial Cancer Counselling Centre Munich of the Bavarian Cancer Society e. V.

Psychosocial Cancer Counselling Centre Munich of the Bavarian Cancer Society e. V.



We provide counselling on all issues relating to dealing with the disease. We help with integration. We support you with psychological stress in everyday life.

 [Find out more](#)

Who for: For adult cancer patients and their relatives as well as interested parties

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Psychosoziale Krebsberatungsstelle München der Bayerischen Krebsgesellschaft e. V.
Nymphenburger Straße 21a
80335 München
 [089/54884021](tel:08954884021) / -22 / -23
@kbs-muenchen@bayerische-krebsgesellschaft.de
 From Monday to Friday 09:00 - 13:00

📅 On Wednesday 09:00 - 16:00

Trauma help

Trauma help

Flight and migration due to war and displacement put people in unbearable situations. Many suffer from the consequences for the rest of their lives. However, the majority of traumatised people only receive therapeutic help at a late stage. This is where our trauma help comes in. We support you in learning to live with the consequences of trauma.

Our trauma help is based on easy-to-understand exercises with the body and simple cognitive methods to strengthen your resources.

You can find more information and registration on our 🌐 [website](#), check it out!

1. Do you know someone or need help yourself after a trauma? Contact 🌐 [here](#).
2. We will find a suitable trauma first aider for you as soon as possible. Also in your native language.
3. The first aider will contact you in person or online. The aim is to reduce individual symptoms and improve psychological resilience.

Who for: Third-country nationals, refugees or people with subsidiary protection or permission.

The programme is free of charge.

🗣️ Interpreters are available for Arabic, Farsi, French, English, Russian, Ukrainian and Urdu.

Children can be brought along.

The assignments take place in our office, at your home or online. There is barrier-free access to the buildings and rooms.

Ringseisstraße 11a

80337 München

📞 [089/55871688](tel:08955871688)

✉️ @traumahilfe@arrivalaid.org

📅 Monday to Friday 09.00 - 16:00

This text contains information on the following search terms:

First aid, trauma help, trauma training, psychological help, psychological support, escape, traumatisation, volunteering

Women's health

Women's self-help cancer group Munich

Women's cancer self-help group Munich

Who for: For people with cancer, with a focus on breast cancer and gynaecological cancers.


Group meetings

every 2nd Friday of the month 14:30 - 16:30

If you have any questions about the self-help group, please contact

@christine@zimmeri-deischi.de

 [081249099522](tel:081249099522)

 [01634666933](tel:01634666933) (mobile)

 [Website self-help group](#)

The offer is free of charge.

Selbsthilfezentrum München
Westendstraße 68
80339 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [Website self-help centre](#)



 @kontakt@frauenselbsthilfe.de

**This text contains information on the following search terms:
women's health, cancer self-help centre**

Breast Cancer Germany e. V.

Breast Cancer Germany e. V.

Our association offers free services and counselling on all aspects of breast cancer:


- You can [order](#) flyers and brochures on the subject.
- If you have any questions about diagnosis, the disease, treatment, side effects and aftercare, please give [us](#) a call. The call is free of charge:
 [0800/0117112](tel:0800/0117112)
If you cannot reach us, you can send us an e-mail:  @info@brustkrebsdeutschland.de.
- Further information and offers can be found on our [website](#).
- Our [newsletter](#) informs you about events and activities. We also report on current topics in medicine and politics.

Further offers:

- [Free package to feel good](#)
- Financial help for sufferers who have money problems due to their illness
- [Lectures and workshops](#)

Who for: Patients with breast cancer and their relatives.

The offer is free of charge.

 German, English

Brustkrebs Deutschland e. V.
Lise-Meitner-Straße 7

85662 Hohenbrunn

☎ [089/41619800](tel:08941619800)

✉ @online@brustkrebsdeutschland.de

🕒 from Monday to Thursday from 09:00 to 14:30

Gynaecological consultation for women and girls with limited mobility

Gynaecological consultation for women and girls with limited mobility

The consultation is a normal gynaecological consultation with Munich gynaecologists:

- Examinations for prevention, diagnosis and treatment of gynaecological complaints and diseases
- Support during pregnancy
- Counselling on sexuality, the desire to have children and contraception
- Support during the menopause

For very difficult medical questions and procedures, the doctor will refer you to an outpatient or inpatient facility. The doctor will decide this together with you.

The gynaecologists are supported by an experienced nurse and a medical assistant. You therefore do not have to bring your own companion or trusted person, but you are of course welcome to do so if you wish.

Who for: For Munich residents with limited mobility. For example, if you use a wheelchair. You are also welcome to come if you have multiple disabilities.

The entrance to the building and the rooms are barrier-free. There is a disabled toilet.

🗣️ If you would like someone to translate, please let us know in advance.

The service is free of charge.

For all questions:

☎ [089/23347836](tel:08923347836)

✉ @gyn-praxis.gsr@muenchen.de

🌐 [Website](#)

When and where the consultation takes place:

🕒 On Wednesday in the afternoon

📍 Gesundheitsreferat (GSR), Bayerstraße 28a, 80335 München

You can only attend the consultation hour with an appointment. You can arrange this here:

☎ [0921/88099-55029](tel:09218809955029)

🕒 Monday and Friday 8:00 - 12:00

🕒 Thursday 12:00 - 18:00

Contraception – Counselling and financial support

Pill & Co - Counselling and financial support for contraception

We support women in financing contraception. Whether hormonal or non-hormonal contraception, you can discuss with our doctor what is right for you. We can also cover contraception after a rape.

Prerequisites:

- Women older than 22 years
- Women in training with a livelihood < €800
- Au pairs
- BAFöG recipients
- Women without health insurance

🗣️ Interpreters are available by appointment.

There is a lift.

The service is free of charge.

🕒 On Monday 08:30 - 13:00 and 14:00 - 18:00

🕒 On Tuesday 09:00 - 13:00 and 14:00 - 17:00

🕒 On Wednesday 08:30 - 10:30 and 14:00 - 18:00

🕒 On Thursday 09:00 - 13:00 and 14:00 - 17:00

🕒 On Friday 09:00 - 15:00

Pro Familia e. V.

📍 [Türkenstraße 103, 80799 München](#)

✉️ verhuetung.muenchen@profamilia.de

☎️ [+498933008411](tel:+498933008411)

🌐 <https://www.profamilia.de/angebote-vor-ort/bayern...>

**This text contains information on the following search terms:
medical care, no health insurance, uninsured, health, insurance status,
contraception counselling**

Disabilities

Support and counselling for people with disabilities

Support and counselling

There are various contact and advice centres for people with disabilities. You can find an overview of the services here:

[>> Counselling and help >> For people with disabilities](#)

Gynaecological consultation for women and girls with limited mobility

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- Support during pregnancy
- Counselling on sexuality, the desire to have children and contraception
- Support during the menopause

For very difficult medical questions and procedures, the doctor will refer you to an outpatient or inpatient facility. The doctor will decide this together with you.

The gynaecologists are supported by an experienced nurse and a medical assistant. You therefore do not have to bring your own companion or trusted person, but you are of course welcome to do so if you wish.

Who for: For Munich residents with limited mobility. For example, if you use a wheelchair. You are also welcome to come if you have multiple disabilities.

The entrance to the building and the rooms are barrier-free. There is a disabled toilet.

🗣️ If you would like someone to translate, please let us know in advance.

The service is free of charge.

For all questions:

☎️ [089/23347836](tel:08923347836)

✉️ @gyn-praxis.gsr@muenchen.de

🌐 [Website](#)

When and where the consultation takes place:

🕒 On Wednesday in the afternoon

📍 Gesundheitsreferat (GSR), Bayerstraße 28a, 80335 München

You can only attend the consultation hour with an appointment. You can arrange this here:

☎️ [0921/88099-55029](tel:09218809955029)

🕒 Monday and Friday 8:00 - 12:00

🕒 Thursday 12:00 - 18:00

Sex education


Family planning, contraception and counselling on sexuality

Family planning, contraception and sexuality counselling

Family planning

You have the right to plan your family in a self-determined way. This means that you can decide for yourself whether you want to have children. Or how many children you want to have. Nobody is allowed to force you to have children or to terminate a pregnancy.

Contraception

If you don't want to get pregnant or you want to protect yourself against a  [sexually transmitted infection \(STI\)](#), there are various methods.

 [Find out more](#)


Information in different languages can be found here:

[Kurmanci](#), [Pari](#), [Croatian](#), [Arabic](#), [Bulgarian](#), [Turkish](#), [Polish](#), [Romanian](#), [French](#), [English](#), [Russian](#), [Spanish](#)

You can get advice on various methods of contraception: [Pregnancy counselling](#)
Counselling is free of charge.

Sexual counselling

Sexual self-determination means choosing for yourself how and with whom you want to have sex. Nobody should be forced to do anything. At a sexual counselling session, you can talk about your sexuality in a protected environment. You can ask questions about your body, sexual orientation, sexual difficulties such as listlessness or problems with erections. Experiences of sexual violence can also be a topic.

 [Find out more](#)

Getting pregnant

How do you get pregnant? Are there any difficulties getting pregnant? How do you recognise a pregnancy?

 [Find out more](#)

You can find personalised advice on all aspects of pregnancy and the unfulfilled desire to have children here: [Pregnancy counselling](#)
Counselling is free of charge.

Being pregnant


There are various counselling centres for all aspects of pregnancy: [Pregnancy counselling](#)
Counselling is free of charge.

 [Find out more](#)

Unintended pregnancy

If you are pregnant and do not want to have the baby, you can terminate the pregnancy under certain conditions. The pregnancy is then terminated. This is only possible in the first few weeks of pregnancy. You must seek free counselling beforehand. To do this, make an appointment with a [pregnancy counsellor](#). The counsellors will talk to you about the various

options and answer all legal and medical questions. The decision whether to terminate your pregnancy is entirely up to you. Nobody can decide for you whether you should have the child or terminate the pregnancy.

 [Find out more](#)


Assumption of costs for contraception

Covering the costs of contraception

Everyone should have the option of family planning. This also means being able to decide for themselves how they want to use contraception. If you have little money, the city of Munich will cover the costs of medically prescribed contraceptives.

Who for: For people aged 22 and over. For people under the age of 22, the costs are covered by health insurance.




For whom are the costs covered?

- People who have the [Munich Pass](#). You can find out what the Munich Pass is and where you can get it at  [here](#).
- People who receive one of the following benefits:
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance or social benefit (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - [Housing benefit](#) or child supplement
- Persons with a low income (except au pairs, trainees and students). The income limit is checked individually.
- Participants in the Voluntary Social or Ecological Year, volunteers as part of the Federal Volunteer Service

What documents do I need for the application?

Munich Pass OR notice of grant or proof of income, assets and rent; proof of social or ecological year or federal voluntary service

Where can I submit the application?

- You can submit the application at the relevant [Sozialbürgerhaus](#). You can submit the application [online](#) at  or make an appointment.  [089/23396833](tel:089/23396833)
- If you receive benefits under the Asylum Seekers' Benefits Act (AsylbLG), you can submit your application here:
 -  **Office for Housing and Migration**
 - Wirtschaftliche Flüchtlingshilfe
 - Werinherstraße 89 Haus 34
 - 81541 München

@asylbewerberleistungen.soz@muenchen.de

[089/23348806](tel:089/23348806)

- If you are homeless, apply here:

[Office for Housing and Migration](#)


Zentrale Wohnungslosenhilfe


Franziskanerstraße 8


81669 München

[089/23340105](tel:089/23340105)

@kundencenter-wohnen.soz@muenchen.de

 On Monday, Tuesday and Thursday 08:30 - 12:00 and 13:00 - 16:00

 On Wednesday 08:30 - 12:00 and 13:00 - 17:00

 On Friday 08:30 - 12:00

- If you are deaf, please apply here:

[Social services for the deaf](#)

Sexually transmitted infections (STIs)

STI counselling centre for sexually transmitted infections (HIV and other STIs)

STI counselling centre for sexually transmitted infections (HIV and other STIs)

Anonymous - Free of charge - Without appointment


We are here for you:


- if you want to find out how you can get infected and protect yourself
- if you would like advice on sexually transmitted infections
- if you want to be tested


For whom: for all Munich residents

The service is free of charge.

 It is possible for one person to interpret.

 Monday 08:00 - 11:00

 Tuesday 14:00 - 18:00

 Thursday 08:00 - 11:00 and 14:00 - 15:00

There is barrier-free access to the building and the rooms.

Gesundheitsreferat | STI Beratungsstelle zu sexuell übertragbaren Infektionen (HIV und andere STI)

[Bayerstraße 28A, 80335 München](#)

@aids-sti-beratung.gsr@muenchen.de

[+4989233723333](tel:+4989233723333)

<https://stadt.muenchen.de/service/info/sg-beratun...>

Psychosocial AIDS counselling centres

Psychosocial AIDS counselling centres

Caritas Munich


HIV can change the lives of affected people abruptly. But HIV can be treated well nowadays. With the right medication, it is possible to lead an almost normal life and grow old with the infection. If you take your medication regularly, you can no longer infect other people.


The Psychosocial AIDS Counselling Centre advises and supports people with HIV/AIDS. You can call us or come to our counselling centre. Counselling is confidential and subject to professional secrecy.

Who for: For those affected, those seeking advice, specialised staff

Children can be brought along.

The counselling service is free of charge.

 From Monday to Thursday 09:00 - 17:00

 On Friday 09:00 - 14:00

AIDS-Beratungsstelle Caritas

 [Schrenkstraße 3, 80339 München](#)

@aidsberatung@caritasmuenchen.org


[+498950035520](tel:+498950035520)

<https://www.caritas-nah-am-naechsten.de/psychosoz...>

Münchner Aids-Hilfe e. V.

Our team will answer your questions about HIV/AIDS and other sexually transmitted infections and also clarify individual problems in personal discussions - confidentially, competently and anonymously if you wish.

For whom: For people with HIV

 We speak German, English and French. We can request interpreters for all other languages.

Children can be brought along.

The service is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

🕒 Monday, Tuesday, Wednesday 10:00 - 12:00 and 13:00 - 16:00

🕒 Thursday 13:00 - 16:00

🕒 Friday 10:00 - 12:00

Münchner Aids-Hilfe e. V.

📍 [Lindwurmstraße 71, 80337 München](#)

✉️ info@muenchner-aidshilfe.de

☎️ [+49 89543330](tel:+4989543330)

🌐 <https://www.muenchner-aidshilfe.de/pers%C3%B6nlic...>

**This text contains information on the following search terms:
Health, STI, Care**

Addiction – alcohol, medicines, gambling and drugs

Addiction counselling of the City of Munich

Addiction counselling of the City of Munich

The addiction counselling service provides help for problems with legal and illegal drugs and gambling. The service is for people who are affected themselves and for relatives of addicts. Counselling is confidential.

🗨️ [Find out more](#)

🗨️ If you let us know in advance, we can organise a person to translate.

Children can be brought along.

There is barrier-free access to the building and the rooms.

The counselling service is free of charge. Counselling is confidential and anonymous if desired.

Gesundheitsreferat

Suchtberatung

Paul-Heyse-Straße 20

80336 München

🌐 [Website](#)

☎️ [089/23347200](tel:08923347200)

✉️ [@suchtberatung.gsr@muenchen.de](mailto:suchtberatung.gsr@muenchen.de)

-
- 🕒 Monday, Tuesday, Thursday 09.00 - 12.00 and 13.00 - 17.00
 - 🕒 Wednesday: 13.00 - 17.00 hrs
 - 🕒 Friday: 09.00 - 12.00 and 13.00 - 15.00

The addiction counselling service offers open consultation hours without prior appointment:

- 🕒 Tuesday: 15:00 - 17:00
- 🕒 Friday: 10:00 - 12:00

Condrobs addiction counselling centres

Condrobs e. V. - Addiction Counselling Munich

Outpatient addiction counselling (alcohol, medication, tobacco and illegal addictive substances, gambling and computer addiction) in all life situations. If necessary, our team will refer you to further counselling services and help you to clarify the costs. If necessary, we will also come to your home.

Our services also include outpatient rehabilitation and aftercare. You do not have to pay the costs yourself. We also offer assisted living. This means we support you in your own home or in a therapeutic shared flat.

🗣️ Our counsellors speak different languages. Please let us know in advance which language you would like counselling in.

The counselling service is free of charge.

Condrobs e. V., Konradstraße 2, 80801 München

📞 [089/38837670](tel:08938837670)

✉️ [@dropsmuenchen@condrobs.de](mailto:dropsmuenchen@condrobs.de)

🌐 [Website](#)

🕒 Open consultation hours:

On Monday 14:00 - 15:30 and on Thursday 10:00 - 11:30

🕒 Availability:

Monday 10:00 - 13:00 and 14:00 - 17:00

Tuesday 14:00 - 17:00

Wednesday 10:00 - 13:00 and 14:00 - 17:00

Thursday 10:00 - 17:00

Friday 10:00 - 13:00

📍 Condrobs e. V., Bäckerstraße 4, 81241 München

📞 [089/82075680](tel:08982075680)

✉️ [@pasing@condrobs.de](mailto:pasing@condrobs.de)

🕒 Open consultation hours:

Monday and Thursday 15:00 - 16:30

🕒 Appointments by appointment:

Monday and Thursday 14:00 - 19:00

Tuesday, Wednesday and Friday 09:00 - 14:00

📍 Condrobs e. V., Therese-Giehse-Allee 69, 81739 München

📞 [089/18923210](tel:08918923210)

✉️ [@pedro.beratung@condrobs.de](mailto:pedro.beratung@condrobs.de)

🕒 Monday to Friday 09:00 - 18:00 and by telephone appointment

Blaues Kreuz München e. V. - Help for addicts

Blaues Kreuz München e. V. - Help for addicts and their relatives

We support people at risk of addiction and addicts on the path of "help for self-help". We also support relatives.

In our self-help groups, members help each other. Here you find people who have the same problem. They know the daily withdrawal symptoms, the hardships and the despair in which those affected find themselves. Together they have the chance to find a way out of addiction.

Our groups are bound by confidentiality. This means that no one is allowed to tell anyone what was said in the group.

The groups are open to all people, regardless of faith or origin.

We also offer information events, acute help for those affected, talks for those affected and for relatives.

[Learn more](#)

Who for: People at risk of addiction and people with addiction problems as well as their relatives; people seeking information.

The offer is free of charge. The group takes place weekly and lasts about 1 ½ hours.

Please make an appointment.


Blaues Kreuz München e. V.

Hesseloherstraße 1

80802 Munich

[089/38888873](tel:08938888873)

office@blaues-kreuz-muenchen.de

Group hours see  [Homepage](#)

This text contains information on the following search terms:

Addiction help, alcohol, addiction prevention

Advice centre for addicts and those in danger of becoming addicts

Advice centre for addicts and those in danger of becoming addicts

Advice 24 hours a day on all matters relating to addiction via [089/282822](tel:089282822)

On-site counselling services: [Find out more](#)

Who's it for: adults who are addicted, in danger of becoming addicted, and their families

The service is free.

Interpreters are available.

You can bring your children with you.

Tal 19 am Harras
Albert-Roßhaupter-Straße 19
81369 Munich
[089/2420800](tel:0892420800)
tal19@deutscher-orden.de
Monday 9:30 - 13:00 and 14:00 - 17:00
Tuesday 9:30 - 13:00 and 14:00 - 17:00
Wednesday 9:30 - 13:00 and 14:00 - 17:00
Thursday 14:00 - 17:00
Friday 9:30 - 13:00

**This text contains information about the following search terms:
Addiction counselling, alcoholism, drug addiction, media addiction, nicotine addiction**

Alcoholics Anonymous


Alcoholics Anonymous

Alcoholics Anonymous is a worldwide fellowship for people who have recognised that they have a problem with alcohol.

The members have the same problem. That is why they understand each other and can support each other well. They help each other to stay sober. Together, the path out of addiction is easier.

The only requirement is the desire to stop drinking.


There are many different groups in Munich. Every week we talk about our own experiences with drinking. And about the experiences of quitting and living without alcohol. The discussions give us strength and courage.

You can find the locations and times of the groups [at](#)  [here](#).

The programme is free of charge.

 [089/555685](tel:089555685)

 [@aa-muenchen@anonyme-alkoholiker.de](mailto:aa-muenchen@anonyme-alkoholiker.de)

 **Telephone counselling:**

Monday to Thursday 08:00 - 21:00

Friday to Sunday 08:00 - 18:00

 www.anonyme-alkoholiker.de

**This text contains information on the following search terms:
addiction, drinking addiction, addiction disease, addiction disease**

Self-help centre

Self-help centre

The Self-help centre Munich is an advice centre for self-help groups and all those who are looking for a self-help group or would like to set one up.

What is a self-help group?

Self-help means:

People with the same issue or problem form a group or an association (German, also "Initiative"). The members of these groups and associations would like to support each other and other people with this issue or problem.

The activities and aims can be important only for the self-help groups or associations. However, they can also be important for a larger community, such as other people with the same problem or the neighbourhood, the city district or the area.

Self-help groups can be organised in very different ways.

Working in a self-help group or association is normally voluntary and unpaid. The groups or associations are independent. They decide themselves what they do and how they do it. All members can express their opinion. There is no leadership coming from an outside source. Sometimes, specialists can lead a self-help group or association. They decide what to do and how to do it, and they are paid for this. This is then referred to as a professionally led group or association that belongs to the social work or therapy treatment sector. During therapy, people with problems receive help from specialists.

The self-help groups can use the premises and tools (e.g. computers and internet) of the Self-help centre.

Contact us for answers to the following questions, among others:

- What self-help groups are there?
- Which self-help group is the right one for me?
- What exactly defines a self-help group?
- Can a self-help group help me?
- Could a different service help me better?
- What is on offer in Munich?
- When and where does my self-help group meet?
- How can I set up a self-help group?

You can contact us in person, by phone or by email. We provide advice in confidence and, upon request, anonymously.

■ Interpreters on request

Barrier-free access to the building and premises is available.

Self-help centre Munich

Westendstraße 68

80339 Munich

[089/53295611](tel:08953295611)

info@shz-muenchen.de

www.shz-muenchen.de

Monday and Tuesday 14:00 - 18:00

Wednesday and Thursday 10:00 - 13:00

Info - Residence

Public authorities


Foreigners' Registration Office Munich


The foreigners authority in the district administration department (KVR)

The Foreigners' Registration Office regulates the residence of foreign nationals in Munich.


 [Website](#)

Appointments:

Some services can be completed online. For some services, you must come to the Foreigners' Registration Office in person. For this you need an [appointment](#) at .

The applications that you can make online can be found [at](#)  [here](#). There you will also find information on which documents you need. Please find out in advance which documents you need to bring with you to an appointment.

If you have any questions:

If you have any questions, you can use the  [contact form](#) or call

 [115](#) or  [089/23396010](#)

Location:

Landeshauptstadt München
Kreisverwaltungsreferat (KVR)
Hauptabteilung II Bürgerangelegenheiten
Ausländerangelegenheiten
Ruppertstraße 19
Eingang A
80337 München

Central Foreigners' Registration Office (ZAB)

The Central Aliens Office - ZAB Oberbayern

The ZAB is responsible for asylum seekers in the reception centre (AnKER). It is also responsible for people whose asylum application has been rejected. Its tasks include

- Decisions on residence permits, tolerated stay permits, training and employment permits
- Establishing the identity of people who have applied for asylum (including interviews)
- Counselling and promoting return to the country of origin

-
- Terminating stays

If the ZAB is responsible for you, you will usually have a fixed contact person and a file number. Please always quote the file number.

[Find out more](#)

📍 Government of Upper Bavaria, Hofmannstraße 51, 81379 Munich
(Building D)

🕒 Monday, Tuesday and Thursday 08:00 - 12:00

🕒 Wednesday 08:00 - 12:00 and 13:00 - 16:00

🕒 Friday 08:00 - 11:00

🕒 or by appointment

Postal address

Government of Upper Bavaria
Department 15
80534 Munich

Federal Office for Migration and Refugees (BAMF)

The Federal Office for Migration and Refugees - BAMF

The BAMF is an authority of the Federal Republic of Germany. It is responsible for carrying out the asylum procedure. This includes

- The BAMF examines the asylum application
- The BAMF conducts the interview
- The BAMF decides on the asylum application

Bundesamt für Migration und Flüchtlinge (BAMF)
Außenstelle München (Anhörungszentrum)
Streitfeldstraße 39
81673 München

☎ [089/620290](tel:089620290)

Fax 09119439999848

✉ [@service@bamf.bund.de](mailto:service@bamf.bund.de)

🌐 www.bamf.de (multilingual)

You can find help and advice on the asylum procedure [here](#).

Munich Administrative Court

Administrative Court (VG) Munich


If an application for asylum is rejected by the Federal Office for Migration and Refugees (BAMF), an appeal can usually be lodged. The Administrative Court then reviews the decision. If it comes to a different decision, it can oblige the Federal Office to grant protection to the applicant. If it confirms the negative decision, the case will be dismissed.

In any case, it is recommended that you seek advice and representation from a lawyer specialising in asylum and residence law. Further information can be found in the section >> [Legal proceedings](#)

Verwaltungsgericht München

Bayerstraße 30

80335 München

 [089/51430](tel:08951430)

Fax 089/5143777

@Poststelle@vg-m.bayern.de

Postal address:

Postfach 20 05 43

80005 München

Emergency appointments in the absence of a residence permit

Emergency assistance if you do not have a residence permit

You do not have a valid residence permit, but need urgent help in an emergency? Then you can get an appointment at short notice with the emergency service of the Foreigners' Registration Office.

 [Find out more](#)

What is an emergency?

The Foreigners' Registration Office checks and decides whether it is an emergency.

An emergency is when your residence or visa has expired or will expire in the next two weeks. An emergency is an unforeseeable situation in which a document is needed immediately, otherwise there is a risk of harm. For example:

- if there is a risk that you will lose your job
- if you are at risk of losing benefits (e.g. unemployment benefit or student loan)
- if you have to take an urgent trip within the next seven days for personal or professional reasons (e.g. business trip, illness, death)
- if you have to extend your tourist stay because a flight has been cancelled or you are unable to leave the country



How quickly can I get an appointment?

Appointments are made at very short notice for today or tomorrow. If no appointment is available, try again later. New appointments for today and tomorrow are added in the morning, at midday and in the afternoon.

 [Appointments for students, university graduates and the self-employed](#)

 [Appointments for all others](#)

Contact:

 Kreisverwaltungsreferat
Hauptabteilung II Bürgerangelegenheiten
Ausländerangelegenheiten
Ruppertstraße 19
80337 München
(Entrance A)
 [089/23396010](tel:08923396010)

Entering the country and residence status


Visitor visa (Schengen visa)

Visitor visa (Schengen-Visum)

People who have a valid Schengen visa can stay in the entire Schengen area for a period of 180 days up to 90 days. You can recognise whether you have a Schengen visa by the text on the visa label: "valid for Schengen states".

 [Find out more](#)

Which countries belong to the Schengen area?

The Schengen area comprises 29 countries of the European Union or the European Free Trade Association. You can find a list of countries at  [here](#).

What happens if my visa has expired?

Please note that you must leave the country again within the period of validity of your visa. This means that you must leave the Schengen area if your visa is no longer valid.

If you do not have your visa extended by the >> [Foreigners' Registration Office](#) and only leave the country after your visa has expired, you are breaking the law. The foreigners authority will then check whether your stay must be terminated. Re-entry would only be possible if there is no ban on re-entry. There may also be criminal proceedings in court.


What happens if the visa was issued for less than 90 days?

A Schengen visa that was not issued by the embassy for three months can be extended in Germany. However, the requirements for this must still be met.

It is not possible to change the purpose of the visa. The application must be justified. In particular, the following reasons can be taken into account:

- force majeure
- humanitarian, professional or serious personal reasons

If you have any questions:


 [089/23396010](tel:08923396010)



 [Contact form of the Munich Immigration Office](#)

Entry - visa procedure

Entry as part of a visa procedure

If you are travelling to Germany with a D visa for a longer stay, you must observe the following after your arrival:

Firstly, you must register at your chosen place of residence. German law stipulates a period of 14 days for this. In Munich, registration takes place at the  [citizens' offices](#). You can register in person or online:

- You can come in person or have the completed and signed form delivered by a person authorised by you. In both cases, you will need an appointment, which you can [arrange online](#) at .
- You can [register online](#) at .

Once you have registered, you will receive a registration certificate.

The second step is to apply for a residence permit:

- The national visa (category D) has been issued to you for entry. It is not issued for the planned duration of your stay. You therefore need a residence permit.
- You must apply for the residence title at the "" [Foreigners' Registration Office](#).
- It is important that you apply for the residence title while your visa is still valid.
- The residence permit is limited in time and can be extended.
- Depending on the reason for your entry, the residence permit also regulates
 - whether you are allowed to work or not
 - what work you are allowed to accept
 - whether time restrictions apply to employment in Germany


Extension of the residence permit:

Please note that you should apply to extend your residence permit six to eight weeks before it expires.


Depending on the purpose of your stay, there may be other things to consider. You can also obtain this information from the >> [Foreigners' Registration Office](#).

Entry / stay without a visa

Entry / stay without a visa

Citizens of the following countries may enter the  [Schengen area](#) without a visa: Australia, New Zealand, the United Kingdom of Great Britain and Northern Ireland, Israel, Japan, Canada, the Republic of Korea and the United States of America. These are the so-called privileged countries.

You may stay in the Schengen area for up to 90 days within a 180-day period (90/180 rule). If you are planning multiple entries or longer stays, you must take this into account. Set the date of departure so that the total of 90 days is not exceeded.

The calculation often becomes complicated and visitors do not know whether they have already spent their 90 days in the Schengen area or not. It is therefore important to keep track of the days. This  [online calculator](#) can help.

 [List of countries that require a visa for entry \(visa requirement\)](#)

Please note: At the end of the 90 days (maximum length of stay), you must not only leave Germany, but the entire Schengen area.

If you want to stay or work here for longer than three months, you must apply for a residence permit. You can submit the application to the [Foreigners' Registration Office](#).

If it is not possible to leave the country within the time limit, you must contact the immigration authority before the time limit expires.

The following reasons may be taken into account

- Force majeure (An unforeseeable event caused by external circumstances that could not have been prevented. This can be a natural event such as an earthquake, but also war or a pandemic)
- Humanitarian, professional or serious personal reasons

If you exceed the visa-free stay without having applied for a residence permit, you are not authorised to stay. You are then breaking the law. The immigration authority can terminate your stay. Re-entry would only be possible again if there is no re-entry ban. There may also be criminal proceedings in court.

Permanent residence

Permanent residence

Do you want to stay in Germany permanently? Then you need a permanent residence permit. People with permanent residence permits have almost the same rights as German nationals.

💡 The residence permit expires if you are not in Germany for a longer period of time. How quickly they expire varies depending on the residence title.

There are two different permanent residence permits. You can find an overview here:

Settlement permit according to § 9 Residence Act

The settlement permit is a residence title for persons from countries that do not belong to the [European Economic Area \(EEA\)](#). With this residence permit, you can live and work in Germany. There are no time or place restrictions.

What requirements must be met?

- Legal residence in Germany for **at least five years**. Previous periods of study and training are credited at 50 per cent
- **Valid residence permit** that was not issued for a temporary purpose (studies) or for humanitarian reasons
- Proof of **accommodation**
- Proof of secure **means of subsistence**. This means that you have enough money to support yourself
- Proof of **sufficient pension provision** in Germany (at least 60 months of contributions to statutory pension insurance)

-
- Proof of **knowledge of the German language**
 - **Basic knowledge of life in Germany.** You can prove this with the following documents
 - successful participation in an integration course

or


 - Certificates and proof of study relating to training completed in Germany

or

 - other language certificates


Sometimes you will need further documents. This can vary greatly.

You can find more information at [!\[\]\(4cd3f472d5f749abcaccee0b1b065602_img.jpg\) here](#).

 The settlement permit is only valid for Germany. You cannot move on to other Schengen states. Do you want to emigrate to another EU country? Then EU permanent residence is more suitable.

Permanent residence - EU

This residence permit offers almost the same rights as the settlement permit. You can live and work in Germany. There are no time or place restrictions. You can also live, work or study in other EU countries.

 Please note: This does not apply to Ireland, Denmark and Great Britain. Special regulations apply for individual countries.

Information on the requirements can be found [at](#) [!\[\]\(aec3afc910ab04c559f60a6da8929d95_img.jpg\) here](#).

How do I submit the application?

To apply, you must complete a [form](#) at [!\[\]\(6f27835b2322f8f2ba479b36ae90883b_img.jpg\)](#).

You can submit the application online:

[!\[\]\(8d876593378e3b532a291ece9ca053c7_img.jpg\) Application for a settlement permit](#)

[!\[\]\(30f876848dc16b719eeb25fa167d4ca6_img.jpg\) Application for EU permanent residence](#)

Which residence permit is right for me?

Which residence permit is better for you? That depends on your individual circumstances. The [Immigration Office](#) will advise you.

You can use the [!\[\]\(e932080c44109bc1bdc98606ac52112b_img.jpg\) contact form](#) or call

[!\[\]\(d3d1808593a00451aa656437a61b8403_img.jpg\) 115](#) or [!\[\]\(2de9f988191cef6c13c94432cf2a29d3_img.jpg\) 089/23396010](#)

Family reunification

Family reunification

"Familiennachzug" or "Familienzusammenführung" means that people with a German residence permit can bring their family from abroad to Germany.

 [Find out more](#)


Which family members can be brought to Germany?

- Spouse or partner
- Partner from a registered civil partnership
- Your own underage children

Who can bring family members to Germany?

- Citizens of the [EU and the EEA](#), Swiss nationals
- Nationals of the following countries: Australia, Israel, Japan, Canada, the United Kingdom of Great Britain and Northern Ireland, New Zealand, the United States of America, the Republic of Korea, Brazil, El Salvador
- Third-country nationals

Persons who have applied for asylum in Germany and have been granted protection status:

( **Important note:** The application should be submitted within the first three months after completion of the asylum procedure. See below)

- Persons entitled to asylum (Art. 16a Grundgesetz (GG))
- Recognised refugees (§ 3 Asylgesetz (AsylG))
- Persons under subsidiary protection (§ 4 Asylgesetz (AsyG))

Family reunification is not possible for the following persons:

- Persons with tolerated stay
- Persons whose asylum procedure has not yet been finalised
- Persons with temporary residence status

What requirements must be met?

The following applies to all:

- Both spouses must be at least 18 years old
- the marriage or registered civil partnership must have already existed in the country of origin

In most cases, you must also show that you have a home and enough money for the family from abroad. Or the person from abroad must prove that they can speak a little German ([A1 level](#)).

These are just a few possible requirements. There are others. They vary depending on the group of people. We therefore recommend that you seek advice from a [migration counselling service \(MBE\)](#) or the [foreigners authority](#). They will tell you what will be checked and what documents you need.

Easier requirements for people with protection status

The rules are simpler for partners or children of people who have been granted protection status in an asylum procedure (see list above). They can come to Germany even if their livelihood is not secured and no accommodation is available.

💡 **Important note:** This only applies if you apply for family reunification **within three months of completing the asylum procedure.**

To do so, fill out the form 🌐 "[Fristwahrende Anzeige](#)" to do so. This is not yet the application, but serves as security so that you can show that you have met the deadline. Please note: The form is not saved in the system. You must complete it and save it on a separate data carrier or print it out so that you can show it when you apply for the visa.

Further information for persons with protection status can be found on the website of the 🌐 [Foreign Office](#) (🌐 German, English, Arabic) and here:

🌐 [Residence according to § 25 para. 2 sentence 1, refugee status according to the Geneva Refugee Convention](#)

🌐 [Residence according to § 25 para. 2 sentence 1, subsidiary protection status](#)

Where do I submit the application?

At the 🌐 [German diplomatic mission in the country of residence of the person who is to come to Germany](#) (embassy or consulate).

Help with the search for family members

The Tracing Service looks for family members and helps with reunification:

- Tracing Service at 🌐 [German Red Cross](#)
- International Tracing Service 🌐 [Red Cross / Red Crescent](#)

Spousal residence - independent right of residence

Spouse residence - independent right of residence

There are different rules for foreign spouses or foreign partners travelling to Germany to join their families. The decisive factor is whether the person living in Germany has German citizenship.

To enter Germany, you need a visa (🌐 [category D](#)). You can obtain the visa from a German 🌐 [mission abroad](#) (embassy or consulate).

After entering the country:

As soon as you are in Munich, you must [register](#) your [place of residence](#) at the 🌐 [citizens' office](#). According to the law, you have 14 days to do this.

Once you have registered, you will receive a registration certificate. This contains your name, date of birth and the address where you live in Munich.

For your further stay in Germany, you must apply for a residence permit at the [Foreigners' Registration Office](#).

You can find more information here:

[Family reunification with foreign nationals](#)

[Family reunification with Germans](#)

Do you have a valid residence permit and speak little or no German?

You may take part in an integration course. The course consists of a German course and an orientation course. In the orientation course, you will learn important things about life in Germany. For example, about the history, the culture or the laws that apply in Germany. Further information: [Integration courses](#)

In many situations, it is assumed that you can speak German ([language levels](#)). For example, if you are applying for a [permanent residence permit](#). The Immigration Office may require you to attend an integration course if you are not yet able to communicate in German and are applying for a residence permit for the first time:

- to be allowed to work in Germany
- for family reunification
- for humanitarian reasons
- for persons who are authorised to reside in another EU country on a long-term basis
- Residence according to § 23 para. 2 or para. 4 AufenthG

[Find out more](#)

Access to the labour market

People who have a residence permit for family reunification are allowed to work. There are no restrictions. You may work both as an employee and as a self-employed person.

Have you been married for at least three years?

If you have been married or in a civil partnership for at least three years, people who have joined you from abroad are granted an independent right of residence. Residence is then no longer dependent on the partnership.

For victims of violence

There may be an exception for people who have travelled to Germany to join their family or whose children have been affected by violence at the hands of their spouse or partner and can therefore no longer be reasonably expected to continue their marriage or civil partnership.

In certain cases, these persons may also be granted an independent right of residence earlier.

Right of residence opportunities

Right of residence opportunities

A new law has been in force since 31 December 2022. It is called "Chancen-Aufenthaltsrecht". The aim is for people who have been living in Germany for a long time to be granted a

residence permit.

Prerequisites:

- People with a tolerated stay permit who have been living in Germany since at least 31 October 2017 (entry before 1 November 2017) can obtain a residence permit for 18 months.

 [Learn more](#)

 [Information in other languages](#)



Applying for a right to stay: If you fulfil the necessary requirements within the 18 months, you can apply for a right to stay (§ 25a AufenthG or § 25b AufenthG). The requirements are, for example, that you have or earn enough money to finance your own life, clarification of your identity and knowledge of the German language.

- For people between the ages of 14 and 26

 [Prerequisites](#)

- For tolerated persons or holders of the opportunity residence permit (§ 104c AufenthG)

 [Prerequisites](#)

If you fulfil the requirements, you can [submit](#) the application for a right of residence [online](#) at  or [fill out](#) , print it out and send it by post to the following address:


Landeshauptstadt München
Kreisverwaltungsreferat
Hauptabteilung II Bürgerangelegenheiten
Ausländerangelegenheiten, Asylangelegenheiten
Ruppertstraße 19
80466 München

 [Find out more:](#)


Do you have a question? Then you can get advice free of charge:

[Foreigners' Registration Office](#)


 [089/23396010](tel:08923396010)

 From Monday to Thursday 07:30 - 15:00, on Friday 07:30 - 13:00

[Counselling \(IBZ - Language and Career\)](#)

 [089/23340622](tel:08923340622)

 [@ibz-sprache.soz@muenchen.de](mailto:ibz-sprache.soz@muenchen.de)

 You can make an appointment or come during the open consultation hours. These are on Monday and Wednesday 09:30 - 12:30 and on Thursday 13:30 - 16:30)

The asylum process - Legal Information

1st registration

Registration

If you arrive in Germany and wish to apply for asylum, you must register with one of the following state authorities immediately after your arrival:

- Border authority
- the police
- Immigration office
- Reception centre for refugees or
- Branch office of the Federal Office for Migration and Refugees (BAMF)

Your personal data will be registered and stored centrally. It will be checked whether

- You are applying for asylum in Germany for the first time
- you have already applied for asylum in another European country
- the Federal Criminal Police Office has data on you

As proof of registration, you will receive a proof of arrival (AKN). This document is important. Keep it safe and secure. You will need it together with your passport to identify yourself and to receive state benefits (food, accommodation, medical care).

The asylum procedure can begin with the proof of arrival.

People who would like to apply for asylum in Munich should contact :

Regierung von Oberbayern
Ankunftszentrum für Asylbewerber
Maria-Probst-Straße 14
80939 München

Reception takes place around the clock. You will be allocated a bed.

Where can I live after my arrival?

The law requires asylum seekers to live in an initial reception centre for up to three months. You can either stay in Munich or be sent to another city.

Where you are accommodated depends on your country of origin. Asylum applications from different countries of origin are processed in the various BAMF branch offices. All asylum seekers are distributed evenly among the various federal states in Germany.

What happens after registration?

Further information on the >> [asylum application](#)

Will I receive money while I am in the asylum procedure?

While you are waiting for a decision on your asylum application, you will receive financial support. You can find out more under >> [Living expenses / Health care](#)

2. application for asylum

Application for asylum

Have you registered? And you are accommodated in an initial reception centre? Then you can now apply for asylum in person.

Are you accommodated in an initial reception centre in Munich? Then you will be given an appointment to apply at the Federal Office for Migration and Refugees - Munich branch office:

Bundesamt für Migration und Flüchtlinge (BAMF)

Außenstelle München (Anhörungszentrum)

Streitfeldstraße 39

81673 München

☎ [089/620290](tel:089620290)

Fax 09119439999848

@service@bamf.bund.de

A person will also be present at this appointment to translate. You will submit your asylum application. And you will receive important information about the asylum procedure.

Have you applied for asylum? Then you will receive a >> [residence permit](#). This is proof of your legal residence in Germany. And it is proof that you have applied for asylum.

As long as you are accommodated in Munich, you are responsible for questions relating to immigration and residence law:

Regierung von Oberbayern

Zentrale Ausländerbehörde

Hofmannstr. 51

81379 München

☎ [089/21760](tel:08921760)

Residence obligation

If you have a residence permit, you must abide by certain rules. For example: You are spatially restricted. This means that you may only stay in the district in which your accommodation is located. For Munich, this is the city area of Munich. If you have to leave the area temporarily, you need a permit from the Federal Office for Migration and Refugees (within the first 3 months), then from the responsible >> [Aliens Department](#). Depending on your country of origin and the course of your asylum procedure, this spatial restriction applies for different lengths of time.

Change of address - important information!

Are you in the asylum procedure and have been authorised or obliged to move?

Then you must inform the Federal Office for Migration and Refugees of your new address **yourself**.

3 Dublin procedure

Dublin procedure

The Dublin procedure covers the following countries:

- all 28 EU Member States
- Norway
- Iceland
- Liechtenstein
- Switzerland

The Dublin procedure checks: Which country is responsible for your asylum procedure? As a rule, it is the country in which you were registered for the first time. An electronic data comparison is carried out for this purpose.

If it is determined that Germany is not responsible for carrying out your asylum procedure, you will be sent back to the country responsible for you.

If you do not agree with this decision, you should seek professional legal advice on whether a complaint to the administrative court makes sense.

Further information about the Dublin Agreement at  [German](#) and  [English](#)

4. hearing

Personal interview

This is the most important appointment in the asylum procedure. You will receive an invitation. An interpreter will be present.

You must attend this appointment without fail. If you are unable to attend, you must let us know in good time and explain why you cannot come. Otherwise your asylum application may be rejected or the procedure may be discontinued.

At the personal interview, you can explain why you had to flee your country. You will be asked questions about

- Your biography
- Your living situation
- Your journey to Germany
- the reasons for your persecution in your country of origin

Do you have evidence for your statements? Then you should bring it with you.

The interview will be conducted by specialised staff.

You do not have to come to the appointment alone. You can be accompanied to the appointment by

-
- a lawyer
 - a representative of the United Nations High Commissioner for Refugees (UNHCR)
 - a person you trust who is not involved in an asylum procedure themselves

In the case of unaccompanied minors, the guardian may attend the interview.

Their statements will be translated and recorded. They will then be translated back. This gives you another opportunity to make additions and corrections. Finally, you will be presented with the minutes and the recordings. If everything is correct, you confirm this with your signature.

To prepare for the personal interview in the asylum procedure, you can contact the >> [Münchener Flüchtlingsrat](#) or >> [Arrival Aid](#).

 [Collection of materials for the personal interview](#)

5. decision of the BAMF

Decision on the asylum application

A personal interview is required for the asylum application. This takes place at the Federal Office for Migration and Refugees. The office then checks all descriptions, information and evidence.

It will be checked: Do you fall under a form of protection in the Asylum Act?

There are four >> [forms of protection](#):

- Entitlement to asylum
- refugee protection
- subsidiary protection
- Prohibition of deportation

The application for asylum will only be rejected if none of these forms of protection can be recognised.

The decision is justified in writing. This justification is called „Bescheid“. The office sends the decision to

- the applicant or persons who have been authorised in this procedure (lawyers)
- the responsible immigration authority

The decision is negative

Has your application for asylum been rejected? Then you will receive a negative decision. This is accompanied by a threat of deportation: you will be asked to leave the Federal Republic of Germany by a certain date. Otherwise you may be forcibly deported.

There are two different types of refusal:

- Simple rejection: you must leave the country within 30 days.

-
- Rejection as "manifestly unfounded": In this case, the deadline for departure is only one week.

Appeal

If you do not agree with the rejection decision, you can appeal against the decision. This must be done very quickly after receiving the decision. You should therefore go immediately to the >> [integration and refugee counselling](#) centre in your accommodation. You will receive support there. You should always seek advice and representation from a lawyer specialising in asylum and residence law if you wish to take legal action. You will be informed of all deadlines and legal options in the written decision: This information is called "Rechtsbehelfsbelehrung".

You can find further offers here: >> [Counselling and assistance in the asylum procedure](#)

Voluntary departure

If you decide to leave voluntarily, you can receive financial support for a new start in your country of origin. We can advise you on this:

 [Office for Return Assistance Munich](#)

You should inform the foreigners authority as soon as possible that you wish to leave voluntarily.

The decision is favourable

You are recognised as entitled to protection. The next steps are

- Fictitious certificate or electronic residence permit (eAT): Immediately after the positive BAMF decision has been delivered, you must obtain an identity document or its equivalent. You can obtain this from the >> [Foreigners' Registration Office](#).
- You are now authorised to work in Germany without restriction.
- If you do not have a job and are dependent on support, you will no longer receive your money from the social welfare office, but must submit an application to the >> [Job Centre](#).

6. legal action

Legal proceedings

If you do not agree with the negative decision on your asylum application by the BAMF, you can take legal action against this decision. You are the "plaintiff" or "claimant", the BAMF is the "defendant". If you take legal action against the decision, the >> [administrative court](#) will review the decision of the Federal Office.

If the court agrees with the BAMF, the case will be dismissed. The obligation to leave the country remains in place.

If the administrative court does not agree with the BAMF, you will receive a residence permit. The BAMF is then obliged to grant you protection.

You can also appeal against a favourable decision, for example if you do not agree with the form of protection granted (exception: granting of refugee status).

In any case, it is recommended that you seek advice and representation from a lawyer specialising in asylum and residence law. You can find counselling and support services here:
>> [Asylum procedure - counselling and help](#)

Residence documents

Residence permit - flight / asylum


Every person who comes to Germany to apply for asylum receives a residence document. It is often referred to as an "identity card". The document provides information about the status in the asylum procedure and whether there are any restrictions on gainful employment (When am I allowed to work?).

There are five different documents:

1. proof of arrival

Status: Asylum seeker

Who receives this document:

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 document is valid until you submit your application. You submit the application to the  [Federal Office for Migration and Refugees \(BAMF\)](#).



2. residence permit

Status: Asylum seekers

Who receives this document:

Once you have submitted your personal application for asylum to the BAMF, you will receive a residence permit. You will keep this identity document until your asylum procedure has been finalised. Until then, the document must be repeatedly extended by the >> [Aliens Department](#). Your residence is considered authorised until the decision of the administrative court. If the asylum application is rejected by the BAMF as unfounded, you have the option of lodging a complaint with the >> [administrative court](#).

The permit for asylum seekers contains conditions regarding employment, residence and, if applicable, spatial restrictions.

- If you wish to work, you will need a permit. This can be applied for at the >> [Foreigners' Registration Office](#) (by the employee or employer). The prerequisite is a concrete job offer.
- Office responsible for job placement: >> [Employment Agency](#)
- >> [Assistance with living expenses and in case of illness](#)



3. fictitious certificate

Status: Recognised refugees

Who receives this document:

This document is a certificate for a temporary right of residence. You will receive it for the time between the positive decision on the asylum procedure and the moment you receive your "real" residence permit. You will also receive a fictitious certificate for phases in which documents are checked or extended. This is then valid temporarily during this period.



4. residence permit

Status: Recognised refugees

Who receives this document:

If your application for asylum is approved by the BAMF, you will receive a residence permit. It is limited in time. There are various residence permits for refugees on humanitarian grounds.

- Opens up the possibility of a later permanent right of residence (settlement permit)
- Unrestricted access to the labour market
- Office responsible for job placement and social benefits: >> [job centre](#)



5. tolerated stay

Status: Tolerated persons

Who receives this document:

If your application for asylum at the BAMF has been rejected, you will receive a "Duldung". A tolerated stay is a suspension of deportation. This means that you actually have to leave the country, but deportation is not possible for legal, factual, humanitarian or personal reasons. If you have a tolerated stay permit and leave Germany, it loses its validity. You will then not be allowed to re-enter Germany.

- General toleration regulation possible for certain groups by order of the highest state authority for a maximum period of 3 months ("deportation stop")
- If you want to work, you will need a permit. This can be applied for at the >> [Foreigners' Registration Office](#) (by the employee or employer).
- Office responsible for placing you in work: >> [Employment Agency](#)
- >> [Assistance with living expenses and illness](#)



Forms of protection in the asylum procedure

Forms of protection in the asylum procedure

Many people are persecuted in their home country. People can receive protection in Germany. To do so, you must apply for asylum. By applying for asylum, you start an asylum procedure. This means that you are applying for protection in Germany. There are various forms of this protection. They are regulated by law and correspond to different forms of persecution in the country of origin.

In an asylum procedure, an assessment is made: Are you allowed to stay in Germany or not? Can you be granted a form of protection?

Here you will find a brief overview of the different forms of protection. Click on the links to find further information in different languages.

Eligibility for asylum

If a person is persecuted in their country of origin, they have a right to asylum in Germany. This is stated in Art. 16 A of the Basic Law (GG). Persecution can have many causes. People who are persecuted in their home country for one of these reasons are granted protection status:

- ethnicity
- nationality
- political conviction
- religion
- Belonging to a certain social group (for example due to sexual orientation)

 [Learn more](#)

Refugee protection

Who is a refugee? The Geneva Refugee Convention states: Refugees are people who are subject to state or other persecution and are outside their country of origin. Reasons for persecution can be

- ethnicity
- religion
- nationality
- political conviction
- Belonging to a certain social group (for example due to sexual orientation)

Legal basis: Section 3 para. of the Asylum Act (AsylG)

 [Learn more](#)

Subsidiary protection

Many people are threatened with serious harm in their country of origin. Or they cannot utilise the protection of their own country. The threat can come from the state. Or from a non-governmental source. These people fall under subsidiary protection. The threats can be

- Death penalty
- torture
- Inhuman or degrading treatment or punishment
- Serious individual threat to life
- threat to the integrity of a civilian due to indiscriminate violence in an international or internal armed conflict

Legal basis: § 4 para. 1A AsylG

 [Learn more](#)

National ban on deportation

A person seeking protection may not be deported to their country of origin if

- repatriation would constitute a violation of the European Convention for the Protection of Human Rights and Fundamental Freedoms (ECHR) or
- there is a considerable concrete danger to life, limb or freedom in the country of destination.

Legal basis: Section 60 (5) AufenthG, Section 60 (7) AufenthG

 [Learn more](#)

Family asylum and international protection for family members

Family asylum and international protection for family members

Family asylum applies to members of a family. This means that if a person is recognised as entitled to asylum, their family members can also be granted asylum in Germany. This applies to persons with asylum authorisation, refugee status or subsidiary protection.

For the purposes of family asylum, family members include

- the spouse or registered civil partner
- Children who are under 18 years of age
- custodial parents of children who are under 18 years of age
- other adults who have custody of children under the age of 18
- underage unmarried siblings of minors (under 18 years of age)


The requirement for couples is

- that a valid marriage / civil partnership already existed in the country of origin
- that the application for asylum was filed before or at the same time as that of the person entitled to protection, but at the latest immediately after entry
- that the authorisation for protection is incontestable and cannot be revoked

Born in Germany:

If a child is born in Germany after the parents have applied for asylum, it is possible under certain conditions for the child to undergo its own asylum procedure. For this purpose, the parents, at least one of whom is still in the asylum procedure, or the immigration authority inform the >> [Federal Office \(BAMF\)](#) of the birth. The asylum application for the newborn child is then 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. In this case too, a complaint can be lodged against a negative decision by the BAMF. You can find further information on appeals >> [here](#).

If the decision is rejected, underage children may not be returned to their country of origin separately from their parents.

 [Further information](#) can be found directly at the BAMF.

Livelihood / health care


Help with living expenses and illness

Who for: For people who are in the asylum process or have "tolerated stay" status.

If you do not earn enough money, you will receive support for living expenses. This is set out in the Asylum Seekers' Benefits Act (AsylbLG).



The support relates to living expenses: you will receive food, accommodation, clothing, products for health and personal care and household items. In addition, you will receive a monthly sum of money for personal needs.

You will receive extra support in the event of illness (sickness certificate), pregnancy and childbirth.

The amount of money and the value of the benefits in kind depend on the  [standard needs levels](#).


If you are ill, you will receive a sickness certificate from the Office for Housing and Migration. You can choose your own doctor's surgery.


 [Find out more](#)


Amt für Wohnen und Migration
Fachbereich Wirtschaftliche Hilfen
Werinherstr. 89
81541 München
 [089/23348805](tel:08923348805)
@asylbewerberleistungen.soz@muenchen.de
 089/23349060


You can make an appointment.

Opening hours if you have an appointment:

 Monday 10:30 - 12:00 and 13:00 - 15:00

 Tuesday 8:30 - 12:00

 Wednesday 10:00 - 12:00 and 13:00 - 15:00

 Friday 10:00 - 12:00

Opening hours if you do not have an appointment:

 Monday, Wednesday, Friday 8:30 - 9:30 a.m.

Payment card for asylum seekers

The "Bezahlkarte für Asylbewerber*innen" was introduced in June 2024. Benefits under the [Asylum Seekers' Benefits Act](#) (AsylbLG) are no longer paid out in cash or transferred to your bank account, but are credited to the payment card. The payment card is like a bank card. You can use the card to pay in shops and withdraw cash. You can only spend as much money as is on the card.

 Information in [different languages](#).

Who gets a payment card?

People aged 14 and over who receive benefits under the Asylum Seekers' Benefits Act (AsylbLG).

In benefit communities (e.g. families), each family member aged 14 and over receives their own payment card.


Where can I get my payment card?

As soon as you apply for benefits and they are approved, you will receive the card from the Office for Housing and Migration.

 Amt für Wohnen und Migration, Werinherstraße 89, 81541 München

How much money is paid onto the payment card?


Only the benefits according to the Asylum Seekers' Benefits Act (AsylbLG) are paid onto the payment card.

 Do you receive other benefits (e.g. child benefit) or wages from an employer? Then you need a [current account](#).


How much money do I have on the card?

You can view your balance online at  meine.bezahlkarte.eu and in the payment card app ([Google Play Store](#) / [Apple Store](#)).

You will need your card ID and PIN to do this.


 You will find the card ID and PIN in the letter you receive with your payment card.

Where can I pay with the payment card?

You can only pay with the payment card in your authorised area. You can view this area at  my.paymentcard.eu and in the payment card app. For people with residence restrictions, the card is limited to the city of Munich and the directly neighbouring districts.

In exceptional cases, payment may also be authorised at other locations (for example, if you need to visit your lawyer or an authority at another location). Please contact your clerk for this.

You can pay with the payment card in all shops that accept Mastercard.

 Look out for the orange / red Mastercard® symbol



Can I withdraw cash with the payment card?

Yes, you can withdraw cash.

Each person can withdraw up to €50 per month. You can withdraw cash free of charge from ATMs or at the checkout in many shops. Withdrawals are only possible twice a month. After that, the card is blocked for further withdrawals.

If you have a voucher for a maximum of €50 from one of the following shops, you can exchange it for cash:



You can exchange the voucher for cash here:

📅 Monday 14:00 - 17:00

📍 KREISBÜRO DIE LINKE, Schwanthalerstraße 139, 80339 München

📅 Wednesday 18:00 - 20:00

📍 BELLEVUE DI MONACO, Müllerstraße 4, 80469 München

📅 Thursday 18:00 - 20:00

📍 LIGSALZ 8, Ligsalzstraße 8, 80339 München

📅 Tuesday 15:00 - 17:00

📍 EINE WELT HAUS, Schwanthalerstraße 80, 80339 München (rear building, first floor)

📅 Thursday 19:00 - 20:00

📍 STATTPARK OLGA, Heinrich-Wieland-Straße 90, 81735 München

Can I transfer money with the payment card or pay by direct debit? Are there any problems with certain transactions?

Certain transactions are not possible. In principle, no transfers or direct debit payments are possible with the payment card. For example, you cannot use the payment card for money transfer services such as Western Union or MoneyGram. Certain goods or services cannot be purchased.

In certain cases, a bank transfer or direct debit may be authorised. Please inform the Office for Housing and Migration by e-mail:

@bezahlkarte.soz@muenchen.de

Enter the name of the recipient and the corresponding IBAN. If the check is successful, the recipient will be authorised.

Examples of invoices or direct debits that can be authorised:


- Mobile phone contracts
- Travel expenses (public transport, Deutsche Bahn)
- Health insurance
- Liability insurance
- Contracts at the gym
- Sports club membership fees
- Red Cross
- Invoices to a lawyer
- Payments in social department stores

I can no longer find my payment card. What do I have to do?

You can block your payment card online or by telephone:

 my.paymentcard.eu

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




If you find the card again, you can reactivate it at  meine.bezahlkarte.eu.

You can report the loss or theft to the Office for Housing and Migration:

 @bezahlkarte.soz@muenchen.de



The old card will then be cancelled and you will receive a new one. The credit will be transferred to the new card.


Where can I get help / contact / information?

- You can find information in several languages at  [here](#).
- There is a support chat in the payment card app. This is available in several languages.
- A service telephone is available in over 100 languages:
 [081619654300](tel:081619654300)
- By e-mail:
 @bezahlkarte.soz@muenchen.de

Multilingual information videos on the asylum procedure

Online videos on the asylum procedure

The  [Bavarian Refugee Council](#) and the  [Munich Refugee Council](#) have developed videos that explain the asylum procedure. The videos are intended to provide information and help with orientation. They provide a basis and show how to avoid mistakes. The videos are not a substitute for [personal and detailed counselling](#).

 The videos are available in different languages.

 [To the videos](#)

The offer is free of charge.

Asylum Procedure - Advice and help


Legal Aid Munich e. V.

Legal Aid Munich e. V.

We offer counselling on the following topics every Tuesday:

- Questions about residence
- Questions about the asylum procedure
- Family reunification
- Work visa
- Employment toleration
- Visa for students


-
- Naturalisation
 - and many other topics

 every Tuesday from 18:00 - 20:00

The people who advise you are lawyers and experts in migration law. Counselling takes place either by telephone or in the EineWeltHaus.

Counselling by telephone is free of charge. Personal counselling costs 2.50 euros.


If you would like a personal counselling session:

1. fill [in the registration form](#)
2. you will receive a suggested appointment
3. bring the necessary documents to the counselling session
4. the counselling takes place here:  EineWeltHaus, Schwanthalerstraße 80, 80336 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

If you would like a telephone counselling session:

1. fill [in the registration form](#)
2. you will receive a suggested appointment
3. if you have documents, you can send them to us by [e-mail](#)
4. the counsellors will call you between 18:00 and 20:30

 German and English. If you speak another language, you can bring someone with you to translate for you.

 [089/85637521](tel:089/85637521)

 [@rechtshilfe@migration-macht-gesellschaft.de](mailto:rechtshilfe@migration-macht-gesellschaft.de)

 [Website](#)

This text contains information on the following search terms:

Legal advice

Assistance with hearings and legal action

ArrivalAid hearing and appeal support

In the **hearing counselling** service, we prepare refugees for the hearing appointment at the Federal Office for Migration and Refugees (BAMF). We can also accompany you to the appointment.

In the accelerated procedure, we help you to complete the questionnaire.

Do you want to appeal against the decision on your asylum application? Then the [administrative court](#) will review the BAMF's decision. We will explain the individual steps of the [appeal process](#) during the **appeal counselling**. We also discuss the reasons for your flight. The conversation is based on the minutes of the hearing and the BAMF's rejection.

We also support refugees in the review procedure (revocation / withdrawal of protection status).

The service is free of charge. You must cover the costs of travelling to and from the hearing yourself.

💡 The programme is not legal advice! It is support and assistance in the asylum procedure.

🌐 [Find out more](#)

Who for: For refugees before the [BAMF hearing](#). For refugees in the appeal procedure. For refugees in the review procedure (revocation / withdrawal of protection status)

🗣️ Counselling is available in many different languages.

Registration: Fill out the [online form](#) at least two weeks before the appointment.

ArrivalAid

Ringseisstraße 11a

80337 München

📞 [089/55871688](tel:08955871688)

✉️ [@info@arrivalaid.org](mailto:info@arrivalaid.org)

🕒 From Monday to Friday 09:00 -17:00

Bellevue di Monaco - Asylum counselling

Bellevue di Monaco - Asylum counselling

Do you have a problem in the area of asylum and residence law? Our counselling team will take the time to find a solution or refer you to another suitable counselling service. Please bring your documents with you and, if necessary, someone who can translate for you. We look forward to hearing from you!

We help with the following topics:

- if you have applied for asylum.
- if your asylum application has been rejected.
- if you want to apply for your residence permit or need to extend it.
- if you want to apply for or need to extend your tolerated stay.
- if you need a work permit.
- if you want a permit for training.
- if you do not understand letters from the Foreigners' Registration Office or the BAMF.
- if you have a Dublin procedure.
- if you want to bring your family to Germany.

We do not help:

- with questions about social benefits if you already have a residence permit.
- with questions about debts.
- when looking for accommodation.

🌐 [Learn more](#)

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Bellevue di Monaco

Müllerstraße 6

80469 München

☎ [089/55057754](tel:08955057754)

✉ [@info@bellevuedimonaco.de](mailto:info@bellevuedimonaco.de)

🕒 Monday 19:00 - 21:00

🕒 Wednesday 18:00 - 20:00

🕒 Friday 10:00 - 12:00

Please be there one hour before the start.

This text contains information on the following search terms:

Asylum procedure, residence permit, toleration, rejection, expulsion, deportation, work ban, work permit, work authorisation, legal action, objection

Münchner Flüchtlingsrat: Counselling on asylum and residence law

Münchner Flüchtlingsrat: Counselling on asylum and residence law

Are you new to Munich? We campaign for the rights of refugees and migrants in Munich. Our goal is to protect human rights for all, regardless of origin and nationality. If you are accommodated in an initial reception centre / AnkER dependencies, you can come to the [Infobus](#).

We will support and advise you on all questions relating to asylum and residence.

🗣 German, English, French

For whom: For refugees

There is barrier-free access to the building and the rooms.

Our counselling is free of charge.

Please make an appointment.

📍 Münchner Flüchtlingsrat, Dachauer Straße 21a, 80335 München

☎ [089/12390096](tel:08912390096)

🕒 On Monday from 10:00 to 16:00

🕒 On Tuesday and Thursday from 10:00 to 12:00

✉ [@info@muenchner-fluechtlingsrat.de](mailto:info@muenchner-fluechtlingsrat.de)

🌐 [Website](#)

This text contains information on the following search terms:

asylum advice, legal advice, legal remedy, rejection, toleration, work ban, deportation

Help with orientation and counselling on residence and asylum issues: @pena.ger

Help with orientation and counselling on residence and asylum issues: @pena.ger

The team at @pena.ger consists of social counsellors and researchers. They advise refugees on



[Instagram](#) and via [@ email](#). They provide support with orientation and advice on the asylum procedure. They answer questions or help you find a suitable counselling service in your area. Counselling from @pena.ger is available throughout Germany.

For whom: For refugees, such as queer refugees, LGBTQIA+, disabled refugees, refugee women

They can help with these questions, for example

- What does the Dublin procedure mean?
- How do I change my address at the BAMF?
- Where can I go for migration counselling?
- How do I get my qualification recognised?
- Where are the conditions more favourable if I apply for asylum - in Switzerland or Germany?
- How do I prepare for an interview as a queer person?


The offer is free of charge.

■ Kurdish (Kurmançî/Soranî), German, English, Farsi, Turkish

@pena.ger@yahoo.com

[@pena.ger](#)

<https://twitter.com/Penagerr>

 24 hours

This text contains information on the following search terms: referral counselling, guidance, asylum procedure counselling, online counselling, Kurdi, Tirki, Kürtce, Türkce

Counselling in accommodation for refugees

Counselling in accommodation for refugees

There are counselling centres in all accommodation centres. They are called Flüchtlings- und Integrationsberatung (FIB). People in the asylum process and people with tolerated status can seek counselling here.

Possible topics include:

-
- What rights and obligations do I have in official procedures?
 - How can I secure my livelihood?
 - Asylum procedure
 - Participation in social life
 - How do I find my way around the city?
 - Health issues
 - Learning German
 - Questions about school, education and work
 - Mediation in conflicts
 - Help with finding volunteers who can support you

If you need help and support, please contact the staff at the advice centre in your accommodation.

Lesbian and bisexual women, trans*, inter* and non-binary refugees

Counselling for lesbian and bisexual women, trans*, inter* and non-binary refugees

LeTRa supports lesbian and bisexual women as well as trans*, inter* and non-binary people. Have you experienced trauma, need psychosocial counselling and/or support in the asylum process? Then you've come to the right place. We can advise you!

Who for: For all people who see themselves as lesbians or bisexual women, as well as trans*, inter* and non-binary people.

🗣️ We speak English, French, German and Luganda. For all other languages, we can organise a person to translate. Please let us know in advance which language you speak.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

LeTRa Geflüchtetenberatung / LesCommunity e. V.

Angertorstr. 3

80469 München

☎️ [089/998295931](tel:089998295931)

✉️ @gefueberat@letra.de

🌐 www.letra.de

Sub - Gay Communication and Cultural Centre Munich e. V.

Sub - Gay Communication and Cultural Centre Munich e. V.

Our counselling is primarily aimed at gay, bisexual and trans* refugees.

- We help with orientation in the asylum procedure.

-
- We are well networked and help you to make contact with the LGBTIQ* community.
 - We help you if you are new in Germany.
 - There are offers on the topic of "sexual health".
 - We offer counselling in crises and listen to your worries and fears. If you need psychotherapeutic, psychiatric and/or medical help, we will help you to find other services.
 - We provide support when legal assistance is needed.
 - In the [Refugees@Sub](#) project, you can get support from volunteers.

Who for: For gay, bisexual and trans* people with a refugee background.

🗣️ German, English, Spanish. Interpreters are available for other languages.

Access to the building and the rooms is barrier-free. There is a disabled toilet.

The service is free of charge.

We offer counselling in person, by phone, video or email. Please make an appointment.

Sub - Schwules Kommunikations- und Kulturzentrum München e. V.

Müllerstraße 14b (Rear building - entrance via the backyard)

80469 München

☎️ [089/856346424](tel:089856346424)

✉️ @refugees@subonline.org

🌐 [Website](#)

**This text contains information on the following search terms:
gay, LSBTI, queer, HIV, STI, prevention**

**safe ways - counselling on residence permits according to §22 and §23 (AufenthG)
and family reunification**

**safe ways - Counselling on residence permits according to §22 and
§23 and Familiennachzug**

Have you come to Germany via an admission programme? Then you've come to the right place! Our offer:

- We help you prepare for your entry and arrival.
- We support you after your arrival.
- We answer your questions.
- We help you with the topic of family reunification and accompany you through the procedure.

For whom:

People with a residence permit in accordance with [Section 22](#) or [Section 23](#) of the Residence Act (AufenthG).

People who need counselling on family reunification.

The service is free of charge.

🗨️ Arabic, German, English, Kurdish, Dari/ Pashto

📍 Dachauerstr. 21 a, 80335 München

☎️ [089/12021715](tel:08912021715)

@ safe-ways@muenchner-fluechtlingsrat.de



You can also contact us via WhatsApp: 📞 [0151/61657747](https://wa.me/015161657747)

🕒 Monday to Thursday 10:00 - 12:00

🌐 [Our website](#)



**This text contains information on the following search terms:
admission procedure, admissions Turkey, resettlement, local labour Afghanistan**

For refugees in an initial reception centre / AnKER dependency: the Infobus

For refugees in an initial reception centre / AnKER dependency: The Infobus

We are the first point of contact for asylum seekers. Come and visit us! Our bus is on site once a week:

🕒 On Monday from 13:00 to 15:00

📍 Am Moosfeld 37, 81829 München

🕒 On Wednesday from 13:00 to 15:00

📍 Von-Gravenreuth-Straße 1, 82256 Fürstenfeldbruck

🕒 On Wednesday from 17:00 to 19:00

📍 Lotte-Branz-Str. 2, 80939 München

- There is an open consultation hour in which we advise you on the asylum procedure
- We prepare you for your interview
- We will help you to correct the minutes of the interview
- If you wish, we can translate the transcript into your language
- We will help you with letters that you do not understand
- We will help you if you wish to appeal against the decisions of the Federal Office for Migration and Refugees or the court. For example, when appealing or communicating with a lawyer.

Here you can find the flyer in many languages: 🌐 [Website](#)

The service is free of charge.

You can also call us or send us a message:

 [017667606378](tel:017667606378) ( For German and English)

 [017629898902](tel:017629898902) ( For Pashto, Dari-Persian, Urdu, English and German)

 [017669665074](tel:017669665074) ( For German, Arabic and English)

 [015773659172](tel:015773659172) ( For Lingala, French and German)

[@infobus.muc@muenchner-fluechtlingsrat.de](mailto:info@infobus.muc@muenchner-fluechtlingsrat.de)

Naturalisation

Naturalisation

If you have lived in Germany for at least five years, you can apply for naturalisation. Naturalisation will give you a German passport. You then have the same rights and obligations as all other Germans. Spouses and children can also be naturalised. Young people aged 16 and over can apply for naturalisation themselves.


 [Find out more](#)


As a rule, the following requirements apply:

- You have been living in Germany for five years.
- You can prove your identity and your current citizenship.
- You have a permanent residence permit.
- You can finance life for yourself and your family. This includes your spouse and, for example, your children.
- You have at least [B1 level](#) German language skills.
- You have sufficient knowledge of the legal and social order as well as life in Germany.
- You are committed to the free democratic basic order.
- You are committed to Germany's historical responsibility for National Socialism and its consequences, in particular for the protection of Jewish life, as well as to the peaceful coexistence of peoples and the prohibition of waging a war of aggression.
- You have not been convicted of a criminal offence.
- There are no other reasons that speak against naturalisation (so-called „Ausschlussgründe“).

Other rules apply to certain persons (for example, persons entitled to asylum or spouses of Germans or persons who speak German particularly well) (for example, naturalisation after only three years).

Is naturalisation possible for you?

You can use the  [Quick Check](#) to check whether you can become a German citizen.

The City of Munich offers counselling on this topic.  You can make an appointment [here](#).

Landeshauptstadt München
Kreisverwaltungsreferat (KVR)
Hauptabteilung II Bürgerangelegenheiten
Staatsangehörigkeit, Einbürgerung
Bavariastraße 7a
80336 München

☎ [115](tel:115) or ☎ [089/23396010](tel:08923396010)
@einbuengerung.kvr@muenchen.de

Postal address:

Landeshauptstadt München
Kreisverwaltungsreferat (KVR)
Hauptabteilung II Bürgerangelegenheiten
Staatsangehörigkeit, Einbürgerung
Ruppertstr. 19
80466 München

Leaving the country

Citizens from the EU or the EEA


Citizens from countries of the European Union (EU) and the [European Economic Area \(EWR\)](#)


If you move within Germany, you do not need to deregister. This happens automatically when you register your new place of residence in the new location.

Only if you move abroad, become homeless or give up a secondary residence (second home) do you have to deregister within two weeks. You can deregister at the earliest one week before you move out.


 [Find out more](#)

How does deregistration work?

If you are moving abroad, click  [here](#).

If you are giving up your home, fill in [the registration form](#) at . You will also need a copy of your identity card. The copy must be signed by you. Send both online or by post to the Citizens' Office.

Online:

- Use the  [contact form](#)
- Click here: **Starten > Ohne Anmeldung fortsetzen > Ja, mit Hauptwohnsitz > Ich möchte Unterlagen nachreichen**
- Then you can upload the registration form and the copy of your identity card.
- If you would like to receive the confirmation by e-mail, write it in this field:
"Ihre Nachricht an uns"

By post:

- Print out the registration form and the copy of your ID card and send both to us:
Kreisverwaltungsreferat
Hauptabteilung II - Meldewesen
Ruppertstraße 19
80466 München

The processing time takes about three to four weeks. You will then receive confirmation of your deregistration.


Deregistration is free of charge.

If you have any questions:

☎ [115](tel:115) or ☎ [089/23396000](tel:08923396000)

Stay without a visa

Stay without a visa (for third-country nationals from so-called privileged states)

Citizens of certain countries may enter the  [Schengen area](#) without a visa. Within a period of 180 days, the stay in Germany, or in the Schengen area, is limited to 90 days. If you are travelling several times, this must be taken into account so that the maximum permitted length of stay is not exceeded. Further information can be found on this page: [Entering Germany without a visa](#)

 [List of countries without or with visa requirements for Germany / Schengen area](#)

Please note: At the end of the 180-day period, you must not only leave Germany, but the entire Schengen area. If you wish to stay or work here for longer than three months, you must apply for a residence permit at the [immigration office](#).

If it is not possible to leave the country within this period, you must contact the immigration authority. This must be done before your stay expires.

The following reasons may be taken into account

- Force majeure (An unforeseeable event caused by external circumstances that could not have been prevented. This can be a natural event such as an earthquake, but also war or a pandemic)
- Humanitarian, professional or serious personal reasons

If you exceed the visa-free stay without having applied for a residence permit, you are not authorised to stay. You are then breaking the law. The immigration authority can terminate your stay. Re-entry would only be possible again if there is no re-entry ban. There may also be criminal proceedings in court.

Stay with visa

Staying with a visa

If you are travelling with a temporary visa, you must leave the country within the period of validity of the visa. This means at the latest on the last day of validity.

A [Schengen visa](#) that was not issued for three months can be extended in Germany for up to a total stay of three months within a period of six months if the requirements are still met. It is not possible to change the purpose of the visa. The application must be justified. The following reasons may be taken into account

-
- force majeure. This means: an unforeseeable event caused by external circumstances that could not have been prevented. This can be a natural event such as an earthquake, but also war or a pandemic
 - Humanitarian, professional or serious personal reasons

If you leave the country at a later date without authorisation from the [immigration authorities](#), you would not be permitted to stay. You would then be in breach of the law. The immigration authority can terminate your stay. Re-entry would only be possible again if there is no re-entry ban. There may also be criminal proceedings in court.

Asylum seekers

Asylum seekers

Residence permit

You are not allowed to travel abroad during the asylum procedure. There are exceptions for pupils travelling on school trips. You must register these with the >> [Foreigners' Registration Office](#) in good time.

The residence permit is not a residence title or a travel document. You cannot re-enter the country without authorisation to leave.

Duldung - suspension of deportation

Travelling abroad (with subsequent re-entry) is not possible. There are exceptions for pupils who wish to take part in school trips. You must register these with the >> [Foreigners' Registration Office](#) in good time.

A tolerated stay is not a residence permit or a travel document, but is ultimately aimed at ending your stay. Therefore, you cannot re-enter the country without authorisation to leave.

Request to leave the country after rejection of the asylum application

After your asylum application has been rejected, you will receive a decision. This usually states that you should leave Germany within a certain period of time. Otherwise you will be threatened with deportation.

If the application is rejected as "manifestly unfounded" or "inadmissible", the deadline for leaving the country is one week. If the application is rejected as "unfounded", the deadline for leaving the country is 30 days.

In these cases, you can appeal against this decision to the >> [court](#) and submit an urgent application. You should always seek professional legal advice for this. You can find >> [counselling and help](#) here.

Voluntary departure

What happens if I decide to leave the country voluntarily?

- You must inform the >> [Foreigners' Registration Office](#) within the deadline.

-
- You can receive financial support from the [🌐 office for return assistance](#). For example, for the costs of travelling or a new start in your home country (this depends on the country in question).
 - You will need a document from your home country that authorises you to enter that country (e.g. laissez passer, travel document, national passport, etc.).

As you have very little time after the rejection, you should seek advice on this topic before the decision in your asylum procedure and consider whether or not voluntary departure is an option for you.

Deportation

Deportation is the termination of the stay of a person who is obliged to leave the country, even without their consent. The person has previously received a request to leave the country (expulsion, refusal of title, return decision, etc.) with a deadline for departure. Deportation is possible if the deadline has expired. The police are responsible for carrying this out.

Voluntary departure and re-entry for training (Sec. 17 AufenthG) or work (Sec. 18 (4) AufenthG)

Persons with a residence permit or a tolerated stay permit who have no prospect of obtaining a permit for training or work may be able to stay in Germany in the following way:

- If they have a commitment for a training place or a job (concluded employment contract)
- If they voluntarily leave for their country of origin
- If they apply for a visa for the purpose of training or employment at the German diplomatic mission in their country of origin
- If they re-enter the country for training or employment (not asylum procedure!)

Please note: Many requirements must be met for this route. It is essential that you seek advice beforehand in order to assess whether this route can work for you.

Residence with a residence permit

Third-country nationals with a residence permit

If you wish to leave Germany, you should first find out whether and how re-entry is possible. To do this, contact the [Foreigners' Registration Office](#).

Your right of residence in Germany may end when you leave the country. This depends on various factors:

- Type of residence permit
- Duration of absence
- Reason for leaving the country
- Country of residence during the absence
- Age
- Family circumstances

💡 Find out which rules apply to you and your family members before you leave the country.

Please note: Even an unlimited right of residence can be lost if you leave Germany!

If you want to stay abroad for a longer period of time, you will need a certificate from the [foreigners authority](#). Otherwise your residence permit may expire. Please apply for the certificate in good time before you leave the country. A certificate can no longer be issued once you have left the country.

You can find more information here: at [German](#) and at [English](#)

Refugees with a residence permit

People who apply for asylum and are granted protection status receive a residence permit. This is intended to protect them from persecution or serious harm in their country of origin. If you travel to your country of origin, you may lose your right of residence in Germany. It is then possible that a revocation procedure will be initiated upon your return. Your residence permit may then be revoked.

In the case of urgent family matters, the [foreigners authority](#) may grant authorisation.

Departure with fictitious certificate

Departure with a fictitious certificate

With a fictitious certificate, you have a temporary right of residence. This means that you are authorised to stay in Germany. But what happens when you leave the country? Are you allowed to go on holiday?

There are different types of fictitious certificates. The difference lies in the question of whether or not you have a valid residence permit. Depending on which fictitious certificate you have, you may or may not be allowed to re-enter Germany.

Please note:

Re-entry to Germany is only possible with a fictitious certificate according to **§ 81 Abs. 4 AufenthG** is possible. It certifies a fictitious continued residence title and is also called "Fortgeltungsfiktion". If you apply for an extension of your residence permit, the previous one is deemed to continue to exist due to the fictitious certificate. Continued residence is legal with the same conditions as the expired residence title.

With a fictitious certificate according to **§ 81 Abs. 3 AufenthG** it is **not possible** to re-enter Germany. It certifies that the stay is authorised but that **no residence title** exists. It is also called "Erlaubnisfiktion" or "Duldungsfiktion" .

Cancellation of the stay

Special rules on the subject of residence abroad (expiry of the residence title) - termination of legal residence

These rules may also apply to persons with a permanent residence / settlement permit!

If you want to stay abroad for a longer period of time, you need a certificate from the >> [Foreigners' Registration Office](#). The certificate is necessary, otherwise your residence permit may expire.

💡 Please come to the Foreigners' Registration Office in good time before the start of a longer stay abroad. A certificate can no longer be issued once you have left the country.

As a rule, the following applies:

The residence permit expires if the reason for your departure is not only temporary, but longer-term. This is the case, for example, if you are in another country:

- attend a school
- work
- care for a relative or family member
- get married
- settle down

The residence permit expires if you leave the country and do not re-enter within six months. If you are planning a longer stay, you must have this authorised by the foreigners authority.

Information on this can be found here at [🌐 German](#) and at [🌐 English](#).

Permanent departure / onward migration

Permanent departure

If you are leaving Germany permanently, you must deregister your place of residence in Germany within two weeks. Deregistration is possible at the earliest one week before your departure.

You will receive a copy of your deregistration as confirmation of deregistration. If you would like to receive the confirmation by e-mail, you can indicate this in the [🌐 online form](#).

[🌐 Find out more](#)

If you receive a German pension and wish to move abroad, please note the following [🌐 information from Deutsche Rentenversicherung](#).

Deregistration is free of charge.

If you have any questions, please contact the Citizens' Office:

☎ [089/23396000](tel:08923396000)

🕒 From Monday to Thursday 07:30 - 15:30

🕒 On Friday 07:30 - 13:00

✉ [@buengerbuero.kvr@muenchen.de](mailto:buengerbuero.kvr@muenchen.de)

Return counselling and support - COMING HOME

COMING HOME - Büro für Rückkehrhilfen (Office for Return Assistance)

COMING HOME helps people to return to their home country.
Services: Personal advice, financial help, payment of the travel costs, health care, help in the home country.

[Find out more about the Büro für Rückkehrhilfen](#)

[Information about counselling services, return programs, reintegration](#)

Who's it for: Refugees and asylum-seekers

■ Interpreters can be requested. Please let us know in advance which language you speak.

You can bring your children with you.

All premises have barrier-free access as well as a disabled toilet.

The service is free.

Landeshauptstadt München
Sozialreferat (Social Services Department)
Amt für Wohnen und Migration
Büro für Rückkehrhilfe (Office for Return Assistance)
Werinherstraße 89
81541 Munich
[089/23348663](tel:08923348663), [-48666](tel:08923348666)
reintegration@muenchen.de
Monday to Friday 09:00 - 16:00 and on request








**This text contains information about the following search terms:
voluntary return, help to return, reintegration, coming home, return counselling**





Language

Aids to communication

Aids to communication

If you do not yet speak German, it can be difficult to communicate with others. There are free aids that you can use:

-  [Refugee Phrasebook](#) is a multilingual dictionary on various topics.
- There are websites and apps that translate texts:
Google Translate exists as a  [website](#) and as an app for download in the  [Google Play Store \(Android\)](#) or  [App Store \(IOS\)](#).
DeepL is also available as a  [website](#) and as an app to download for  [Google Play Store \(Android\)](#) or  [App Store \(IOS\)](#).

-
- There are various apps that translate voices and read them out loud:
 [Voice Translator \(Translate\)](#) or  [Voice Translator All Languages](#) (Android)
 [Voice Translator pro Speech](#) (IOS)
 -  [Oroboo Angel](#) connects you with language partners. In difficult situations, you can quickly connect with a person who speaks the language via video or phone. 5-minute chat with possible extension. There are many different language combinations.
 - The [picture dictionary](#) helps when you have a doctor's appointment.

Interpreters and interpreters

Interpreters

You can't speak German very well yet and you have an important appointment? For example, at a public authority, school or doctor's surgery? Would you like to understand everything at the appointment? Would you like to say important information at the appointment? Then you have the option of taking someone with you to translate. It can also be helpful for visits to the doctor or for appointments at school or kindergarten.


Some authorities and institutions have interpreters themselves and can use them during counselling sessions. When you make an appointment, please always ask whether the support of a translator is free of charge.

TranslAid

TranslAid arranges voluntary (non-professional) language mediators. The language mediators accompany you to consultations and appointments. For example, to doctor's appointments, appointments with the authorities, asylum and legal proceedings, youth welfare and registry office. You can also have documents translated that cannot be translated by sworn translators.

For whom: Refugees and migrants in Munich


 You can find an overview of the languages currently available at  [here](#).

 **Important:** Requests must be made at least **48 hours before the appointment** in order to be accepted.

Costs: transport costs for travelling to the appointment if necessary

 From Monday to Friday 9:00 -17:00

TranslAid

 [Ringseisstraße 11a, 80337 München](#)

 [@info@translaid.org](mailto:info@translaid.org)

+49 (0) 15735705161

<https://www.translaid.org/>

This text contains information on the following search terms:

Translation

Translation of documents

Translation of documents

Official documents such as certificates, marriage or birth certificates may only be translated into German by **state-certified translators** in Germany. If the document is translated by a person who is not a state-certified translator, it will not be recognised. You can find such state-certified translators on the Internet or [here](#).

💡 These translations can be very expensive. Check carefully beforehand whether you really need a certified translation. Also compare the prices. There is no standard price.

Sometimes costs for translations can be covered. Ask **before** placing the translation order:

- the organisation for which you need the translations
- the authority from which you receive social benefits

There are free online services for a rough translation, for example at

[!\[\]\(227c00416c2384f30101039c70feed2c_img.jpg\) DeepL](#)

[!\[\]\(cebd8b704dc6f2474338a9dadbc67fcb_img.jpg\) Reverso](#)

[!\[\]\(bdd02a57bdae57a29dc8c8cb006fede9_img.jpg\) Google Translate](#)

German courses

German courses for initial orientation

German courses for initial orientation

People who do not have the opportunity to attend an integration course can visit Erstorientierungskurse (EOK). A course has 300 teaching units of 45 minutes each.

What you learn in the courses

- initial knowledge of German
- Information about life in Germany
- Orientation in everyday life
- Information on medical care, work, kindergarten, school, housing, mobility
- Oral communication: Participants should learn as quickly as possible to find their way in everyday life.

Who for: Asylum seekers for whom it is not certain that they will be allowed to stay in Germany (unclear prospects of remaining).

If there are free places, recognised asylum seekers, tolerated asylum seekers and asylum seekers with good prospects of remaining in Germany may also take part.

Who not: Children and young people who are required to attend school (6 to 15 years) or vocational school (16 to 21 years). They attend school or a school-based programme. Further information can be found [here](#).

If you gain access to an "" [integration course](#) during your participation in the initial orientation course, you can switch to this [course](#).

The courses are free of charge.

Contact a "" [migration advice centre](#) or your local "" [refugee and integration advice centre](#) in your accommodation. They will help you to find a suitable course.

 [Find out more](#)

People who do not have access to this offer can contact the "" [Integration Advice Centre IBZ Sprache und Beruf](#). There is a supplementary German course programme there.

Integration courses

Integration courses


In the integration course you will learn German up to language level B1. You will have a total of 600 hours of lessons. A further 100 hours will give you an insight into the culture, politics and social customs in Germany. There are also special forms of integration courses, some of which comprise more or fewer teaching units.

The courses are free of charge for refugees and people who receive social benefits.

You may attend an integration course

- if you come from an EU country or are a late repatriate.
- if you have a Aufenthaltsgestattung (according to § 55 Abs. 1 AsylG).
- if you have a Duldung (according to § 60 a Abs. 2 S. 3 AufenthG).

- if you have a residence permit.

You may be obliged to take part in an integration course by the job centre, the social welfare office or the foreigners authority. If you are not obliged but would like to take part in an integration course, you can apply for the course at  [BAMF](#). If you need help with the application, contact your »» [refugee and integration counselling](#) service or a »» [migration counselling service](#). They will also help you choose an integration course provider. You can decide for yourself which language school in Munich you would like to attend the integration course at.

People who do not have access to this offer can contact the »» [integration advice centre IBZ Sprache und Beruf](#). There is a supplementary German course programme there.

Language course for the job

Language course for the job / Professional language course (BSK)

Vocational language courses help to further improve your German language skills. For example, after you have attended an integration course. You can attend these courses as preparation for starting a job or during your job, training or a qualifying programme.

The prerequisite is a [language level](#) of at least B1. However, there are also special courses for which a language level of A2 or B1 is sufficient.

The content of the courses is specifically tailored to certain occupational groups.

If you successfully pass the final exam, you will receive a certificate. The certificate can be very helpful for your future career.

You need a certificate of eligibility to take part in a BSK course. You can obtain the authorisation certificate here:

- Persons in measures according to SGB III: [Employment Agency](#)
- People in receipt of SGB II benefits: [Jobcentre](#)
- Persons who are working or in an introductory qualification or apprenticeship or in the recognition procedure and do not receive benefits according to SGB II or SGB III or persons who need a certain language level for admission to their profession:
[Federal Office for Migration and Refugees](#) (BAMF)
@deufoe.nuernberg@bamf.bund.de

If you need support with this, you can contact the " [IBZ Sprache und Beruf](#). There you will receive counselling and be placed in the appropriate course.

If you are not employed, participation is free of charge for you. Employees must pay a fee of €2.56 per lesson.

German courses run by the city of Munich

German courses run by the city of Munich

If you want to live in Germany, it's very important to learn the German Language.

- You don't have access to an integration course?
- You would like to improve your German skills?
- You can't afford to pay for a German language class?

Then use the course programmes run by the city of Munich!

The programme ranges from literacy classes to C2 level. There are special courses for adolescents and with occupational content.

For everyone - right from the beginning!

More information is available in the »» [integration advice centre IBZ-Sprache und Beruf](#)

German classes for children and young people at school

German classes for immigrant children

A programme for children and young people who are new to Germany and do not yet speak German well enough to attend school. Here they receive support in learning German and are prepared for school. The pupils come from different countries and attend the class for one year. After that, they can attend school and it is easier to understand the lessons in German.

Who for: Children and young people who are of compulsory school age (6 to 15 years) or compulsory vocational school age (16 to 21 years).


How does enrolment work?

Parents of school-age children should contact the "" [Sprengelschule](#) (Grundschule, Mittelschule). The Sprengelschule organises the registration.

How do I find the right German language course?

Search for German / integration courses yourself: Information platform BAMF-NAVI

Information platform BAMF-NAVI

The BAMF-NAVI is a digital platform that helps you find  [German courses / integration courses](#).

Here you can find answers to the following questions:

- Where is there an integration course near me?
- Where can I find a migration advice centre in my city?
- When does a course take place?
- What are the lesson times / when is the break?
- Where are there still places available?
- Is the course location barrier-free?
- Where can I find a course with childcare?

 [BAMF-NAVI](#)

Counselling and placement in German courses

Counselling and placement in German courses

Would you like to learn German? Are you looking for a German course or integration course that suits you? If you live in Germany, it is important that you learn German. Speaking German helps you in everyday life and in contact with other people. The language is also very important if you want to work, start an apprenticeship or study.

There are different [language levels](#) that build on each other.

There are many different German courses. They are open to different groups of people. The following advice centres will help you find the right course:

Asylum seekers / people with tolerated status:

If you live in accommodation, you can contact the [refugee and integration advice centre](#) in the accommodation (FIB). There you will receive support in registering for a German course or information on centres that can arrange further courses.

All persons (regardless of residence status) aged 16 and over in the city of Munich:

The [integration advice centre IBZ - Sprache und Beruf](#):

- determines your language level
- selects the right German course for you together with you
- takes your professional goals into account
- takes your family situation into account
- offers German courses for people who do not have access to conventional German courses

Adult migrants aged 27 and over:

The [migration counselling](#) service [for adults](#) supports you

- with registering for an integration course
- in the search for a suitable course provider

Young migrants up to the age of 27:

The [youth migration service](#) will support you

- with registering for an integration course
- in the search for a suitable course provider

Learn German yourself

Learn German yourself

You can learn German on your smartphone or computer. There are many free programmes that help you learn German. This way you can make good use of the time you have to wait for a language course. Online trainers can also be helpful during a language course.

- The 🌐 [Ankommen App](#) contains information on life in Germany and on the topics of asylum, training and work. There is also an online course for the first few weeks in Germany from level A1. This allows you to learn some basic knowledge.

- You can learn basic vocabulary with the 🌐 [Language Guide for German](#). You don't have to log in or register.
- The 🌐 [Goethe-Institut](#) offers various exercises and apps for learning German. There are also 🌐 exercises [for German at work](#). These are specially tailored to specific professional groups.
- The 🌐 [VHS-Lernportal](#) offers a German course at levels A1 to B1. You can also improve your German for work and professional purposes.
- The 🌐 [booklet for learning German](#) from Flüchtlingshilfe München is available in 22 different languages.
- The website 🌐 [Deutsch-Info](#) teaches German for levels A1 to B2 as well as practical information about life in Germany.
- 🌐 [Mein Deutschbuch](#) has a wide range of exercises, videos and links. The website is aimed at learners and teachers at levels A1 to B2.
- The radio station 🌐 [Deutsche Welle](#) offers online language exercises that work with videos and video series. They are for levels A1 to C and offer entertaining supplements to other German courses. There are also 🌐 [slow spoken messages](#). This makes it easier to understand.
- 🌐 [DaFür - German as a foreign language](#) includes online modules and apps for learners with and without basic knowledge.
- The free 🌐 [Lunes-App](#) accompanies you at school, in training and in your job.
- On the website 🌐 [Meine Berufserfahrung](#) you will find important terms or activities for individual professions.
- The YouTube channel 🌐 [Hallo Deutschschule](#) teaches skills from A1 to B2 in animated films with lots of dialogue.
- The 🌐 [YouTuber Deiaa Abdullah](#) from Syria teaches German in Arabic in his videos. He gives lots of tips for the first time in Germany and talks about everyday life in Germany and the German mentality in an entertaining way.
- The 🌐 [Virtuelle Hochschule Bayern](#) offers free online courses. There are also some courses to help you learn German. For example, listening training or reading training.
- Online communities can also help you learn German. For example on Reddit: 🌐 [/r/german](#). In their 🌐 [Wiki](#) there is a lot of useful information.

Conversation courses - practice speaking German

German language café in the city libraries


German language café

Are you learning German and would like to use and improve your language skills? Then twice a week you have the opportunity to talk to other German learners about a free topic in a relaxed atmosphere.

All language levels and age groups welcome.

The programme is free of charge.

You don't have to register - just come along and join in!

You can find the exact dates and locations of the groups [at](#)  [here](#).

If you have any questions:

Münchner Stadtbibliothek | Leser*innenservice

@stb.leserservice@muenchen.de

 [+49 \(0\) 89233772434](tel:+49(0)89233772434)

 <https://www.muenchner-stadtbibliothek.de/>

German conversation course for LGBT*I*Q+

German conversation course for LGBT*I*Q+ people

Would you like to meet LGBT*I*Q+ people from all over the world and have fun learning to speak German better? Would you like to get to know the scene in Munich better?

Then take part in our next German conversation course!

We always meet on Mondays at [LeTRa](#) and Thursdays at [Sub](#) at 19:30.

Registration via e-mail to @ dkk@subonline.org

 LeTRa, LesCommunity e. V.

Angertorstraße 3

80469 München

 <https://www.letra.de/deutschkurs.html>

German conversation in the Seidlvilla

German conversation in the Seidlvilla


We meet twice a week and talk about our everyday lives. It's nice to get to know new people and hear stories about other cultures and other people. This is how we socialise and improve our German.

You do not need to register.


Who for: For young people and adults who want to practise and improve their German.

There is barrier-free access to the building and the rooms. There is a disabled toilet.


The programme is free of charge.

 We always meet on Wednesday 14:30 - 16:00 and on Thursday 09:30 - 11:00.

Seidlvilla e.V. / Nachbarschaft Schwabing

 [Nikolaiplatz 1b, 80802 München](#)

@nachbarschaft@seidlvilla.de

 [+49 \(0\) 89398299](tel:+49(0)89398299)

 <https://www.seidlvilla.de/programm>

**This text contains information for the following search terms:
learn German, language, open meeting**

Conversation circle for B1 - Dare to speak German


Conversation group - Dare to speak German

Our group welcomes people with a migration background who have a [B1 level](#) of German. We talk about everyday situations such as school and work. We also talk about topics that are important to the participants. The aim is for you to become more confident in speaking.

The programme is free of charge.


The number of places is limited.

Please make an appointment by telephone.


 Always on Monday from 15:30 - 17:30

There is barrier-free access to the building and the rooms.

Matthäuskirche am Sendlinger-Tor-Platz | Konversationskreis

 [Nußbaumstraße 1, 80336 München](#)

 kathrinneumann@viertelpunkt.org

 [+49 \(0\) 89537102](tel:+49(0)89537102)

 <https://die-nachbarschaftshilfe.de/veranstaltungen>

Intercultural exchange for women from all over the world

**Intercultural exchange for women from all over the world -
"Fremd-Vertraut", life in Germany**

Would you like to practise German in a small, informal group and find out more about life in Germany? We offer women from all over the world the opportunity to overcome their fear of speaking German in a friendly and relaxed atmosphere. In small groups, we expand our language and cultural skills together with the help of a variety of topics. We exchange ideas, learn from and with each other and go on excursions in the city. We are happy to welcome new participants!

Who for: Women from all over the world with a basic knowledge of German

Entry requirements: Only for female readers

The programme is free of charge.

The number of places is limited. Registration by WhatsApp / phone or e-mail.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

🗓️ "Fremd-Vertraut" offers two courses a year: In spring and autumn, 6 weeks each Mondays and Wednesdays from 9.30 am - 12.30 pm

fremd - vertraut | Verein für Fraueninteressen e.V.

📍 [Schwanthalerstr. 80, 80336 München](#)

✉️ [@fremdvertraut@fraueninteressen.de](mailto:fremdvertraut@fraueninteressen.de)

☎️ [+49 \(0\) 15906146627](tel:+49015906146627)

🌐 <https://www.fraueninteressen.de/einrichtungen/fre...>

**This text contains information on the following search terms:
Learn German**

Treffam - International Family Centre

Treffam - International Family Centre

We help families of all nationalities with children from 0-6 years. We advise you on questions and support you in learning German. You can also get to know other families and exchange ideas with us. People from different countries and religions come together at our centre.

What we offer:

- Counselling and information
- Groups for parents and children
- Playgroups for babies
- Integration course for women (with childcare)
- Language café, German course for children
- Parties, excursions and activities
- Room hire for children's birthday parties
- Volunteering

Who for: Mums, dads, children (0 - 6 years) and women.

🗨️ Arabic, Bulgarian, German, English, French, Hindi, Korean, Croatian, Russian, Turkish, Ukrainian

You can bring your children with you. Childcare is available on site.

Many courses are free of charge. There is a small charge for some courses.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📅 On Monday and Wednesday 08:30 - 17:00

📅 On Tuesday and Friday 08:30 - 13:30

📅 On Thursday 08:30 - 18:00

Treffam - Internationales Familienzentrum

📍 [Tübingerstraße 11, 80686 München](#)

✉ [@treffam@diakonie-muc-obb.de](mailto:treffam@diakonie-muc-obb.de)

☎ [+49 \(0\) 891269915200](tel:+49(0)891269915200)

🌐 <https://www.diakonie-muc-obb.de/migration/kinder-...>

**This text contains information on the following search terms:
Freizeit, Elternberatung, Behörden, kitafinder**

Dialogue Café - For everyone who wants to speak German

Dialogue Café - For everyone who wants to speak German

The dialogue café takes place every week and is

- for anyone who would like to speak German
- for anyone who wants to learn new words
- for anyone who wants to meet nice people
- for everyone who wants to get to know Munich

Everyone can take part. No matter how old you are. No matter whether you are shy or not. No matter whether you already know a lot of German words or not.

The programme is free of charge.

Just come along, no registration required.

When and where?

There are several dates and locations per week.

Please note: There are **no** meetings during the [school holidays](#).

📅 Every Wednesday from 18:00 to 19:00

📍 Kulturzentrum LUISE, Ruppertstraße 5, 80337 München

📅 Every Wednesday from 18:00 to 19:00

📍 Kultur im Trafo, Nymphenburger Str. 171a, 80634 München

📅 Every Wednesday from 18:30 to 19:30

📍 Giesinger Bahnhof, Giesinger Bahnhofplatz 1, 81539 München

📅 Every Thursday from 17:00 to 18:00
📍 Mohr-Villa, Situlistraße 73/75, 80939 München
Underground: U6, Bus 181/N40
Stop: Floriansmühlstraße

📅 Every Thursday from 17:00 to 18:00
📍 Stadtteilkulturzentrum Gardini90, Gardinistraße 90, 81375 München
Underground: U6
Stop: Haderner Stern

✉️ [@info@dialogcafe-muenchen.de](mailto:info@dialogcafe-muenchen.de)

[More information](#)

Mum learns German - Learn German with childcare

Mum learns German - Learn German with childcare

We help women with and without children to learn German. We are represented in almost all neighbourhoods. The individual locations and dates are 🌐 [here](#).

We meet once a week for around two hours and start with breakfast together. Afterwards we learn together: lots of talking, asking questions and practising. There are many opportunities to exchange ideas and socialise with other women.

Everyone is welcome: Women who do not yet speak German, women with little knowledge of German and women with good knowledge of German.

Children can always come along, there is great childcare in almost all groups.

The meetings are free of charge.

There are no group meetings during the >> [school holidays](#).

Most locations have a barrier-free entrance to the building and rooms and a disabled toilet. Please contact us if you have any questions.

🌐 [Website](#)

☎️ [0176/56736947](tel:017656736947)

✉️ [@mama-lernt-deutsch@fraueninteressen.de](mailto:mama-lernt-deutsch@fraueninteressen.de)

📅 From Monday to Thursday 9:00 - 13:00

Online consultation German for C1/C2

Online consultation German for C1/C2

Do you have a question about German grammar, pronunciation, spelling or a particular style?

Every Wednesday, the [Munich Adult Education Centre](#) offers advice on the German language:

📅 Wednesdays 17:00 - 18:00

Who for: For people with C1 or C2 [language skills](#) and for native speakers.

📍 online

The service is free of charge.

What do I need?

You need a PC/laptop/tablet with a microphone and camera, a good internet connection and a current browser version.

How do I register?

To register for the course, you need to register with the Munich Adult Education Centre:

🌐 [To the website](#)

You will receive the access data by e-mail in good time before the start of the course. Please also check your spam folder.

If you have any questions:

☎ [089/480066157](tel:089480066157)

@ deutsch@mvhs.de

Yallah Chät language café and language partnerships

Yallah Chät language café and language partnerships

Would you like to practise German and meet new people? Are you looking for a language tandem? Then come to our language café!

We'll speak German together and get to know each other. You can come if you want to help with learning German. You can come if you want to practise speaking German. You'll meet lots of nice people here. If you get on well, you can meet up more often. Then you will become language partners! What is that? We'll explain it to you! Come and see us! We look forward to seeing you.

📅 Always on the last Monday of the month 18:00 - 21:00. Here you can find the individual [dates](#).

The programme is free of charge.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

If you have any questions, you can write to us: ☎ [+4917645507797](tel:+4917645507797)

Café Bellevue di Monaco

📍 [Müllerstraße 6, 80469 München](#)

@ angebote@bellevuedimonaco.de

☎ [+49 \(0\) 8955057750](tel:+49(0)8955057750)

🌐 <https://bellevuedimonaco.de/>

Language levels

Language levels

There are different language levels. In the language and integration courses, the levels according to the Common European Framework of Reference for Languages are used:

Language level **A**: elementary language use

Language level **B**: independent language use (necessary for training or work)

Language level **C**: competent use of the language (necessary for studies and certain professions)

A more precise distinction is usually made:

A1: Beginners

A2: Basic knowledge

B1: Advanced language use

B2: Independent language use

C1: Specialised use of the language

C2: Almost native speaker level

There are also further differentiations within these levels (A1/1, A1/2, A2/1, A2/2, etc.)

The six levels mean the following in detail:

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others. For example: My name is Maria. I am 30 years old. I live in Germany. This is my boyfriend. His name is Paul.

You can ask questions about yourself. For example: What is your name? Where do you live?

You can answer questions. For example: How are you? I am doing well.

You can converse with a person if they speak slowly and clearly.

A2: Basic knowledge

You can understand sentences and frequently used words. You can understand words in these areas: Personal and family information, shopping, work and your neighbourhood.

You can communicate in simple, everyday situations. You can describe your background, education and environment.

B1: Advanced use of language

You can understand a lot, for example when it comes to work, school or leisure. You can make yourself understood when travelling. You can talk about familiar topics and personal interests. You can talk about experiences and events. They can describe dreams, hopes and goals. You can give brief reasons or explanations for plans and opinions.

B2: Independent use of language

You can understand the most important content of complex texts on concrete and abstract topics. You can also understand specialised discussions in your field of specialisation.

You can communicate spontaneously and fluently. A normal conversation with native speakers is possible without much effort on either side. You can express yourself clearly and in detail on many different topics. You can explain a point of view on a topical issue. You can state the advantages and disadvantages of various options.

C1: Specialised language skills

You can understand a lot of demanding, longer texts. You can also grasp implicit meanings. You can express yourself spontaneously and fluently. You rarely have to search for words. You can use the language effectively and flexibly in social and professional life or in training and studies. You can express yourself clearly, in a structured and detailed manner on complex issues. You can use various means of linking texts appropriately.

C2: (Almost) native speaker level

You can understand practically everything you read or hear with ease. You can summarise information from different written and oral sources. You can give reasons and explanations in a coherent presentation. You can express yourself spontaneously, very fluently and precisely. You can also make finer nuances of meaning clear in more complex situations.

Do I need a certificate?

Do I need a certificate?

Certificates and diplomas are very important in Germany. They prove that you have successfully passed an examination. Keep the certificates in a safe place. You will probably need them more often.

In these situations, proof of >> [German language skills](#) is necessary or very useful:

If you are applying for an apprenticeship or for a job





Your chances of getting an apprenticeship or a job are higher if you can prove that you have passed a language test.




If you would like to take part in further vocational training or qualification programmes

Vocational qualification programmes often require certain German language skills. You often have to prove this with a certificate.

If you would like to study

To study at a college or university, you often have to prove that you have a certain level of German. This is possible with one of the following certificates:

- Language Diploma of the  [Conference of Ministers of Education and Cultural Affairs](#) (second level)
-  [DSH2](#)
-  [TestDaf with level 4](#) in all 4 sections.
- Assessment test. This means attendance at a preparatory college. This means that no further examination is necessary.
- Certificates recognised by the Standing Conference of Ministers of Education and Cultural Affairs (KMK) or the German Rectors' Conference (HRK).
- The examinations at level C1 or C2 of the  [Goethe-Institut](#).

-
-  [TestDaF](#) and  [telc](#) of the Language and Interpreting Institute (SDI).
 -  ["telc Deutsch C1 Hochschule"](#).
 - Completed German studies (not a degree in education).
 - Certificate of completion from a grammar school, a preparatory college, a university of applied sciences or a university.

If you are applying for permanent residence (Niederlassungserlaubnis)

For a permanent residence permit, you must provide proof of sufficient German language skills. This is possible, for example, with an >> [integration course](#) („Deutsch-Test für Zuwanderer“ - DTZ). A German school-leaving certificate can also serve as proof.

When you apply for German citizenship

For naturalisation, in addition to a certain level of language proficiency, you must also demonstrate knowledge of the legal and social order and living conditions in Germany. You can do this, for example, with the test „Leben in Deutschland“ (LID-Test). This test is part of the >> [integration course](#).

Counselling and help

If you have any questions, you can contact the >> [IBZ Language and Career Centre](#).


Services in different languages

Weltkinder - reading aloud in different languages

Weltkinder - Reading aloud in different languages

"Weltkinder" is an event in various Munich city libraries: reading aloud for children in the afternoon. A picture book is read aloud in German and another language or only in another language.

The children experience the story in a playful and creative dialogue. Sometimes they also sing, play or do handicrafts.

You can find out in which library and in which languages the readings take place in [the Munich City Library's](#)  [calendar](#).

Who for: For children aged 3 to 6.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The programme is free of charge.

For questions:

 [089/233772434](tel:089233772434)

**This text contains information on the following search terms:
multilingualism, language learning, language support, mother tongue**

Arabic Saturday School

Arabic Saturday School


Our Saturday school is for children aged 6 to 12 whose mother tongue is Arabic but who are not yet proficient in reading and writing. The children are taught by Arabic teachers. In three classes, divided according to age and level of knowledge, reading and writing are taught in a playful way through fairy tales and songs, local history and Arabic history. The aim is for the children to have a good command of their mother tongue, as this makes it easier for them to learn German. Classes take place weekly (except during school holidays).

Enrolment by e-mail: @ pateninitiative@gmail.com (please give your telephone number, address, first name and age of the children). Arabic-speaking teachers will then contact you.

Parallel to the children's lessons, parents can take part in a German conversation course with German volunteers.

The lessons are free of charge. Textbooks and writing materials are also free of charge. Food and drink during the break costs 10 euros per child per month (15 euros for 2 children, 20 euros for 3 or more children).

 [Find out more](#)


Bellevue di Monaco e. V.
Müllerstraße 2 - 6
80469 München
 [089/55057750](tel:08955057750)

English for beginners

English for beginners

Would you like to learn English? Our volunteer teachers from JUNO will help you.

 Friday from 17:30 - 19:00 for refugee women and men: language level A2

 Friday from 17:30 - 19:00 for refugee women and men: language level B1/2

No registration required - just turn up!

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco
Classroom (rear building, access via the courtyard)
Müllerstraße 2
80469 München
@welcome@juno-munich.org

**This text contains information on the following search terms:
Language, Teaching**

Mother tongue & multilingualism


Mother tongue & multilingualism

Mother tongue is identity and home. And it is the link to the family. Language is also a potential and offers great opportunities.

The mother tongue is important for many people. At [MORGEN e.V.](#), we are committed to cultivating our own mother tongue and passing it on to the younger generation.

We invest time and commitment in courses and programmes. This enables children born in Munich to maintain their connection to their language, culture and family roots.

For example, we organise a multilingual fairytale festival. At this festival, stories are read aloud in different languages. The stories are told, read, danced, presented as (shadow) theatre or with music.

 [More information](#) about the multilingual fairy tale festival.

Are you interested and would like to take part? Then join us in the working group!

The programme is free of charge.

 [Website](#)

 j.buchova@morgen-muenchen.de

 [015154068044](tel:015154068044)

School, university studies, education

Advice and help / Education system

Educational counselling of the City of Munich


Educational counselling of the City of Munich

We offer individual counselling on the subject of education.

This service is free of charge.


International education counselling

Are you from abroad and have questions about school and education in Germany? We offer counselling in various languages:

 Arabic, Azerbaijani, Bosnian, Dari/Farsi, German, English, French, Kurdish, Croatian, Romanian, Russian, Serbian, Turkish, Ukrainian

There are also interpreters for over 60 other languages. If you need an interpreter, you must register in advance.

 [Find out more](#)

 Bildungsberatung International, Goethestraße 53, 80336 München
There is barrier-free access to the buildings and rooms. There is a disabled toilet.
 [089/23326875](tel:08923326875) ( from Monday to Friday 9:00 - 12:00 and 13:00 - 16:00)
[@schulberatung-international@muenchen.de](mailto:schulberatung-international@muenchen.de)






Counselling for school, work and further education

Do you have questions about school, university, work and further education? We offer counselling on:

- Choice of school, problems at school, or changing schools (for [Realschule](#), [Gymnasium](#) and [vocational schools](#))
- Training and studying
- Catching up on school-leaving qualifications
- Recognition of foreign qualifications
- Career choice and (re)orientation
- Getting back into work
- Opportunities for further training

Counselling is also possible with children.

 [Find out more](#)

 Bildungsberatung, Goethestr. 12, 80336 München (on the 1st floor)
 Bildungsberatung, Neuhauser Str. 39, 80331 München
There is barrier-free access to the buildings and rooms. There is a disabled toilet.
 Please make an appointment:
 [089/23383300](tel:08923383300) ( from Monday to Thursday 9:00 - 12:00 and 13:00 - 16:00, on Friday 9:00 - 12:00)
[@bildungsberatung@muenchen.de](mailto:bildungsberatung@muenchen.de)

Support in the transition from school to work





Do you need advice, guidance and support on the path from school to work?

We offer young people under the age of 25

- Career planning
- Support during the application process
- Counselling on personal issues

We take the necessary steps together with you or your child.

 [Find out more](#)

 Berufswegplanungsstelle b-wege, Neuhauser Str. 39, 80331 München
There is a lift and a disabled toilet.
 Please make an appointment.
 [089/23343062](tel:08923343062) ( from Monday to Thursday 9:00 - 17:00, on Friday 9:00 - 12:00)

@b-wege@muenchen.de

**This text contains information on the following search terms:
School counselling**

Counselling on inclusion at municipal schools

Advice on inclusion at municipal schools

Inclusion means that all people can be included everywhere, regardless of their personal circumstances.

We can advise you on questions about inclusion at municipal schools in Munich. The counselling is individual:

- Which school should I go to? Which school should my child go to?
- What support options are available in the area of inclusion?
- What is compensation for disadvantages? What is grade protection? And how do I apply for it?
- Who finances special support measures?
- and other questions

Please feel free to make an appointment with us. In a personal discussion, we will look together for solutions and possibilities of how and what we can change.

Who for: Pupils at municipal secondary schools aged ten and over and their legal guardians.

The programme is free of charge.

🗣️ We can organise a person to translate. Please let us know in advance which language you speak.

You can also bring your children to the appointment.

There is barrier-free access to the building and the rooms.

🕒 From Monday to Thursday 8:30 - 16:30

🕒 On Friday 8:30 - 13:30

Zentraler Schulpsychologischer Dienst

📍 [Neuhauser Straße 39, 80331 München](#)

✉️ @schulpsychologie@muenchen.de

☎️ [+49 \(0\) 8923340940](tel:+49(0)8923340940)

🌐 <https://www.pi-muenchen.de/profil/wir-ueber-uns/f...>

This text contains information on the following terms:

Grades, Realschule, Gymnasium, Berufsschule, Berufsfachschule, vocational schools, Berufsoberschule, special educational needs, disability, school support, heterogeneity, diversity

Counselling on German courses, school, work, training (IBZ - Sprache und Beruf)

Advice on German courses, school, work, training (IBZ - Sprache und Beruf)

Do you have questions about learning German, school or work? Do you need support and guidance for your education and career? We will inform and advise you. We will discuss your educational path together and support you:

- German course / integration course: We will help you find the right course and tell you when and where the course will take place. We will find out whether the costs of the course can be covered.
- School: We support you in your search for a suitable school.
- Training: We will advise you on the various training options available.
- Vocational qualification programmes: We provide you with information about further vocational training.
- Work: We support you in your job search.
- Internship: We support you in finding an internship.
- Career or studies from your country of origin: We provide advice on the recognition of foreign school-leaving qualifications and the first steps towards recognition of professional and academic qualifications.
- Search for other advice centres: We are well networked and know the right people to contact.

Who for: For people with migration or refugee experience aged 16 and over.

The programme is free of charge.

Children can be brought along.

📍 Office for Housing and Migration

🗣️ Arabic, Farsi, Dari, Kurdish (Sorani), Uyghur, Bassa, Duala, Swahili, Romanian, Russian, Ukrainian, Chinese, Portuguese, Italian, Spanish, English, French, Catalan, Turkish, Dutch



If you make an appointment, we can organise interpreters for other languages. You can also come to the open consultation hours without an appointment. These are:

🕒 Monday and Wednesday 09:30 - 12:30

🕒 Thursday 13:30 - 16:30

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Landeshauptstadt München
Amt für Wohnen und Migration

Franziskanerstraße 8
81669 München
 [089/23340622](tel:089/23340622)
@ibz-sprache.soz@muenchen.de
 [Website](#)

JiBB

Counselling at [JiBB](#) is aimed at young people aged 16 to 25.

 We can also organise interpreters.


 Monday to Friday 09:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

JiBB
Kapuzinerstraße 30
80337 München
The entrance is located at Kapuzinerstraße 26.
@ibz-sprache.soz@muenchen.de

Bellevue di Monaco

You don't need to register, just drop by:

 Wednesday 16:00 - 18:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco
Müllerstraße 6
80469 München
 [089/23340622](tel:089/23340622)
@ibz-sprache.soz@muenchen.de
 [Website](#)

**This text contains information on the following terms:
labour market integration, job, employment, schooling**

Jugendinformationszentrum (JIZ) - advice on transitioning from school to career

Youth Information Centre (JIZ) - advice on the transition from school to work

Every 1st and 3rd Wednesday of the month (except during school holidays), the Youth Information Centre (JIZ) provides (also former) secondary school pupils with tips and support on starting a career:

- Would you like to catch up on your school-leaving qualifications?
-

-
- You don't know exactly what you want to do after school?
 - Do you need tips on how to apply for a job?

Then get advice from the experts at the "Vocational Youth Work Service Centre" of the Youth, Work, Prospects project. Existing application documents will be looked at and improved - but no new application documents can be created.

Who for: All teenagers and young adults aged 14 to 26

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Jugendinformationszentrum (JIZ)


Sendlinger Straße 7

80331 München

 [089/55052150](tel:08955052150)

 [@info@jiz-muenchen.de](mailto:info@jiz-muenchen.de)

 www.jiz-muenchen.de

 Monday 12:00 - 19:00

Tuesday to Friday 13:00 - 18:00

**This text contains information on the following search terms:
education, career choice, information, help, youth counselling**

Office for educational support

Office for Training Assistance

Everyone in Germany should have the opportunity to complete vocational training or a secondary school qualification. Some parents are unable to support their children because they do not have enough money. There are two laws that provide financial support for training. They are called:

- "Bundesausbildungsförderungsgesetz (BAföG)"
- "Aufstiegsfortbildungsförderungsgesetz (AFBG)"

The Office for Training Assistance will help you to apply.

Prerequisites:

BAföG As a rule, only those who are under 45 years of age at the start of their training can receive financial support. The funding also depends on the residence status and income of the parents or spouse.

AFBG can be applied for regardless of age. The income of relatives is also not taken into account here. However, a certain residence status is also required and only certain training courses are subsidised.

 [Find out more](#)


For whom:

- Pupils at secondary schools, for example specialised upper secondary schools, vocational upper secondary schools, vocational colleges, technical colleges, technical academies
- People who have completed vocational training and would like to complete further education or training. For example to "Meister".
- Students
- Pupils from Germany who are attending a training centre in Austria

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Please make an appointment.

Amt für Ausbildungsförderung

 [Neuhauser Str. 39, 80331 München](#)

 [@afa.rbs@muenchen.de](mailto:afa.rbs@muenchen.de)

 [+49 \(0\) 8923396778](tel:+49(0)8923396778)

 <https://stadt.muenchen.de/service/info/amt-fuer-a...>

Psychological counselling for problems at school

Psychological counselling for problems at school


The Central School Psychological Service helps pupils and their parents/guardians,

- if there are problems at school.
- if you want to improve your learning and concentration.
- if you are confronted with fears, worries or stress at school.

Please feel free to make an appointment with us. In a personal discussion, we will look together for solutions and possibilities of how and what we can change.

Who for: Pupils at municipal secondary schools aged ten and over and their legal guardians.


The programme is free of charge.

 We can organise a person to translate. Please let us know in advance which language you speak.

You can also bring your children to the appointment.

There is barrier-free access to the building and the rooms.

 From Monday to Thursday 8:30 - 16:30

 On Friday 8:30 - 13:30

Zentraler Schulpsychologischer Dienst

[📍 Neuhauser Straße 39, 80331 München](https://www.google.com/maps/place/Neuhauser+Strasse+39,+80331+Muenchen)

[@schulpsychologie@muenchen.de](mailto:schulpsychologie@muenchen.de)

[☎ +49 \(0\) 8923340940](tel:+4908923340940)

[🌐 https://www.pi-muenchen.de/profil/wir-ueber-uns/f...](https://www.pi-muenchen.de/profil/wir-ueber-uns/f...)

This text contains information on the following search terms:

Bullying, trauma, grades, exam anxiety, school stress, secondary school, grammar school, vocational school, vocational college, specialised secondary school, vocational high school, vocational schools, vocational preparation, vocational integration

Information about attending school

Compulsory schooling and school districts

Compulsory schooling and school districts

Compulsory school attendance

School attendance is compulsory in Germany: all children between the ages of 6 and 15 must attend school. In Bavaria, compulsory vocational schooling applies until the age of 21 if attendance at a general school is not continued. Compulsory vocational schooling does not apply if the school was completed with the Abitur or Fachabitur. Parents must ensure that their children attend school regularly. Attendance at public (state and municipal) schools is free of charge.

If a child is ill, parents must call the school before 08:00 in the morning.

School district

If the child attends a public primary or secondary school, they must go to the school that is responsible for their place of residence - a Sprengel school. "Sprengel" means "school district".

Health examination for school enrolment

Health check-up for school enrolment

All children between the ages of 4 and 5 must have a health check-up before they start school. You will receive an invitation from the health department.

During the examination, vision, hearing and speech are tested. The doctors determine how the child can be supported in the best possible way so that it can get off to a good start at school.

[📺 Video of the health check-up](#)

🗣️ By arrangement, it can be organised for someone to be present to translate.

Further information in various languages can be found at

🌐 muenchen.de/rseu

This examination is mandatory in Bavaria. If you have received the invitation and do not bring your child to the health check-up, the youth welfare office will be informed. The youth welfare office will then ask you why the examination did not take place.

The >> [U9 examination](#) should be carried out before the health check-up.

If you have any questions:

@einschulung.gsr@muenchen.de

☎️ [089/23396363](tel:08923396363) (📞 From Monday to Friday 08:30 - 12:00 and 12:30 - 15:30)

The >> [Sozialbürgerhaus](#) offers help and support for you and your child. To find out which Sozialbürgerhaus is responsible in your neighbourhood, you can use the following link:

🌐 stadt.muenchen.de/service/info/sozialbuengerhaus/...

All-day programmes at schools

All-day programmes at schools

There are several forms of all-day teaching at Munich schools:

In the **fixed all-day** programme, class lessons are spread over the whole day. Learning, practising, sport, music and art alternate. The children eat lunch together. There is no homework.

In the **open all-day** programme, sport, music and art only take place after lessons. The groups consist of children from different classes.

In **cooperative all-day education**, the primary school offers childcare on school days and during holidays until 18:00. The children are supervised by teachers. They eat lunch together. It is also possible to attend primary school in the morning and attend childcare in the afternoon ("Hort").

🌐 [Find out more](#)

Travel costs to school

Travel costs to school

In Munich, parents can apply for an [exemption from travelling costs to school](#) at 🌐 if

- Pupils in grades 1 to 4 have a journey to school of more than two kilometres and attend their >> [Sprengelschule](#)
- Pupils from Year 5 onwards have a journey to school of more than three kilometres and attend their nearest school

Pupils in year 11 and above can also apply for cost exemption. The application must prove that the assumption of costs is economically and socially necessary.

If you have any questions:

@schuelerbefoerderung.rbs@muenchen.de

[☎089/23396776](tel:089/23396776)

Financial help for new school starters

Financial help for children starting school

Pupils starting school for the first time or transferring to a secondary school can receive a special payment. This financial support is intended for items such as school bags, pencil cases, colouring boxes and similar items.

[🌐 Find out more](#)

Who can receive this support?

Pupils

- who start at one of the following schools:
Grundschule, Mittelschule, Realschule, Gymnasium, Gesamtschule
- who have the [München-Pass](#) and / or
- whose families receive one of the following benefits:
 - Subsistence assistance or basic income support (SGB XII)
 - citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or child supplement

What documents do I need?

- Grant notification OR information letter from the Sozialbürgerhaus or the Office for Housing and Migration
- Confirmation from the school that your child is starting school for the first time or is transferring to a secondary school

Where can I submit the application?

You can submit the [🌐 application](#) to your [🌐 Sozialbürgerhaus](#). If you receive benefits under the Asylum Seekers' Benefits Act, you can submit the application here:

📍 Amt für Wohnen und Migration
Wirtschaftliche Flüchtlingshilfe
Werinherstraße 89 Haus 34
81541 München

You will receive the money in cash at the cash desk.

💡 **Important:** Payment is possible **until 31 October** of the current year.

Lunch for schoolchildren

Free lunch at school

Lunch at school is free of charge for children and young people who are in financial or social need.

How does it work?

1. You submit an application:
„Antrag auf Gewährung eines freiwilligen Zuschusses für die Mittagsversorgung von Schulkindern in sonstiger finanzieller oder sozialer Notlage“
You can obtain the application form from the school or from your >> [Sozialbürgerhaus](#).
2. You fill in the application form. There are also contact points that can help you with this.
3. You hand in the completed application form at your social centre.
4. If the application is approved, hand it in at school.

For whom:

- Children and young people in financial need: parents or guardians have a low income (the income limit is checked individually) and are not entitled to benefits under the education and participation package (BuT).
- Children and young people in social need: this will be clarified during initial counselling or clearing at the relevant social community centre

Documents required:

- In case of financial hardship: proof of income, assets and rent etc.
- In case of social need: none

 [Social centres](#)


Recognition of school-leaving qualifications

Recognition of school-leaving qualifications

Do you have a foreign school-leaving qualification? Then you can have it checked and, under certain circumstances, recognised as equivalent. This depends on the school, the country, the duration of school attendance and the school subjects.

The **Bavarian State Office for Schools** is responsible for recognising school qualifications obtained abroad.

 [Find out more](#)

 [09831/686252](tel:09831/686252)

@zast@las.bayern.de

General schools

German classes for children and young people at school

German classes for immigrant children

A programme for children and young people who are new to Germany and do not yet speak German well enough to attend school. Here they receive support in learning German and are prepared for school. The pupils come from different countries and attend the class for one year. After that, they can attend school and it is easier to understand the lessons in German.

Who for: Children and young people who are of compulsory school age (6 to 15 years) or compulsory vocational school age (16 to 21 years).

How does enrolment work?

Parents of school-age children should contact the "" [Sprenghaus](#) (Grundschule, Mittelschule). The Sprenghaus organises the registration.

Primary school

Primary school

Registration for primary school:

Children who turn six by 30 June are required to attend school. Parents must register them at a public primary school, namely at [Sprenghaus](#). This is the school with the shortest distance to the place of residence.

Here you can find [information on enrolment](#).

Parents of children who turn six between 1 July and 30 September can decide, following a consultation and the school's recommendation, whether their child will start school in the current or the next school year. The district primary schools will provide information on the details.

[Find out more](#)

You can also contact the city's **Department of Education and Sport** with any questions you may have about primary school enrolment:

[089/23396779](tel:08923396779)

During primary school:

All children attend primary school up to Year 4. Here they learn reading, maths and writing. At the end of year 4 (in May) they receive a so-called "Übertrittszeugnis". The grades in this report decide which school the child can subsequently attend.

If the average grade in German, maths and home and social studies (HSU) is 2.33 or better, the child can go to a [grammar school](#). If the average grade of these three subjects is 2.66 or better, the child can go to a [Realschule](#).

Grade bonus for children who do not yet speak sufficient German:

💡 Foreign children who have not attended a German primary school from Year 1 can also attend a Realschule or Gymnasium with an average grade of up to 3.33.

After primary school:

At the end of year 4, the children transfer to
a [secondary school](#) (5th to 9th or 10th grade)
a [Realschule](#) (5th to 10th grade)
or a [grammar school](#) (5th to 12th/13th grade).
These three types of school differ in terms of subjects and level.

There are also two special schools:
the [Orientierungsstufe](#) (5th and 6th grade, transfer to Mittelschule or Realschule or
Gymnasium from 7th grade)
and the [comprehensive school](#) (5th to 7th grade, three different qualifications are possible
from the 8th grade: secondary school leaving certificate, intermediate secondary school
leaving certificate, upper secondary school leaving certificate in science and technology).

You can find more information about secondary schools at [here](#).

Secondary school

Secondary school

Secondary school runs from the 5th to the 9th or 10th grade. This school primarily prepares
students for vocational training([dual training](#) or [school-based vocational training](#)).

Qualifications ("certificates"):

- after year 9: secondary school leaving certificate or qualifying secondary school leaving
certificate ("Quali")
- after year 10: intermediate school leaving certificate ("Mittlere Reife")

[More information on secondary school qualifications](#)

If you want to do a (dual) company-based apprenticeship, you need a secondary school
leaving certificate. Without this qualification, it is very difficult to find a training place.

Information on enrolment

If the children will be attending a secondary school from Year 5, the parents do not have to
enrol them separately. The Sprengel secondary school will automatically enrol them.

You can find more information about secondary schools in Munich at [here](#).

You can also contact the city's **Department of Education and Sport** if you have any
questions about secondary schools:

[089/23396779](tel:08923396779)

[@a.rbs@muenchen.de](mailto:a.rbs@muenchen.de)

Secondary school

"Realschule"

The Realschule runs from the 5th to the 10th grade. It provides a sound general education
and basic knowledge for vocational training. To attend a Realschule, the child needs an
average grade of 2.66 or better in primary school.

💡 Foreign children receive a bonus. The average grade must be 3.33 or better (see below).

🌐 [Find out more](#)

Qualification ("certificate"): **Intermediate school leaving certificate** („Mittlere Reife“)

After the Realschule:

- you have a better chance of finding a (dual) company-based apprenticeship than with a secondary school leaving certificate;
- you can do a school-based apprenticeship (at a vocational college);
- you can attend a specialised secondary school in order to be able to study later.

Attending secondary school for immigrant children and young people

SPRINT-Project

The project supports young people who do not yet speak German very well. The aim is for the young people to successfully complete secondary school. The project is offered at two schools in Munich:

- Marieluise-Fleißer-Realschule
- Joseph-von-Fraunhofer-Realschule

🌐 [Learn more](#)

International classes

There are three schools in Munich with international classes. These are intended for children and young people with a good knowledge of German (B1):

- Carl-von-Linde-Realschule
- Wilhelm-Busch-Realschule
- Ludwig-Thoma-Realschule

Grade bonus

Foreign children who have not attended a German primary school from Year 1 can attend a Realschule or Gymnasium up to a grade point average of 3.33.

Information is also available from "" [Bildungsberatung International](#):

@schulberatung-international@muenchen.de

If you have any questions, you can also contact the city's **Department of Education and Sport**:

☎ [089/23396779](tel:089/23396779)

Grammar school

Grammar school

The Gymnasium prepares students for university studies. It runs from year 5 to year 12 or 13. Who can attend a grammar school depends on the grades achieved at [primary school](#).

Qualification: general higher education entrance qualification ("Abitur")

Attending a grammar school for newly arrived children and young people

InGym-Projekt

The project takes place at the state-run Wilhelm-Hausenstein-Gymnasium. It includes intensive support in the German language and in lessons in various subjects. For example, in maths, English, history and social studies.

Sprachvorbereitungsklassen

These are German courses for pupils from abroad. The courses last one year and take place at the municipal Adolf-Weber-Gymnasium.

Grade bonus

In Year 4, children in primary school receive a so-called "Übertrittszeugnis". This report determines which school the child can transfer to after primary school. If the average grade in German, maths and home and social studies (HSU) is 2.33 or better, the child can go to a grammar school. If the average grade of these three subjects is 2.66 or better, the child can go to a [Realschule](#).

💡 Note: Foreign children who have not attended a German primary school from Year 1 can also attend a Realschule or a Gymnasium with an average grade of up to 3.33.

[!\[\]\(05a42ac88195afbccdad08ca4775e987_img.jpg\) Information on registering for grammar school](#)

You can also obtain information from the [International Education Counselling](#) Service:
@schulberatung-international@muenchen.de

If you have any questions about grammar schools, you can also contact the city's

Department of Education and Sport.

[!\[\]\(ed35eeb6b024e2952552b3403d689dca_img.jpg\) 089/23396779](tel:089/23396779)

Other school programmes

Other school programmes

Orientierungsstufe

If you are not sure which school is right for your child (Mittelschule, Realschule or Gymnasium), you can register them for the municipal Orientierungsstufe (years 5 to 6). The children then move to secondary school only after year 6.


[Find out more](#)

If you have questions about the topic of the 'Orientierungsstufe', you can also contact the municipal **Referat für Bildung und Sport.**

[089/23383825](tel:089/23383825)

Gesamtschule

In Munich, there is also the Willy-Brandt-Gesamtschule, a combination of all three types of school (Mittelschule, Realschule and Gymnasium).

You can find information about registration  [here](#).

www.wbg.musin.de

If you have questions about the topic of the 'Orientierungsstufe', you can also contact the municipal **Referat für Bildung und Sport**.

[089/23383825](tel:08923383825)

Special needs centres and schools

Children and adolescents who need support for psychological or physical reasons can attend a special needs centre if their parents wish.

[Find out more](#)

Städtische Berufsschule zur Berufsintegration

With us, pupils who have recently arrived in Germany can obtain a German school-leaving certificate (EMA, Quali). Language support is at the centre of all our work. In addition, the pupils are prepared for an apprenticeship or a place at secondary school (weiterführende Schule).

Who is it for: New immigrants and refugees who are 15 to 25 years old. Pupils who are too old for other types of school, e.g. middle school.

Interpreters are available in Dari, Croatian, English, French, Greek, Italian, Polish, Portuguese, Russian, Serbian, Spanish, Turkish and Ukrainian.

All premises have barrier-free access as well as a WC for the disabled.

Balanstraße 208, 81549 Munich (Local office:  Schertlinstraße 4, 81379 Munich)



[089-23347070](tel:089-23347070)

bs-berufsintegration@muenchen.de

Office: 07:30 AM - 2:30 PM

<https://berufsintegration.musin.de/>

Catch up on school-leaving qualifications

Catch up on secondary school qualifications

Catch up on your secondary school leaving certificate

A school-leaving certificate improves your chances of finding a job or an apprenticeship. Are you between 15 and 27 years old? You don't have a school-leaving certificate that is recognised in Germany? Would you like to improve your German? Then you can catch up on one of the following school-leaving qualifications:

- "EMSA" / "EMA" - Successful secondary school leaving certificate
- "Quali" - Qualifying secondary school leaving certificate

With this qualification, you can go on to do an apprenticeship or attend another school.

Don't speak German well enough yet?

Then you can attend a course that will prepare you intensively for a year for the qualification:

- You will receive lessons in German, maths, English and other subjects.
- You will receive support and counselling on school topics or career guidance. For example, when looking for an apprenticeship or a secondary school.
- You will gain practical experience that will help you to identify your interests and skills.

There are two institutions in Munich that offer courses in preparation for the school-leaving certificate:

Municipal vocational school for vocational integration for people aged between 15 and 21 (up to 25 in exceptional cases)

[>> Click here for more information](#)

Munich Adult Education Centre for people between the ages of 15 and 27

[>> Click here for more information](#)

General counselling and information

Are you confused and don't know what to do? Would you like to find out more about the possible routes to your school-leaving qualification? Then you can get counselling. At the [>> IBZ Sprache und Beruf](#) you will receive individual counselling on your personal situation and an overview of your options. The counselling is free of charge.

Catch up on intermediate school leaving certificate and Abitur

Secondary school leaving certificate and Abitur

Would you like to study? It is also possible to obtain a higher qualification:

- an **intermediate school leaving certificate** („Mittlere Reife“) and / or
- acquire the **general higher education entrance qualification** („Abitur“).

There are three schools in Munich for this:

 [Municipal Franz Auweck Evening School](#)

 [Municipal evening grammar school](#)

 [Municipal Munich College](#)

All schools are free of charge.

Lessons can take place during the day. If you work, lessons can also take place in the evening. In some cases, childcare is also available during school hours.

The conditions for enrolment vary from school to school. Please enquire directly with the schools.

 [Find out more](#)

General advice and information

Would you like to know more about the routes to your school-leaving qualification? Then you can get advice. The "" [IBZ Language and Career Centre](#) will take a look at your personal situation. And will give you an overview of your options. The counselling is free of charge.

Vocational schools

Business school, specialised upper secondary school, vocational upper secondary school

Business school, specialised upper secondary school, vocational upper secondary school

These are vocational schools. This means that you are taught school subjects and vocational subjects there. School subjects are, for example, English, German and maths. Vocational subjects include electrical engineering, media and nutrition.

Which subjects are taught depends on the school.

The schools have different requirements.

Business school

- Who for: For pupils in sixth grade and above.
- The focus is on business subjects.
- Qualification: Intermediate school leaving certificate.
With this qualification, you can start an apprenticeship or attend a **specialised secondary school (FOS)** . In some cases, the intermediate school-leaving certificate shortens the duration of the apprenticeship.

Fachoberschule (FOS) and Berufsoberschule (BOS)

The schools have different specialisations. There are, for example, technology, business or health. You can choose what suits you best.

If you want to attend FOS, you need a secondary school leaving certificate. If you want to attend BOS, you need a secondary school leaving certificate and a completed apprenticeship or you must have worked in a profession for several years.

- Qualification: Fachhochschulreife (Fachabitur)
- Qualification with a second foreign language: General higher education entrance qualification (Abitur)

 [Information](#) on [FOS](#)  [Locations FOS](#)

 [Information about BOS](#)  [Locations BOS](#)

Each school has different dates and different types of enrolment. You will receive information directly from the school. Information events are also often held at the schools.

Do you have any questions? Let us advise you!

If you have any questions, you can seek advice: >>> [Educational counselling](#)



The state helps people who have little money to finance their education. You can find more information here: >>> [Office for Training Assistance](#).

Vocational school

Vocational school

A vocational school is attended by people who are undergoing vocational training.

There are two types of vocational training programmes:

- In [dual training](#), students attend both a training company and a school. These schools are called "Berufsschulen".
 [List of Berufsschulen](#).
- In [school-based training](#), students only attend school. These schools are called "Berufsfachschulen".
 [List of the Berufsfachschulen](#).

The dates and requirements for enrolment vary depending on the school. Please enquire directly at the respective school.

Before enrolment, there are usually events at the schools where you can get information.

 [Find out more](#)

In school education, it depends on your personal situation whether state support is possible. One example of this is the [Bundesausbildungsförderungsgesetz](#) (BAföG).

Professional development

Professional development

Some people want to learn more in their profession. Or they have learnt a profession but would now like to try something new.

Have you already completed vocational training? Would you like to continue your education? It is also possible to gain entry to a university of applied sciences or university.

Further vocational training is possible at various vocational schools. These include vocational schools (master craftsman schools, technical schools) and specialised academies. Further training usually consists of full-time lessons.


The dates and requirements for enrolment vary depending on the school. Before enrolment, events are usually held each year at the schools to provide information. For more detailed information, please contact the school directly.

 [Find out more](#)

If you have little money, you can check whether [state support](#) is possible.

If you need advice, contact the [education counselling](#) service:

@bildungsberatung@muenchen.de

 [089/23383300](tel:089/23383300)

 [Website](#)

Counselling is free of charge.

BildungsLokale

What are BildungsLokale?

What is BildungsLokale?

The BildungsLokale offer information, counselling and professional exchange on the subject of education. They are located in various neighbourhoods. They see themselves as signposts for questions about education at any age. The services are aimed at all citizens and people involved in education.

The teams offer open counselling services and are also active in the district.

 [Find out more](#)

All programmes are free of charge.

Offers in the BildungsLokalen:

Educational counselling

We offer counselling on these and other topics:

- Early childhood education, starting school, learning support, offers during the holidays, transition from school to work

-
- Further education for adults, catching up on school-leaving qualifications, language courses, literacy courses, starting a career after a family break or immigration
 - Sports and leisure activities in the neighbourhood

Our team also works with other stakeholders in the district such as schools, day care centres, accommodation and adult education facilities.

Who for: Anyone who has questions about education or needs support, for example if they want to change schools or start further education.

This offer can be found at the following locations: "" [Hasenberg](#), "" [Berg am Laim](#), "" [Neuaubing / Westkreuz](#), "" [Neuperlach](#), "" [Riem](#), "" [Schwanthalerhöhe](#), "" [Ramersdorf](#), "" [Giesing](#).

Open learning workshop

Here you can learn to read, write, do maths and the German language. You learn at your own pace, without pressure, in a pleasant atmosphere. The open learning workshop is an introduction to learning. It prepares you for attending a course.

Who for: For adults who cannot read and write well, who have not been to school or have only been to school for a short time, who want to learn German but cannot attend a course.

You can find this programme at the following locations: "" [Hasenberg](#), "" [Berg am Laim](#), "" [Neuaubing / Westkreuz](#), "" [Neuperlach](#), "" [Riem](#), "" [Schwanthalerhöhe](#).

Language café

Here you can practise speaking German in a relaxed atmosphere. In addition to vocabulary, grammar and idioms, knowledge about life in Germany is also taught. Speakers on important topics are invited from time to time. There are also excursions in the neighbourhood and into the city (for example to museums).

Who for: For adults who want to practise speaking German.

You can find this programme at the following locations: "" [Berg am Laim](#), "" [Neuaubing / Westkreuz](#), "" [Neuperlach](#), "" [Riem](#), "" [Schwanthalerhöhe](#).

This text contains information for the following search terms:

Learn alphabet, repeat language level A1-B1, culture, language support, career entry

Berg am Laim

BildungsLokal Berg am Laim

🗣️ Interpreters can be requested.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Schlüsselbergstraße 4
81673 München

☎ [089/954466480](tel:089954466480)

@ bildungslokal.bl.rbs@muenchen.de

🌐 www.muenchen.de/bildungslokale

Educational counselling

🕒 Monday 13:00 - 17:00

Tuesday 09:00 - 13:00

Thursday 13:00 - 17:00

Friday 09:00 - 13:00

Open learning workshop

🕒 Monday 17:00 - 18:30

Thursday 10:30 - 12:00

Language café

🕒 Tuesday 10:00 - 11:30

Giesing

BildungsLokal Giesing

There is barrier-free access to the building and the rooms.

Schlierseestraße 73
81539 München

☎ [089/620093582](tel:089620093582)

@ bildungslokal.gs.rbs@muenchen.de

Educational counselling

🕒 Monday 13:00 - 17:00

Tuesday 09:00 - 13:00

Thursday 13:00 - 17:00

Friday 09:00 - 13:00

Hasenbergl

BildungsLokal Hasenbergl

There is barrier-free access to the building and the rooms.

Linkstraße 56
80933 München

☎ [089/31202118](tel:08931202118)

@ bildungslokal-hb@muenchen.de

🌐 www.muenchen.de/bildungslokale

Educational counselling

Childcare is available.

📅 Monday 09:00 - 13:00
Tuesday 13:00 - 17:00
Thursday 09:00 - 13:00
Friday 09:00 - 13:00

[Open learning workshop](#)

🗣️ Interpreters are available.
Childcare is available.

📅 Monday 14:00 - 15:30
Friday 10:15 - 11:45

Neuaubing-Westkreuz

BildungsLokal Neuaubing-Westkreuz

There is barrier-free access to the building and the rooms.

📅 Monday 13:00 - 17:00
Tuesday 9:00 - 13:00
Thursday 09:00 - 13:00
Friday 9:00 - 13:00

Radolfzeller Str. 11a
81243 München

☎️ [089/23329255](tel:08923329255)

✉️ @bildungslokal-n-w@muenchen.de

🌐 www.muenchen.de/bildungslokale

[Educational counselling](#)

📅 Monday 13:00 - 17:00
Tuesday 09:00 - 13:00
Thursday 09:00 - 13:00
Friday 09:00 - 13:00

[Open learning workshop for adults](#)

🗣️ Volunteers who speak different languages are present.

📅 Monday 16:00 - 17:30
Thursday 10:00 - 11:30

[Language café for adults](#)

🗣️ There are volunteers who can speak different languages.

📅 Friday 14:30 - 16:00

What we offer:

- We offer advice on pre-school, school, training and further education.
- We help with job applications.
- We print out your applications or learning materials.
- We provide support with learning at home.
- We advise you on how to use your mobile phone and tablet.

-
- We help you prepare for German exams.
 - We provide support with applications for the education and participation package.

We provide advice in person, by phone, mobile phone and email.

Counselling is free of charge.

Local educational counsellors:

Mrs Kerstin Heymann-Deja

 [01525-6871251](tel:01525-6871251)

[@kerstin.heymanndeja@muenchen.de](mailto:kerstin.heymanndeja@muenchen.de)

Mrs Agnieszka Papierowski

[@a.papierowski@muenchen.de](mailto:a.papierowski@muenchen.de)

Neuperlach

BildungsLokal Neuperlach

There is barrier-free access to the building and the rooms.

Peschelanger 8

81735 München


 [089/62837531](tel:089/62837531)

[@bildungslokal-np@muenchen.de](mailto:bildungslokal-np@muenchen.de)

www.muenchen.de/bildungslokale

Educational counselling

Children can be brought along.


 Monday 09:00 - 13:00

Tuesday 09:00 - 13:00

Thursday 13:00 - 17:00


Friday 09:00 - 13:00

Open learning workshop

 Tuesday 08:30 - 10:00

Thursday 14:00 - 15:30

Language café

 Tuesday 17:30 - 19:00 (with previous knowledge)

Monday 09:00 - 10:30 (for beginners)

Ramersdorf

BildungsLokal Ramersdorf

There is barrier-free access to the building and the rooms.

Balanstraße 79

81539 München

 [089/606657171, -72, -73](tel:089/606657171,-72,-73)

@bildungslokal.rd.rbs@muenchen.de

www.muenchen.de/bildungslokale

Educational counselling

📅 Thursday 09:00 - 13:00

Friday 09:00 - 13:00

Riem

BildungsLokal Riem

There is barrier-free access to the building and the rooms.

Willy-Brandt-Allee 18

81829 München

☎ [089/203279602](tel:089/203279602)

@bildungslokal.rm.rbs@muenchen.de

www.muenchen.de/bildungslokale

Educational counselling

🗣️ Interpreters can be requested.

Children can be brought along.

📅 Monday 13:00 - 17:00

Tuesday 13:00 - 17:00

Thursday 09:00 - 13:00

Friday 09:00 - 13:00

Open learning workshop

🗣️ Interpreters are available.

Childcare is available.

📅 Monday 14:00 - 18:00

Tuesday 09:00 - 13:00

Thursday 13:00 - 17:00

Friday 09:00 - 13:00

Language café

Childcare is available.

📅 Monday 14:00 - 18:00

Tuesday 09:00 - 13:00

Thursday 13:00 - 17:00

Friday 09:00 - 13:00

Schwanthalerhöhe

BildungsLokal Schwanthalerhöhe

There is barrier-free access to the building and the rooms.

Ligsalzstraße 2

80339 München

☎ [089/50024749](tel:089/50024749)

@bildungslokal-sh@muenchen.de
www.muenchen.de/bildungslokale

Educational counselling

🗨️ We can organise a person to translate. Please let us know in advance.

Children can be brought along.

🕒 on Monday, Tuesday and Friday 09:00 - 13:00

🕒 on Thursday 13:00 - 17:00

Open learning workshop

🗨️ Interpreters are available.

Childcare is available.

🕒 on Friday 10:00 - 11:30 a.m.

Language café

🗨️ We can organise a person to translate. Please let us know in advance.

Children can be brought along.

🕒 on Tuesday 09:30 - 11:00

School holidays and public holidays

School holidays and public holidays

School holidays

Summer holidays

The summer holidays last six weeks. The period varies from state to state. In Bavaria, they usually cover the whole of August and the first two weeks of September.

Autumn holidays

The autumn holidays last one week and are around the public holiday "Allerheiligen" (1.11.).

Christmas holidays

The Christmas holidays last two weeks. They start around "Heiligen Abend" (24.12.) and end around the public holiday "Heilige Drei Könige" (6.1.).

Spring holidays ("Faschingsferien")

The spring holidays last one week and start on "Rosenmontag".

Easter holidays

The Easter holidays last two weeks. The Easter weekend is in the middle.

Whitsun holidays

The Whitsun holidays last two weeks. The Christian festival of Pentecost is at the beginning of the two-week Whitsun holidays.

You can find out the exact dates of the upcoming school holidays at [🌐 Bavarian State Ministry of Education and Cultural Affairs](#).

Public holidays in Bavaria

Public holidays are days when people do not go to work and shops and public authorities are closed. Some have a religious background, others a political one. Some are always on the same day, others shift from year to year.

- 1 January (New Year)
- 6 January (Three Wise Men)
- Good Friday
- Easter Monday
- 1 May (Labour Day)
- Ascension Day
- Whit Monday
- Corpus Christi
- 15 August (Assumption Day)
- 3 October (Day of German Unity)
- 1 November (All Saints' Day)
- 25 and 26 December (Christmas Day and Boxing Day)

Here you can find the exact dates of the [public holidays in 2025](#).

Religious holidays of different religions

Jewish pupils are exempt from attending lessons and other school events on the following days:

- on the first two days and the last two days of Easter
- on both days of the Feast of Weeks
- on the first two days and the last two days of the Feast of Tabernacles
- on both days of the New Year
- and on the Day of Atonement

Muslim pupils are exempt from attending lessons and other school events on the following days:

- on the first two days of Ramazan Bayrami
- on the first two days of Kurban Bayrami

Pupils of Orthodox denominations are exempt from attending classes and other school events on the following days

- Good Friday, Holy Saturday, Easter Monday, Whit Monday, Christmas Day, the Feast of Theophany and Ascension Day.
- The holidays may fall on different dates for the various Orthodox Christian churches.

Private tutoring

Tutoring - General information

Tutoring - General information

Tutoring or learning assistance is additional support for a school subject outside the classroom. This usually has to be paid for by the student.

Tutoring and learning assistance are useful, for example, if the pupil has poor grades and may not make it to the next grade. Or if the school-leaving certificate is at risk. Or if someone does not know a lot of the content in class. Talk to the teachers at school and ask whether tutoring or learning assistance would be useful. Perhaps the school itself has an offer.

It is possible to get money for tutoring. You can apply for support at your local [social centre](#).

 [Find out more](#)

Learning and homework help from Bellevue di Monaco

Learning and homework help from the Bellevue di Monaco

We offer help with homework, learning and preparing for exams.

Here, people help you learn in their free time. They can help with

- Homework in language courses, school or vocational school.
- When studying for exams.
- Speaking German.
- Practising writing.

Please bring your homework and school books.

Who for: For refugees aged 18 and over


For our newsletter, save this number: [+4917645571527](https://www.whatsapp.com/chat?phone=4917645571527) and write "Lernhilfe" in the Whatsapp chat.


 [Find out more](#)


Just drop by, registration is not necessary.

The programme is free of charge.


 Bellevue di Monaco, Müllerstraße 2, 80469 München


 Monday 16:00 - 19:00

 Tuesday 14:00 - 16:00

 Wednesday 14:00 - 16:00

 Wikimedia-Büro, Angertorstraße 3, 80469 München

 Thursday 16:00 - 18:00

 Friday 14:00 - 16:00

 [089/55057751](tel:08955057751)

 [@sprachpartner@bellevuedimonaco.de](mailto:sprachpartner@bellevuedimonaco.de)

**This text contains information for the following search terms:
exam preparation, learn German**

MINT learning group by women for women (MINT: mathematics, computer science, natural sciences and technology)

MINT learning group by women for women

The learning group is offered by a voluntary group from Engineers Without Borders for refugee women. The aim is to strengthen their abilities in MINT subjects in a secure environment. It is a drop-in programme and you do not need to register in advance.

Who's it for: Women refugees from 18 years

Places are limited.

The service is free.

You can bring your children with you.

Barrier-free access to the building and premises is available.

Bellevue di Monaco
Müllerstr. 2 and 6
80469 Munich

every Saturday 14 - 16



[089/55057750](tel:08955057750)

info@bellevuedimonaco.de

<https://bellevuedimonaco.de/mint>

**This text contains information about the following search terms:
Private tutoring, women, maths, natural sciences, informatics, technology**

Learning at home? We help

Learning at home? We can help

There are various services that can help you with your learning:

- Support with homework and tutoring
- Conversation course: Practise speaking German
- Computer courses
- Apps or websites that help you learn. For example [StudySmarter](#) or [Twinkl](#)
- and many other offers

Here you can find more information in [German](#), [English](#), [Arabic](#) and [Farsi](#).

We advise refugee children with a refugee or migrant background on these offers. We also advise the parents of the children and the people who look after the children. You are welcome to call us:

 [0800-0005802](tel:0800-0005802)

Who for: Pupils who attend one of the following schools: Grundschule, Mittelschule, Realschule, Förderschule

The offer is free of charge.

■ German or English

@ kontakt@willkommen-in-muenchen.de

🕒 from Monday to Friday 9:00 - 17:00

 [Website](#)

Advice and help / Problems at school

Psychological counselling for problems at school

Psychological counselling for problems at school

The Central School Psychological Service helps pupils and their parents/guardians,

- if there are problems at school.
- if you want to improve your learning and concentration.
- if you are confronted with fears, worries or stress at school.

Please feel free to make an appointment with us. In a personal discussion, we will look together for solutions and possibilities of how and what we can change.


Who for: Pupils at municipal secondary schools aged ten and over and their legal guardians.


The programme is free of charge.

🗣️ We can organise a person to translate. Please let us know in advance which language you speak.


You can also bring your children to the appointment.

There is barrier-free access to the building and the rooms.

 From Monday to Thursday 8:30 - 16:30

 On Friday 8:30 - 13:30

Zentraler Schulpsychologischer Dienst

 [Neuhauser Straße 39, 80331 München](#)

 [@schulpsychologie@muenchen.de](mailto:schulpsychologie@muenchen.de)

 [+49 \(0\) 8923340940](tel:+49(0)8923340940)

 <https://www.pi-muenchen.de/profil/wir-ueber-uns/f...>

This text contains information on the following search terms:

Bullying, trauma, grades, exam anxiety, school stress, secondary school, grammar school, vocational school, vocational college, specialised secondary school, vocational high school, vocational schools, vocational preparation, vocational integration

JIZ - Counselling for school stress and/or bullying

JIZ - Counselling for school stress and/or bullying

Are you stressed at school? Do you sometimes want to stop going at all? Or do you as a parent realise how much school is stressing your child out?

Reasons for this can be stress about grades, pressure to perform, exam nerves or conflicts or bullying.

Bullying means repeatedly and regularly harassing other people and hurting them emotionally. Examples of bullying include spreading false information, threats of violence, social exclusion or constant criticism. It can happen in different places: at school, at work, at sports clubs or on the internet ("cyberbullying").

We can advise you. Together we will find a solution.

Are you or your child affected? The experts at PIBS offer regular consultation hours on all aspects of school stress and bullying.

PIBS = Psychological information and counselling for pupils and parents

 [Find out more](#)

Who for: Pupils and their parents

The service is free of charge.

Please make an appointment.

There is barrier-free access to the building and the rooms.

Jugendinformationszentrum (JIZ)

 [Sendlinger Straße 7, 80331 München](#)

[@info@jiz-muenchen.de](mailto:info@jiz-muenchen.de)

[+49 \(0\) 8955052150](tel:+49(0)8955052150)

**This text contains information on the following search terms:
Help, youth counselling, youth information, youth, young adults, problems**

University study

General information





General information

There are many different degree programmes in Germany. There are also different types of higher education institutions:

- Universities (academically orientated)
- Universities / universities of applied sciences (practice-orientated)
- Dual universities / dual study programmes: These combine vocational training with a degree course. During this time you receive a salary.
- Universities for art, film or music




There are state and private universities. Private universities often cost a lot of money. However, the quality is not necessarily better.

There are many helpful websites on the Internet to help you find your way around:

-  [Hochschulkompass](#) (all degree programmes and universities in Germany)
-  Study in Germany [General information](#), [information for refugees](#)
-  [Employment Agency](#)
-  [German Academic Exchange Service](#) (DAAD)

Requirements

If you would like to study in Germany, you need an authorisation to do so. The authorisation is called Hochschulzugangsberechtigung (abbreviation: HZB) or Abitur. If you do not have a German Abitur, you can check whether you can study with your school-leaving certificate. On the website uni-assist.de you can check what options you have with your school-leaving certificate.

You can find more information at  [Anabin](#), on the website  ["Anerkennung in Deutschland"](#) and at  [DAAD](#).

If you would like to study in Germany, you must prove that you have a good knowledge of German ("" [language level C1](#)). To do this, you must take an exam. For example TestDaF, DSH or telc C1 HS. If you pass the exam, you will receive a certificate. You will need the certificate to apply for the degree programme.

You can obtain information directly from the university at which you would like to study. Most universities offer counselling. Please also note the deadlines by which you can apply for a

degree programme!


Funding

It is possible to obtain funding or a scholarship. Further information:

 [Educational counselling GF-H \(University Guarantee Fund\)](#)

 [DAAD](#)

No university entrance qualification

If you are not allowed to study in Germany with your school-leaving qualification, you can attend a  [Studienkolleg](#) study programme. There you will be specifically prepared for studying in Germany. If you successfully complete the programme, you can then study in Germany. The prerequisite is that you have a school-leaving qualification that allows you to study in your home country.

 [Information on the costs](#)


Financing the study programme




Financing your studies

Many students work alongside their studies. It is important that you do not neglect your studies as a result. It is regulated by the state that you are not allowed to work more than 20 hours a week during the lecture period. If you exceed this number of hours, you may be excluded from the university. You must also note that there is a maximum number of semesters until you complete your Bachelor's or Master's degree. You may not exceed this number of semesters.

Financial support from the state

You can check whether you can receive financial support from the state. There are various possibilities. Examples include the "" [Federal Training Assistance Act](#) (BAföG) and "" [housing benefit](#).

BAföG is intended to help students who cannot be financially supported by their parents. They receive a monthly sum of money (over a fixed period). How much money you receive depends on your personal circumstances, for example how much you earn. Not every student can claim BAföG. The responsible BAföG office must review each application individually. As a rule, only one degree programme is funded. In addition, you must not be older than 30 for a Bachelor's degree programme and 35 for a Master's degree programme. Information in plain language can be found at  [Federal Ministry of Education and Research](#).

There are numerous **scholarships** that you can apply for. You can get an overview, for example, at  [www.studienwahl.de](#) and on the  [website of the Deutschlandstipendium](#) as well as at  [Bildungsberatung Garantiefonds Hochschule](#) in Munich.

Working during your studies

"Werkstudent" / "Werkstudentin"

It is possible to work in an area related to your degree programme. For example, you may be employed by a company. There you can gain initial experience and earn money on the side. Companies usually offer contracts for ten to twenty hours per week.

Another advantage is that working students with good grades are often taken on as employees after graduation. Find out from companies whether they offer jobs for working students.

SHK = „Studentische Hilfskraft“

These are advertised positions at universities. Many of them can be found on the information boards at the college/university. Or you can ask in person at the student counselling service. In such a job, you work a fixed number of hours each week (maximum 20 hours). This involves completing tasks for a lecturer, a department or a university organisation.

"Minijob" (maximum €538 per month)

Many students work in catering alongside their studies. For example, at the bar or as a waitress. Others give private tuition or help with childcare. You will need to discuss with your employer how much you will be paid per hour. Such job offers can often be found on the information boards at the university.

"Minijob" means that you are marginally employed. This in turn means that you do not have to pay taxes or social security contributions (unemployment insurance, health insurance and long-term care insurance).

You can also have several mini-jobs at the same time. It is important that the wages from all mini-jobs together do not exceed €538 per month. If your salary exceeds €538 per month, you are no longer considered to be in marginal employment. Social security contributions are then due.

With such jobs, you can flexibly organise when, how often and for how long you work. For this reason, a mini-job is usually easy to combine with your studies. Further information can be found at [!\[\]\(54bde4336d485a277fa665a8bd69068d_img.jpg\) Minijob-Zentrale](#).

Brücke - Counselling centre for international students

Brücke - Counselling for students from abroad

We advise people who are studying in Munich, Rosenheim, Freising or Landshut.

Our offer:

- We support you if you have too little money or are in debt
- We support you with the awarding of scholarships
- We support you in dealing with the authorities
- We provide advice on residence and visa issues
- We help in difficult situations and crises
- We refer you to other specialised services

The service is free of charge.

Caritas Brücke - Beratungsstelle für internationale Studierende
Leopoldstr. 11
80802 München

☎ [089/38103151](tel:08938103151) (📅 every Friday from 10:00 to 11:00)

✉ [@bruecke@caritasmuenchen.org](mailto:bruecke@caritasmuenchen.org)

🌐 [Website](#)

Student counselling at Munich University of Applied Sciences

Student Counselling at Munich University of Applied Sciences

We advise you on all topics relating to studying. For example, on the various degree programmes, admission requirements and how to apply for a place.

🌐 [Find out more](#)

Who for: For people with a university entrance qualification and advanced German language skills who are interested in studying a degree programme in technology, business, social work, nursing or design.

Children can be brought along.

There is barrier-free access to the building and the rooms.

The offer is free of charge.

Please make an appointment. You can call, write an e-mail or book an appointment [online](#) at 🌐. You can choose whether the appointment should take place on site, online or by telephone.

Hochschule München

Lothstraße 34

80335 München

☎ [089/12651121](tel:08912651121)

✉ [@daniela.becht@hm.edu](mailto:daniela.becht@hm.edu)

Introduction to studying

Introduction programme to studying at the Ludwig-Maximilians-Universität (LMU)

Would you like to start a degree programme? Or have you started studying abroad and would like to continue your studies in Germany? We support people who would like to study but do not yet speak German well enough, for example. The programme lasts a maximum of one year.

🌐 [Find out more](#)

The programme is designed to make it easier to start or continue your studies. It includes

- Talks to help you with orientation
- Free 🌐 [German courses at the University of Munich](#)

Who for: For refugees or asylum seekers aged 18 and over.

You can register until 15 January and 15 July. You can find the degree programmes you can study at LMU at [here](#). While you are taking part in the programme, you can only choose degree programmes that have no admission restrictions.

Prerequisite:

- At least 18 years old
- Residence status
- German at level B1
- Original certificates
- curriculum vitae
- Letter of motivation

The offer is free of charge.

🗣️ The orientation interviews can be held in German, English or French.

You can bring your children to the orientation interviews.

There is barrier-free access to the building and the rooms.

Ludwigstraße 27
80539 München
Underground station "Universität"

Mrs Esnouf in the International Affairs Department is your contact person:

☎️ [089/21802019](tel:08921802019)

[@mesnouf@lmu.de](mailto:mesnouf@lmu.de)

[@Gefluechtete.International@Verwaltung.uni-Muenche...](mailto:Gefluechtete.International@Verwaltung.uni-Muenche...)

Career, dual study or apprenticeship training with the Federal capital city of Munich

Career, dual study programme or apprenticeship at the City of Munich

Around 42,000 people work for the City of Munich and ensure that everything runs smoothly: in administration, waste collection, transport planning, social centres, the municipal nursery, schools and kindergartens and many other areas. We make sure that there are playgrounds, theatres, housing and schools.

There are many different areas of responsibility.

Requirements: Curiosity, openness and a willingness to embrace new things and actively help shape change.

We are committed to equality, equal opportunities and anti-discrimination.

We have an interest in our employees working for us in the long term. We also offer attractive training and development programmes.

muenchen.de/career
muenchen.de/muenchenarbeitetbunt

Training and studies:

You can find an overview of possible apprenticeships and degree programmes here: muenchen.de/ausbildung

We offer: Help with finding accommodation, good support, study trips, internships abroad, seminars.

If you are committed to the city of Munich with its more than 1.5 million inhabitants and want to help shape it, you've come to the right place. Become part of the City of Munich team!

amiga – Career Center for Internationals

amiga - Career Center for Internationals

Sometimes looking for a job can be very difficult despite being highly qualified. Especially for people who have not lived in Germany for very long. We would like to support you in overcoming these difficulties. We advise international professionals and students on the following topics:

- Planning your career
- Searching for a job
- Starting your career

We support you in entering the labour market. There are many free programmes. Most of them are online, in English and flexible in terms of time:

- Counselling & training
- Seminars & workshops
- Events with companies where you can network.
- Sponsorships

Here you will find [current events](#).

For a consultation, please make an appointment.

[089/3188090](tel:0893188090)
[@info@amiga-muenchen.de](mailto:info@amiga-muenchen.de)
[Website](#)

Digital skills / Computer courses

Go digital! Support and help with questions about computers, mobile phones, internet, etc.

Go digital! Support and help with questions about computers, mobile phones, internet, etc.

We support you on your way into the digital future. We provide general basic knowledge and help with all questions and IT problems:



Would you like to make an appointment with a public authority and need to fill out a contact form?

Would you like to register with the job centre but can only do so electronically?

Do you need an e-mail address to register?

Do you want to know when and where you can apply for something?

You can bring your letters or forms with you. We will then fill them out together. We will answer your questions. We work on various topics in small groups:

- Filling out a form, for example from the immigration office
- Online counselling via  [mbeon](#)
- Search for a flat online
- Log in to [SOWON](#) and register for a flat
- Installing a programme
- Read and send emails
- Participate in a video conference
- Online banking
- Information about online dangers and data protection
- Book a place at kindergarten via  [Kita-Finder](#) make a reservation

Who for: Migrants and refugees

The offer is free of charge.

 German. Difficult terms are translated into English and Dari/Farsi (Persian).

In an [educational centre](#). You will be informed of the exact location after registration.

Registration by telephone or e-mail:

 [015778875956](tel:015778875956)

 [@christine.mueller@brk-muenchen.de](mailto:christine.mueller@brk-muenchen.de)

 [Website](#)

CUP - Your way into the digital world

CUP - Your way into the digital world

Life without the internet, computer or mobile phone is almost impossible these days. Nevertheless, using digital devices and media is a challenge for many people.

We can provide you with tips and help on all online topics. For example, on the following topics:

- Online applications
- e-mails
- Making appointments

-
- Searching for a job
 - job applications
 - and much more

Who for: Anyone looking for support with digital tasks.

We also offer presentations on digital topics.

The offer is free of charge. There is also free WLAN in our cafeteria.


Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Orleansstraße 2, 81669 München (Corner Balanstraße)


 [089/693145530](tel:089693145530)

 [@cup.digital@daa.de](mailto:cup.digital@daa.de)

 From Monday to Friday 09:30 - 17:00

 [Website](#)

There are additional options for [Jobcentre](#) customers:

- Borrow laptops
- Internet and computer training for everyday life and work
- Advice on professional orientation and qualification in the field of IT
- Advice on online banking, safe surfing on the internet, using apps
-  Prerequisite: German at least at [level](#) A2 or fluent English

This text contains information on the following terms:

Digitalisation, smartphone, 3D printing, VR glasses, Skype, IT, training, further education, programming

AbilityAid - Counselling for refugees with disabilities or chronic illnesses

AbilityAid

We provide counselling for people with a history of flight with a disability or chronic illness. Counselling takes place by telephone or in our office. We also offer computer courses (e.g. Word, Excel, Internet) and German practice courses.

Who for: People with disabilities or chronic illnesses and their relatives.

The programme is free of charge.

 Support from interpreters is possible.


Children can be brought along.

Please make an appointment for counselling.

 From Monday to Friday from 09:00 to 17:00

There is barrier-free access to the building and the rooms.

AbilityAid

 [Dachauer Straße 21a, 80335 München](#)

 @ability@arrivalaid.org

 [+49 \(0\) 8959998823](tel:+49(0)8959998823)

 <https://arrivalaid.org/abilityaid/#beratung-kurse>

**This text contains information on the following search terms:
Practice courses, Conversation courses**

ReDI School of Digital Integration


ReDI School of Digital Integration


ReDI School is a school for digital education. We offer many different programming and computer courses. There are also special courses for children, young people and women.


There is also the opportunity to take part in a programme that promotes careers. In this programme, you work together with companies, start-ups and people from the IT sector.

Who for: Refugees, migrants, people without access to digital education

Most courses are free of charge. For some courses you need a "Bildungsgutschein".

Here you can find the  [courses](#).


If you would like to register, please fill out the  [form](#).

 The courses are held in German, English or Ukrainian. Support by interpreters in Arabic-English, Ukrainian/Russian-English.

 ReDI School, Rosenheimer Str. 139, 81671 München

 [015780229114](tel:015780229114)

 @servus@redi-school.org

 From Monday to Thursday 9:30 - 14:00

 [Website](#)

**This text contains information on the following terms:
digital competence, programming, IT course, coding**

Digital help - support for smartphones, tablets and computers

Digital help - support with smartphones, tablets and computers

An offer for anyone who needs help using a smartphone, tablet or computer and doesn't know who to ask.

Experts will answer your questions, for example how to use apps, set up an e-mail address, send e-mails or search for information on the Internet. It's not just about technology, but also about digital communication and culture.

Counselling is free of charge.

■ Armenian, Dari, English, Farsi, Romanian, Russian, Spanish, Turkish

If you have a question or a problem, you can call us around the clock or send us an e-mail. Describe your problem and we will respond as quickly as possible:

☎ [089/21528594](tel:08921528594)

@ kontakt@digitalehilfe-muc.de

🌐 [Website](#)

You can also come to our open consultation hours:

📅 every Tuesday from 12:00 to 18:00

📍 PIXEL, Rosenheimer Straße 5, 81667 München (in the passage in the old Gasteig/fatcat)

📅 every Friday from 10:00 to 16:00

📍 z'sam, Theresienstraße 63, 80333 München

Children can be brought along.

There is barrier-free access to the buildings and rooms.

**This text contains information on the following search terms:
Internet questions, mobile phone**

Support in dealing with digital media: SIN - Studio im Netz e.V.

SIN - Studio im Netz e.V.

We help children, young people, adults and senior citizens to use digital media competently.

The programmes are free of charge.

🌐 [Website](#)

Media consultation hour in the Kreativlabor:

📍 Kreativlabor, Ute-Strittmatter-Straße 6, 81248 München

For all questions about media, technology, laptops and smartphones. The topics are collected and discussed together. Please bring your mobile devices with you. No registration necessary, just drop by during the time.

📅 Every 1st Thursday of the month from 15:00 to 16:00

For senior citizens:

📍 SIN - Studio im Netz e.V., Heiglhofstraße 1, 81377 München

For all questions relating to media, technology, laptops and smartphones. The topics are collected and discussed together. You are welcome to bring your mobile devices.

📅 Every 1st Monday from 14:00 to 15:30

Registration by phone or e-mail:

☎ [089/72477700](tel:08972477700)

@ sin@sin-net.de

**This text contains information on the following search terms:
Media, media literacy, media education, education, culture, families, educational professionals, join in**

Work, apprenticeship training

General information

Munich Employment Agency

Munich Employment Agency

The Employment Agency is a contact point for questions about work, training and careers.

Who for: People who are authorised to work in Germany.

We support you individually in your integration into training and work. There are various programmes in which you can acquire professional skills and job-related German language skills. The long-term goal is to recruit skilled workers for the Munich labour market.

Permanent or recurring support from the Munich Employment Agency offers you the opportunity to develop your career and become a skilled worker.

🌐 [Information for people from abroad](#)

The offer is free of charge.

📍 Agentur für Arbeit München, Kapuzinerstraße 26, 80337 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📅 Monday to Friday 08:00 - 12:30, Thursday 14:00 - 18:00

☎ [0800/4555500](tel:08004555500)

☎ [089/51545555](tel:08951545555)

🌐 [Website address](#)


Postal address:

Agentur für Arbeit München
80304 München

Job centre

Job Centre of the City of Munich ("Jobcenter")

The job centre helps people who are looking for work and their families.

-
- We provide information and advice on work and training.
 - We provide information and advice on funding opportunities.
 - We support you in finding a job.
 - We support education and participation for children and young people
 - Financial support "Grundsicherung" (SGB II)
 - You can obtain [financial support for living expenses at](#)  (Bürgergeld, Sozialgeld)

Other tasks:

- We refer people to the [integration language courses](#) organised by BAMF (Federal Office for Migration and Refugees).
- We check whether someone is suitable for a job.
- We refer people to special programmes for refugees.

Who for: People with a residence permit who are authorised to work in Germany. We advise and support you regardless of your nationality.


The job centre is not responsible for people with a residence permit or tolerated stay permit. These people should contact the [IBZ - Sprache und Beruf](#).


Benefits according to SGB II

If you have not yet worked in Germany or have worked for less than a year and are now unemployed, you are generally entitled to benefits in accordance with SGB II. You will receive these benefits from the job centre. The benefits include

- Citizen's allowance
- Costs for accommodation and heating
- Money for counselling, placement and integration into work



The basic income support (Grundsicherung für Arbeitssuchende SGB II) is intended to strengthen people's personal responsibility. It is intended to help people find work again and earn enough money for themselves and their family or partnership.

 [On the homepage](#) you will find an overview of the support services designed to help people find work.

Please discuss your concerns with your local employment agency. You can find the contact details [at](#)  [here](#).

Contact

You will find the job centre in each of [Munich's](#) twelve [Sozialbürgerhäuser](#) (SBH). Which one is responsible for you depends on your home address.

 Find the Social Citizens' Centre that is responsible for you by entering your address in the  [search field](#).

If you are homeless, please contact:

 Jobcenter Zentrum für Wohnen und Integration (ZWI), Franziskanerstraße 6-8, 81669

München

Chamber of Crafts

Chamber of Crafts

The Handwerkskammer (HWK) for Munich and Upper Bavaria is responsible for skilled trades. It has several tasks:

- It provides training in over 130 skilled trades. Further information on training can be found [here](#).
- It recognises skilled trades that were acquired abroad. You can find more information [here](#).
- It advises people who want to become self-employed in a skilled trade.

 [08951190](tel:08951190)

 info@hwk-muenchen.de

 [Website of the HWK](#)

Chamber of Industry and Commerce (IHK) for Munich and Upper Bavaria

Chamber of Industry and Commerce (IHK)

The IHK has various tasks relating to training.

For example, it is responsible for registering training contracts. It monitors the quality of vocational training and organises the examinations at the end of training. The IHK also offers career guidance programmes, trade fairs and events.


There are also various programmes:

- A consultation hour supports refugees and migrants on the topic of training. The service takes place online once a week:
[Counselling on integration](#)
- If you would like to start your own business, you can get advice here:
[Munich start-up office](#)
- If you have completed a vocational qualification abroad, you can have it [recognised](#).
- If you have worked in a profession for a longer period of time and have experience, you can have your [skills recognised](#).

These services are free of charge.

 [Website of the IHK](#)


 info@muenchen.ihk.de

 [089/51160](tel:089/51160)

Information for companies


Information for companies

munich business - Promoting the economy in Munich

The  [website](#) provides information on questions and activities relating to business. You will find advice and networking opportunities there.

Who for: For companies, self-employed people, founders, investors and skilled workers. The prerequisite is that your company is in Munich or will be in the future.

All offers are free of charge.


 [089/23322644](tel:08923322644)


 [contact form](#)

Recruitment of skilled labour from abroad

Do you want to hire or train a person who comes from a country outside the EU?
A new law has been in place since March 2024: "Fachkräfteeinwanderungsgesetz". The law makes it easier for people from abroad to come to Germany to work.

 [Make it in Germany](#) provides information for companies in German and English.

The  [BQ-Portal](#) bundles information on foreign professional qualifications and vocational training systems. The Federal Ministry of Economics and Climate Protection is responsible for the information.


 [02214981873](tel:02214981873)

 [@projektbuero@bq-portal.de](mailto:projektbuero@bq-portal.de)

With a power of attorney from the skilled worker, you can initiate an accelerated procedure at the Foreigners' Registration Office.

 [Find out more](#)

Procedure of the process




- The foreigners authority obtains the approval of the **Federal Employment Agency** and checks the requirements. The recognition centres and the Federal Employment Agency must decide **within certain deadlines**.
- If all requirements are met, the skilled worker can apply for the visa. To do this, they need an appointment at a [mission abroad](#) at . The appointment must take place within three weeks.
- Once the visa has been applied for, a decision is usually made within a further three weeks.

Costs

The procedure currently costs €411. There are additional costs, for example for the visa, certified copies or translations.

Counselling on the recognition of foreign professional qualifications

Which counselling centre is responsible depends on the training of the skilled worker:

-
- The  [Chamber of Crafts](#) will advise you on professions in the skilled trades.
 - The  [Chamber of Industry and Commerce](#) will advise you on professions in industry and commerce.
 - The  [Immigration Information Centre \(FIZE\)](#) will advise you on all other professions.

Family reunification

If the necessary requirements are met, the spouse and children of the skilled worker can also enter the country. A separate application must be submitted for this.

For people who live abroad and want to work in Munich

Information on


Information for people who live abroad and want to work in Munich


The Skilled Labour Immigration Act

A new law has been in force since March 2024. The law makes it easier for people from abroad to come to Germany to work. Various rules have been changed. They relate to entering the labour market, entering the country to look for work or the recognition of foreign qualifications.

Information on the new law can be found at  [here](#).

Further information:

 [Make it in Germany](#) A federal government website for skilled workers from abroad. It offers helpful information in 21 different languages on job searches, applications and working in Germany.

 [Make it in Munich](#): A website for skilled workers and young professionals from abroad who would like to come to Munich to work. You will find information in English about living and working in Munich. There is also the opportunity to get advice before you arrive or to take part in a course. This can help you prepare for your arrival in Munich.

 [Contact form](#)

Immigration counselling for skilled workers from abroad

Immigration counselling for people who have a foreign qualification

We advise and support you if you are still abroad: From the recognition of your professional qualifications to your arrival in Munich.

We advise you individually and free of charge.

We advise you via video call, telephone, e-mail and in person.

What happens during the consultation?

- We inform you about legal regulations.
- We advise you on recognition.
- We explain what the recognition notice means and what the next steps are.
- We will help you find a suitable qualification to improve your career opportunities.

Who can receive counselling?

The counselling is aimed at people who

- are still abroad
- would like to work in Munich or neighbouring districts
- have a degree or qualification from abroad: for example, a degree or vocational training programme

Fachkräfteeinwanderungsberatung (FEB)

 [Franziskanerstraße 8, 81669 München](#)

 [@einwanderung-fachkraefte.soz@muenchen.de](mailto:einwanderung-fachkraefte.soz@muenchen.de)


 [+49 \(0\) 8923340193](tel:+49(0)8923340193)

 <https://stadt.muenchen.de/service/info/abteilung-...>

Work permit

Work permit for EU and EEA citizens


Work permit for EU and EEA citizens



Citizens from the countries of the European Union (EU) and the  [European Economic Area](#) (EEA) enjoy "**Freizügigkeit**". This means that they can travel and reside freely in all of these countries:

- Belgium
- Bulgaria
- Denmark
- Estonia
- Finland
- Finland France
- Greece
- Great Britain
- Ireland
- Iceland

-
- Italy
 - Croatia
 - Latvia
 - Liechtenstein
 - Lithuania
 - Luxembourg
 - Malta
 - Netherlands
 - Norway
 - Austria
 - Poland
 - Portugal
 - Romania
 - Sweden
 - Slovakia
 - Slovenia
 - Spain
 - Czech Republic
 - Hungary
 - Cyprus

You and your family do not need a work permit. You can simply look for work there. There are different rules depending on the country.

Do you want to become self-employed in Germany as an EU or EEA citizen? Then please contact the  [trade office](#) in the district administration department.

Would you like to stay in Germany permanently? Then you should apply for a certificate of permanent residence. The relevant information is available at  [German](#) and  [English](#).

Work permit for third-country nationals

Work permit for third-country nationals

The rules for work permits for people from countries outside the [EU/EEA](#) are very complex.

For people who have a residence permit, access to the labour market depends on the purpose of their stay in Germany. The [foreigners authority](#) will inform you about this when you apply for your residence permit.

For people who are in the asylum procedure, access to the labour market depends on many different factors. For example, the time of entry, your country of origin or the duration of your stay. Some groups of people are not allowed to work. Recently, the laws have been changing very frequently. It is therefore highly recommended that you seek advice on the [labour market](#).

Here is some important general information:

A work permit is required for almost every job. The permit is noted in your residence permit. It states whether you are authorised to pursue a professional activity in Germany.

Please note that you generally also need this entry in your residence permit for the following jobs:

- marginal employment (mini-job)
- most internships
- Vocational training

If you do not have a work permit and work anyway, this can jeopardise your residence and lead to a permanent work ban.

Since November 2023, a new law has been in force for people from abroad who want to work in Germany. It is called [the "Skilled Immigration Act"](#). The changes are summarised for you here:


 [Website](#)

Recognition of foreign professional qualifications

How does recognition work?


How does recognition work?

Have you studied abroad? Or learnt a profession? Or worked in a profession? Then you can have it checked whether this qualification can be recognised in Germany. The competent authority will then compare your profession with a similar German profession. Each case is examined individually. This process is called the recognition procedure.


The database  [anabin](#) provides information on the education systems of around 180 countries. This will give you an initial assessment.


Further information can be found at  [www.erkennung-in-deutschland.de](#).

Which organisation is responsible?

You can find out using the  [Recognition Finder](#).

Can I get financial support for the recognition procedure?

The recognition process is associated with costs. The  [recognition grant](#) can provide financial support here. Applications can be submitted until 30.06.2027.

 Forschungsinstitut Betriebliche Bildung (f-bb) gGmbH

Mühlenstr. 34/36

09111 Chemnitz

 [037143311222](tel:037143311222)

@anerkennungszuspruch@f-bb.de

Counselling and support:

There are four advice centres in Munich that can support and guide you through the recognition process:

- [IHK](#) for professions in industry, trade, catering and services
- [HWK](#) for skilled trades professions
- [Service centre for the development of foreign qualifications](#) for all other professions
- [ValiKom Transfer](#) for people who only have work experience but no qualification

What happens after the exam?

You will receive a notification after the examination. This will state the result of the examination:

- is recognised
- is not recognised
- there are differences between your qualification and the corresponding German profession. You can usually compensate for such differences by attending a course.

If you still need a qualification for recognition or there is no recognition for your profession, you can contact the Qualification Support Centre. They will provide you with advice and help in finding suitable courses or possible funding for the courses.

🗣️ German, English, Greek and Spanish. There are people who can translate other languages. Please let us know in advance which language you speak.

The offer is free of charge.

🕒 Monday to Friday 09:00 - 16:00

There is barrier-free access to the building and the rooms.

Qualifizierungsbegleitung

📍 [Franziskanerstraße 8, 81669 München](#)

✉️ @qualifizierung.soz@muenchen.de

☎️ [+49 \(0\) 8923340502](tel:+49(0)8923340502)

☎️ [+49 \(0\) 8923340212](tel:+49(0)8923340212)

🌐 <https://stadt.muenchen.de/service/info/abteilung-...>

Service centre for the development of foreign qualifications

Advice on the recognition of professional and academic qualifications from abroad

Have you studied or learnt a profession abroad? Would you like to have this recognised in Germany? We can advise you!

We will inform you about the various options. We will answer your questions and support you with the application. We provide information on financial aid and guide you through the process.

If you wish, we can arrange suitable courses and qualifications for you. The [Munich Mentoring Partnership](#) is one example.

We can advise you in person or by phone, email or video.

[Find out more](#)

Who for: People with professional and academic qualifications from abroad who live in Munich.

■ Interpreters are available.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Please make an appointment.

Servicestelle zur Erschließung ausländischer Qualifikationen

Franziskanerstraße 8

81669 München

☎ [089/23340520](tel:08923340520)

📞 Telephone consultation hours on Tuesday 11:00 to 12:00 and on Thursday 14:00 to 15:00

✉ @servicestelle-erkennung.soz@muenchen.de

**This text contains information on the following search terms:
licence to practise medicine, doctor**

Advice for skilled trades / Craftspeople

Chamber of Skilled Crafts (HWK) for Munich and Upper Bavaria

We advise you on foreign vocational qualifications and determine whether the qualification can be recognised in Germany.

Who for: Craftspeople who have completed a state-recognised qualification in their country of origin.

■ There are interpreters for English and French.

Children can be brought along.

There is barrier-free access to the building and premises and a disabled toilet.

Costs:

- It costs 100 to 600 euros to carry out the equivalence check and issue the certificate.
- If a qualification analysis is required in addition to checking the written evidence, additional costs will be incurred.

Handwerkskammer für München und Oberbayern (Chamber of Skilled Crafts for Munich and Upper Bavaria)

Max-Joseph-Strasse 4

80333 Munich

[089/5119264](tel:0895119264)

berufsanerkennung@hwk-muenchen.de

www.hwk-muenchen.de

☎ Monday - Thursday from 8:00 a.m. to 4:00 p.m

☎ Friday from 8:00 a.m. to 1:00 p.m

Advice for the areas of industry, trade, gastronomy and services

Chamber of Industry and Commerce (IHK) for Munich and Upper Bavaria

Have you completed your vocational training in the fields of industry, commerce, gastronomy and services abroad and would now like to work in Germany?

Here you can have your vocational qualification recognised and thus increase your chances on the German labour market.

At the IHK you can get free advice and clarify the following questions:

- Does applying for recognition make sense for you?
- What documents do you need for the application?
- How does the recognition process work? How long does it take?
- What are the costs? Can you get financial support?
- To which German vocational qualification can your qualification be compared?

You can find more information [here](#) and

[here](#).

Who for: Refugees and new immigrants.

Children can be brought along.

There is barrier-free access to the building and premises.

The offer is free of charge.

Please make an appointment.

Industrie- und Handelskammer für München und Oberbayern (IHK)

Orleansstraße 10-12, Campus D

81669 München

[089/511160](tel:089511160)

berufsanerkennung@muenchen.ihk.de

Appointments by telephone

Monday to Thursday 09:00 - 16:30

Friday 09:00 - 15:00

**This text contains information on the following search terms:
qualification, vocational qualification, work experience, professions, recognition
counselling, study, work, specialist counselling**

Validation procedure: Recognition of professional experience

For people who have no qualifications but a lot of experience in a profession.

You have no training, but have been working in a profession for some time and know your way around?

In a validation procedure, your professional skills, which you have acquired independently of any formal vocational training, are assessed and certified. If your professional skills have been recognised, you will receive a certificate. This certificate can make it easier for you to find a job, for example.

You will have to pay the costs of the validation procedure yourself. In order to better assess whether a validation procedure makes sense in your case, you can seek advice beforehand. The counselling is free of charge.

Who for: People who would like to have their professional experience certified.

🇩🇪 German

Who can take part?

People can take part who

- are at least 25 years old
- do not have a (recognised) vocational qualification
- have several years of experience in their profession
- live in Germany

If you are not sure whether you fulfil the requirements, please ask and arrange a free consultation.

There is barrier-free access to the building and the rooms.

IHK - Servicestelle Validierung

📍 [Max-Joseph-Straße 2, 80333 München](#)

✉️ [@validierungsverfahren@muenchen.ihk.de](mailto:validierungsverfahren@muenchen.ihk.de)

☎️ [+49 \(0\) 8951160](tel:+49(0)8951160)

🌐 <https://www.ihk-muenchen.de/de/berufsbildung-beru...>

Training

Dual education

Dual training

In Germany, it is a great advantage to have a **vocational qualification**. People with a vocational qualification earn more money over the course of their lives, are less likely to become unemployed and are less likely to have fixed-term employment contracts than people who are looking for work without a vocational qualification.

There are two types of training programmes in Germany:

School-based training at a vocational school([school-based training](#))

Students only attend school and learn everything there.

Dual system

Students learn both at a vocational school (about one third of the time) and in a training company (about two thirds of the time). This allows you to learn theory and practice at the same time. During the apprenticeship, you earn a fixed monthly salary.

This video clearly explains dual training: [Dual training](#).

Click here for the video in [Arabic](#), [Dari](#), [Tigrinya](#), [Ukrainian](#).

Click here for the [video in sign language](#).

Dual training is mostly found in commercial professions and industrial-technical professions. Depending on the type of profession you want to learn, you should contact the appropriate organisation:

Chamber of Crafts for Munich and Upper Bavaria (HWK)

The HWK is responsible for skilled trades such as baking, bricklaying, painting and hairdressing. It provides support in the search for an apprenticeship or an introductory qualification, which can precede an apprenticeship. There is a special programme for young people with a migration background who would like to start an apprenticeship in a skilled trade. You can find more information at [here](#).

Handwerkskammer für München und Oberbayern

Max-Joseph-Straße 4

80333 München

[089/5119372](tel:0895119372)

@aqflue@hwk-muenchen.de

[Website of the HWK](#)


Chamber of Industry and Commerce for Munich and Upper Bavaria (IHK)

The IHK is responsible for commercial and technical professions. The IHK's integration team supports refugees and migrants before, during and after their training.

The team advises on all questions relating to training: for example, challenges at vocational school or in the company, exam preparation, rights and obligations during training.

The one-to-one sessions take place online and are free of charge.

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

A short film about dual training (in German) can be found  [here](#).

The online brochure "["Endlich in Ausbildung" \(in German\)](#) provides tips for starting an apprenticeship.

IHK München und Oberbayern, Campus D

Orleansstraße 10-12

81669 München

 [089/51160](tel:08951160)

 [@integration@muenchen.ihk.de](mailto:integration@muenchen.ihk.de)

 [Website of the IHK](#)

Vocational training at school

Vocational training at school

Training at a vocational school

There are two types of vocational training in Germany:

Dual system ([dual training](#))

Students learn both at a vocational school and in a training company.

School-based training at a vocational school

Pupils only attend school and learn everything there.

School-based training usually lasts 1 - 3 years.

Depending on the school, there are different training programmes and admission requirements. You can obtain detailed information directly from the school.

School-based training is usually found in professions in the fields of technology, health and social services, art and foreign languages.

 [Find out more](#)

Depending on your personal situation, it is possible to receive state support from the government. One example of this is "BAföG". You can obtain information on this from the [Office for Training Assistance](#).

Support with the application

Application help Bellevue di Monaco

Do you need help writing an application for a job or apprenticeship? Then come to the application help centre at Bellevue di Monaco!

Volunteers will help you prepare your application documents. Whether with a mobile phone or laptop, all devices are possible.

You don't need to register. Just drop by!


The service is free of charge.

 [Website](#)

What you should bring to the meeting:

- School reports
- Work references
- A passport photo or application photo
- Laptop or mobile phone

When?

 Every 1st and 3rd Wednesday of the month from 16:00 - 19:00

Where?

 Bellevue di Monaco, Corneliusstraße 2, 80469 München

→ There is a bell on the right-hand side of the door.

→ Please ring here: "Condrobs / Bellevue di Monaco"

→ after the entrance turn right and then up the stairs on the left to the 1st floor

If you have any questions:

 @angebote@bellevuedimonaco.de

 [089/55057750](tel:089/55057750)

**This text contains information on the following search terms:
CV, motivation letter, application letter, cover letter**

Support in the search for an apprenticeship

Educational counselling - counselling for school, work and further education


Educational counselling of the City of Munich

We offer individual counselling on the subject of education.

This service is free of charge.

International education counselling

Are you from abroad and have questions about school and education in Germany? We offer counselling in various languages:

 Arabic, Azerbaijani, Bosnian, Dari/Farsi, German, English, French, Kurdish, Croatian, Romanian, Russian, Serbian, Turkish, Ukrainian

There are also interpreters for over 60 other languages. If you need an interpreter, you must register in advance.

 [Find out more](#)

📍 Bildungsberatung International, Goethestraße 53, 80336 München
There is barrier-free access to the buildings and rooms. There is a disabled toilet.
☎ [089/23326875](tel:08923326875) (📞 from Monday to Friday 9:00 - 12:00 and 13:00 - 16:00)
@schulberatung-international@muenchen.de

Counselling for school, work and further education

Do you have questions about school, university, work and further education? We offer counselling on:

- Choice of school, problems at school, or changing schools (for [Realschule](#), [Gymnasium](#) and [vocational schools](#))
- Training and studying
- Catching up on school-leaving qualifications
- Recognition of foreign qualifications
- Career choice and (re)orientation
- Getting back into work
- Opportunities for further training

Counselling is also possible with children.

🌐 [Find out more](#)

📍 Bildungsberatung, Goethestr. 12, 80336 München (on the 1st floor)
📍 Bildungsberatung, Neuhauser Str. 39, 80331 München
There is barrier-free access to the buildings and rooms. There is a disabled toilet.
📞 Please make an appointment:
☎ [089/23383300](tel:08923383300) (📞 from Monday to Thursday 9:00 - 12:00 and 13:00 - 16:00, on Friday 9:00 - 12:00)
@bildungsberatung@muenchen.de

Support in the transition from school to work

Do you need advice, guidance and support on the path from school to work?

We offer young people under the age of 25

- Career planning
- Support during the application process
- Counselling on personal issues

We take the necessary steps together with you or your child.

🌐 [Find out more](#)

📍 Berufswegplanungsstelle b-wege, Neuhauser Str. 39, 80331 München
There is a lift and a disabled toilet.
📞 Please make an appointment.
☎ [089/23343062](tel:08923343062) (📞 from Monday to Thursday 9:00 - 17:00, on Friday 9:00 - 12:00)
@b-wege@muenchen.de

**This text contains information on the following search terms:
School counselling**


JiBB: Counselling on work, training, careers, education and studies for young people

JiBB - Young people in education and employment

JiBB is the central contact point for all young people from the city or district of Munich (usually up to the age of 25).


The staff at JiBB provide expert advice, guidance and support in all matters relating to work, training, careers, education and study. We will clarify with you who is the right partner for your questions and concerns. If you wish, various JiBB specialist centres can also work with you, for example to tackle complex problems together.


We offer:


- We help you to find jobs and apprenticeships and support you in the application process
- At  [Bewerbungspoint](#), we show you how to optimise your application or check your documents together with you
- Information on school qualifications and how to achieve them
- Dropped out of training or university - what can you do next?
- Counselling and support with private and social problems
- Help with the transition between school and work
- Counselling for young people with health restrictions

All services are free of charge.




Have we piqued your interest? You don't need an appointment! Just drop by during opening hours or give us a call!

 Monday to Friday from 9:00 a.m. to 12:00 p.m.

 On Monday and Tuesday additionally from 13:00 to 16:00

 On Thursday additionally from 13:00 to 17:00

JiBB - Junge Menschen in Bildung und Beruf

-  [Kapuzinerstraße 30, 80337 München](#)
-  [+49 89233787100](tel:+4989233787100)
-  <https://www.jibb-muenchen.de>

Counselling on German courses, school, work, training (IBZ - Sprache und Beruf)

Advice on German courses, school, work, training (IBZ - Sprache und Beruf)

Do you have questions about learning German, school or work? Do you need support and guidance for your education and career? We will inform and advise you. We will discuss your educational path together and support you:

- German course / integration course: We will help you find the right course and tell you when and where the course will take place. We will find out whether the costs of the course can be covered.
- School: We support you in your search for a suitable school.
- Training: We will advise you on the various training options available.
- Vocational qualification programmes: We provide you with information about further vocational training.
- Work: We support you in your job search.
- Internship: We support you in finding an internship.
- Career or studies from your country of origin: We provide advice on the recognition of foreign school-leaving qualifications and the first steps towards recognition of professional and academic qualifications.
- Search for other advice centres: We are well networked and know the right people to contact.

Who for: For people with migration or refugee experience aged 16 and over.

The programme is free of charge.

Children can be brought along.

📍 Office for Housing and Migration

🗣️ Arabic, Farsi, Dari, Kurdish (Sorani), Uyghur, Bassa, Duala, Swahili, Romanian, Russian, Ukrainian, Chinese, Portuguese, Italian, Spanish, English, French, Catalan, Turkish, Dutch

If you make an appointment, we can organise interpreters for other languages. You can also come to the open consultation hours without an appointment. These are:

📅 Monday and Wednesday 09:30 - 12:30

📅 Thursday 13:30 - 16:30

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Landeshauptstadt München

Amt für Wohnen und Migration

Franziskanerstraße 8

81669 München

📞 [089/23340622](tel:08923340622)

✉️ [@ibz-sprache.soz@muenchen.de](mailto:ibz-sprache.soz@muenchen.de)

🌐 [Website](#)

📍 JiBB

Counselling at [JiBB](#) is aimed at young people aged 16 to 25.

🗣️ We can also organise interpreters.

🕒 Monday to Friday 09:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

JiBB

Kapuzinerstraße 30

80337 München

The entrance is located at Kapuzinerstraße 26.

📧 @ibz-sprache.soz@muenchen.de

📍 Bellevue di Monaco

You don't need to register, just drop by:

🕒 Wednesday 16:00 - 18:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco

Müllerstraße 6

80469 München

📞 [089/23340622](tel:089/23340622)

📧 @ibz-sprache.soz@muenchen.de

🌐 [Website](#)

**This text contains information on the following terms:
labour market integration, job, employment, schooling**

Training agency for crafts: Career guidance, support with looking for internships and apprenticeships

Training agency for crafts: Career guidance, support with looking for internships and apprenticeships

The Handwerkskammer München employs training agents (Ausbildungsakquisiteure) who want to pass on their enthusiasm for a career as a crafts person to young people.

What does a training agent do?

- A training agent communicates the diverse career chances that are possible in over 130 vocational careers in skilled crafts and trades.
 - The agents discover what career potential the young people have and help them to realise this.
 - They support them in the search for an internship or apprenticeship place.
 - They find companies who are prepared to train young people with a migration background.
 - They support the training companies and the adolescents, if problems occur.
 - They take part in career information days and present crafts and trade vocational training courses at schools and careers fairs.
-

Who's it for: young people with a migration background aged 12 to 27 years

■ Interpreters available for Turkish if required.

Barrier-free access to buildings and premises and a disabled toilet are available.

The service is free.

Handwerkskammer München und Oberbayern
Ausbildungsakquisiteur
Max-Joseph-Straße 4
80333 Munich
[089/5119446](tel:0895119446)
aqflue@hwk-muenchen.de
www.hwk-muenchen.de

JAL - Youth counselling for job and apprenticeship searches

JAL - Youth counselling for job and apprenticeship searches

Support with the transition from school to work, career guidance, finding an apprenticeship, during the training period, when taking up an apprenticeship or job again and in the event of unemployment.

Who for: Teenagers and young adults aged between 14 and 27

There is barrier-free access to the building and the rooms.

The service is free of charge.

📅 Monday and Wednesday 09:00 - 15:30

📅 Tuesday and Thursday 09:00 - 17:00

📅 Friday 10:00 - 15:00

JAL - Jugendberatung für Arbeits- und Lehrstellensuche

📍 [Neuherbergstraße 104, 80937 München](#)

✉ [@jal@diakonie-hasenberg.de](mailto:jal@diakonie-hasenberg.de)

☎ [+49 \(0\) 89452235541](tel:+49(0)89452235541)

🌐 <https://www.diakonie-hasenberg.de/jal-1>

IHK - Integration counselling

IHK - Integration counselling

Consultation hour: Information about dual training occupations

Our team provides one-to-one advice on all questions relating to starting an apprenticeship in

Germany. Together we will look at which occupation suits you, where you can apply and what your application documents should look like.

[🌐 Website for the consultation hour](#)

@integration@muenchen.ihk.de

Skills assessment check.work (before training)

The online tool check.work helps refugees (with B1 language skills) to visualise training-relevant skills. It also provides guidance on which training occupations are available and where an internship would be useful. Individuals can apply for testing via the [Federal Employment Agency](#).

[🌐 Website for check.work](#)

Who for: Refugees and new immigrants

The offer is free of charge.

IHK München und Oberbayern
Orleansstraße 10-12, Campus D
81669 München

[📞 089/51160](tel:089/51160)

@integration@muenchen.ihk.de

[🕒 Monday to Thursday 09:00 - 16:30](#)

Friday 09:00 - 15:00

Youth Information Centre (JIZ) - Advice on the transition from school to work

Youth Information Centre (JIZ) - advice on the transition from school to work

Every 1st and 3rd Wednesday of the month (except during school holidays), the Youth Information Centre (JIZ) provides (also former) secondary school pupils with tips and support on starting a career:

- Would you like to catch up on your school-leaving qualifications?
- You don't know exactly what you want to do after school?
- Do you need tips on how to apply for a job?

Then get advice from the experts at the "Vocational Youth Work Service Centre" of the Youth, Work, Prospects project. Existing application documents will be looked at and improved - but no new application documents can be created.

Who for: All teenagers and young adults aged 14 to 26

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Jugendinformationszentrum (JIZ)
Sendlinger Straße 7
80331 München

[📞 089/55052150](tel:089/55052150)

@info@jiz-muenchen.de

www.jiz-muenchen.de

Monday 12:00 - 19:00

Tuesday to Friday 13:00 - 18:00

**This text contains information on the following search terms:
education, career choice, information, help, youth counselling**

Training centre for career entry (BzB)

Training centre for career entry (BzB)

The BzB is aimed at young migrants and recent immigrants in the transition from school to work

You...

...haven't lived in Germany for long?

...are graduating from school this year or next year?

...would like to know which profession suits you?

..would like to find out more about different professions?

..would like to know how you can achieve your dream job?

...would like to show what you can do in an internship?

...would like to know how vocational training is organised?

..need help finding a training place?

..don't have a complete application yet?

Then you've come to the right place!

The offer is free of charge.

There is barrier-free access to the building and the rooms.

Please make an appointment.

Bildungszentrum Berufseinstieg | AKA - Aktiv für interKulturellen Austausch e.V.

[Bad-Schachener-Str. 2 a, 81671 München](https://www.google.com/maps/place/Bad-Schachener-Str.+2,+81671+M%C3%BCnchen/@48.1311111,11.5777778,15z)

[@bzb@aka-muenchen.de](mailto:bzb@aka-muenchen.de)

[+49 \(0\) 89189495711](tel:+49089189495711)


<https://aka-muenchen.de/bildungszentrum-berufsein...>

**This text contains information on the following search terms:
training, youth, apprenticeship, nursing training, internship**

Municipal vocational school for vocational integration

Municipal vocational school for vocational integration


Language support is the top priority at our school. Our aim is for our pupils to achieve a German school-leaving qualification. Our school also prepares students for vocational training or attending a secondary school.

The pupils have lessons in various subjects: for example German, maths, politics and society. There are also many different practical subjects. In a film workshop, pupils made this  [video documentary](#) about the school.


Who for: People aged 15 - 20 who do not yet know enough German to attend a regular school.

If you would like counselling on this offer, please contact [IBZ - Sprache und Beruf](#).

The service is free of charge.

 Interpreters are available in many different languages.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Secretariat: 8:00 - 14:30

Städtische Berufsschule zur Berufsintegration

 [Balanstraße 208, 81549 München](#)

 [@bs-berufsintegration@muenchen.de](mailto:bs-berufsintegration@muenchen.de)

 [+49 8923347000](tel:+498923347000)

 <https://berufsintegration.m-bildung.de>

Cafe Pflege / Counselling and orientation in care

Café Pflege provides information and advice on all aspects of care: employment, internships, voluntary social year and federal voluntary service, training, study or qualification.


Who for: Anyone interested in employment, qualification, training and study in the care sector as well as employment in clinics, care facilities and outpatient care.

 [Find out more](#)

The programme is free of charge.


Children can be brought along.

Registration is not necessary. Counselling is provided on a first-come, first-served basis.

 Every third Wednesday of the month from 17:00 to 18:00

 Bellevue di Monaco, Müllerstraße 2, 80469 München

 [Link to Bellevue di Monaco](#)

 [089/23324460](tel:08923324460)

 [@pflege.raw@muenchen.de](mailto:pflege.raw@muenchen.de)

Refugees in work and school / Starting instead of waiting

Refugees in work and school / Starting instead of waiting

Do you want to graduate from school but don't yet speak German well enough to attend a regular school? Register now for the next course. The course starts in September 2024 and there are two different school-leaving qualifications that you can complete with us:

- "EMSA" - Erfolgreicher Mittelschulabschluss
- "Quali" - Qualifizierender Mittelschulabschluss

Afterwards, you have the option of attending another school or doing an apprenticeship. We will help you with this!

The offer is free of charge.

 [Find out more](#)

What are the contents?

- Lessons in German, maths, art or sport, IT and other subjects
- Vocational orientation
- Support in the search for an apprenticeship or a job or a secondary school
- Various projects and group work
- Socio-educational support and counselling
- Internships to help prepare for an apprenticeship and test professional interests and skills.

What requirements do I need to fulfil?



- Successful literacy and language skills corresponding to [level A1](#)
- Knowledge of basic arithmetic operations
- Refugee background / migration background, all countries of origin, regardless of residence status
- Place of residence Munich

When does the course take place?

The course starts in mid-September and ends at the end of July.

How do I enrol?

Register online, by e-mail or by post:

- online via  using [this form](#)
- by e-mail to  anmeldung.fluebs@mvhs.de
- by post to:
Münchner Volkshochschule
FlüB&S – Flüchtlinge in Beruf und Schule (Haus K)
Hans-Preißinger-Str. 4b
81379 München

I have a question. Who can I contact?

[☎089/480066511](tel:089/480066511)
@anmeldung.fluebs@mvhs.de

General counselling and information

Would you like to know more about the routes to your school-leaving qualification? Then you can get counselling. The "" [IBZ Language and Career Centre](#) will take a look at your personal situation. And will give you an overview of your options. The counselling is free of charge.

Support in the search for an apprenticeship: "pass(t)genau" project

Project "pass(t)genau"

Are you having difficulties at vocational school or problems with your residence permit? The "pass(t)genau" project supports young people who want to do an apprenticeship or have already signed an apprenticeship contract:

- We support you with your application.
- We get in touch with companies where the training will take place.
- We prepare you for the job interview.
- We support you with the application for a training permit.
- We will advise you if you already have a training contract.

Who for: For people up to the age of 27 who live in Munich or whose company or vocational school is in Munich.

We support people who are doing or would like to do an apprenticeship in the following areas:

- Catering
- hotel
- Food
- Green professions
- Nursing
- Medicine
- Personal hygiene
- Educational areas

The offer is free of charge.

📍 Kolping Bildungsagentur - Projekt pass(t)genau
Landsberger Str. 6
80339 München

[☎089/55933742](tel:089/55933742)
@passtgenau@kolpingmuenchen.de
[🌐Website](#)

Support during training

Counselling and help: Azuro - Training and Future Office

Azuro - Training and future office

Are you currently doing an apprenticeship and have problems or questions? We can advise you!

Our aim is to prevent you from dropping out of training unnecessarily. Our services are tailored to the individual needs of our clients.

Who for: Teenagers and young adults in training.

How we support you in difficult situations:

- We analyse the problems at the training place together
- We inform you about your rights and obligations
- We plan and practise discussions to solve the problems
- We support you in preparing for labour law proceedings
- We accompany you when you change your training place
- We support you with financial problems during your apprenticeship
- We refer you to other projects


This service is free of charge.

Kreisjugendring München Stadt und DGB Jugend

Azuro - Ausbildungs- und Zukunftsbüro


Paul-Heyse-Str. 22

80336 München


 [089/51410635](tel:08951410635)


 [@azuro@azuro-muenchen.de](mailto:azuro@azuro-muenchen.de)

 [Our website](#)

 Monday 15:00 - 19:00

 Tuesday and Wednesday 15:00 - 18:00

 Thursday 16:00 - 20:00

 Friday 09:00 - 14:00

Office for educational support

Office for Training Assistance

Everyone in Germany should have the opportunity to complete vocational training or a secondary school qualification. Some parents are unable to support their children because they do not have enough money. There are two laws that provide financial support for training. They are called:

- "Bundesausbildungsförderungsgesetz (BAföG)"
- "Aufstiegsfortbildungsförderungsgesetz (AFBG)"

The Office for Training Assistance will help you to apply.

Prerequisites:

BAföG As a rule, only those who are under 45 years of age at the start of their training can receive financial support. The funding also depends on the residence status and income of the parents or spouse.

AFBG can be applied for regardless of age. The income of relatives is also not taken into account here. However, a certain residence status is also required and only certain training courses are subsidised.

 [Find out more](#)


For whom:

- Pupils at secondary schools, for example specialised upper secondary schools, vocational upper secondary schools, vocational colleges, technical colleges, technical academies
- People who have completed vocational training and would like to complete further education or training. For example to "Meister".
- Students
- Pupils from Germany who are attending a training centre in Austria

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Please make an appointment.

Amt für Ausbildungsförderung

 [Neuhauser Str. 39, 80331 München](#)

 [@afa.rbs@muenchen.de](mailto:afa.rbs@muenchen.de)

 [+49 \(0\) 8923396778](tel:+49(0)8923396778)

 <https://stadt.muenchen.de/service/info/amt-fuer-a...>

Psychological counselling for problems at school

Psychological counselling for problems at school

The Central School Psychological Service helps pupils and their parents/guardians,

- if there are problems at school.
- if you want to improve your learning and concentration.
- if you are confronted with fears, worries or stress at school.

Please feel free to make an appointment with us. In a personal discussion, we will look together for solutions and possibilities of how and what we can change.

Who for: Pupils at municipal secondary schools aged ten and over and their legal guardians.

The programme is free of charge.

🗣️ We can organise a person to translate. Please let us know in advance which language you speak.

You can also bring your children to the appointment.

There is barrier-free access to the building and the rooms.

🕒 From Monday to Thursday 8:30 - 16:30

🕒 On Friday 8:30 - 13:30

Zentraler Schulpsychologischer Dienst

📍 [Neuhauser Straße 39, 80331 München](#)

✉️ schulpsychologie@muenchen.de

☎️ [+49 \(0\) 8923340940](tel:+49(0)8923340940)

🌐 <https://www.pi-muenchen.de/profil/wir-ueber-uns/f...>

This text contains information on the following search terms:

Bullying, trauma, grades, exam anxiety, school stress, secondary school, grammar school, vocational school, vocational college, specialised secondary school, vocational high school, vocational schools, vocational preparation, vocational integration

Support during training: Learning German

StaBiL-Strength through encounter & interactive learning

General offer:

We support people who are doing an apprenticeship in learning German.

Who for: For all people who have a training contract.

Additional offer for trainees in the automotive, metal and wood technology sectors:

- We support you in the subjects at vocational school
- We help you prepare for exams
- Our socio-pedagogical support helps you with challenges at work and in everyday life

Who for: For people doing an apprenticeship in the fields of automotive, metal and wood technology

Further information:

The programme is free of charge.

There is barrier-free access to the building and the rooms.

📍 IG InitiativGruppe, Karlstr. 44, 80333 München (on the 2nd floor)

☎ [089/54467167](tel:08954467167)

@ ausbildungsbegleitung@initiativgruppe.de

🕒 From Monday to Thursday 11:30 - 19:00 and on Friday 11:30 - 15:00

🌐 [Website](#)

**This text contains information on the following search terms:
tutoring, theory**

Support during training: "pass(t)genau" project

Project "pass(t)genau"

Are you having difficulties at vocational school or problems with your residence permit? The "pass(t)genau" project supports young people who want to do an apprenticeship or have already signed an apprenticeship contract:

- We support you with your application.
- We get in touch with companies where the training will take place.
- We prepare you for the job interview.
- We support you with the application for a training permit.
- We will advise you if you already have a training contract.

Who for: For people up to the age of 27 who live in Munich or whose company or vocational school is in Munich.

We support people who are doing or would like to do an apprenticeship in the following areas:

- Catering
- hotel
- Food
- Green professions
- Nursing
- Medicine
- Personal hygiene
- Educational areas

The offer is free of charge.

📍 Kolping Bildungsagentur - Projekt pass(t)genau

Landsberger Str. 6

80339 München

☎ [089/55933742](tel:08955933742)

@ passtgenau@kolpingmuenchen.de

🌐 [Website](#)

Looking for work

Labour market advice at Bellevue di Monaco

Labour market advice in Bellevue di Monaco

Are you looking for a job? Would you like to start an apprenticeship? Would you like to work in the profession you have learnt? Do you still need a German course or training? Would you like to know whether your diploma or certificate can or should be recognised?

We are well networked and know the right people to contact. We will answer your questions and help you with the following topics:

- Finding the right person to answer your questions
- Recognition of your profession or studies
- Searching for a German course
- Searching for a school
- Searching for an apprenticeship
- Searching for vocational qualification measures
- Searching for a job

Counselling is free of charge.

You don't need to register. Just drop by!


 [Website](#)


Who for: Immigrants aged 16 and over with migration or refugee experience, regardless of residence status

Children can be brought along.

Access to the building and the rooms is barrier-free. There is a disabled toilet.


The programme is free of charge.

 Café im Bellevue di Monaco, Müllerstraße 6, 80469 München

 [08923340622](tel:08923340622)

 [@ibz-sprache.soz@muenchen.de](mailto:ibz-sprache.soz@muenchen.de)

 <http://www.muenchen.de/ibz>

 Wednesday 16:00 - 18:00

This is a [Counselling on German courses, school, work, training \(IBZ - Sprache und Beruf\)](#) service [Counselling on German courses, school, work, training \(IBZ - Sprache und Beruf\)](#)

**This text contains information on the following search terms:
language, education, school-leaving certificate**

Career, dual study programme or apprenticeship with the City of Munich

Career, dual study programme or apprenticeship at the City of Munich

Around 42,000 people work for the City of Munich and ensure that everything runs smoothly: in administration, waste collection, transport planning, social centres, the municipal nursery, schools and kindergartens and many other areas. We make sure that there are playgrounds, theatres, housing and schools.


There are many different areas of responsibility.

Requirements: Curiosity, openness and a willingness to embrace new things and actively help shape change.


We are committed to equality, equal opportunities and anti-discrimination.

We have an interest in our employees working for us in the long term. We also offer attractive training and development programmes.

 muenchen.de/career

 muenchen.de/muenchenarbeitetbunt

Training and studies:

You can find an overview of possible apprenticeships and degree programmes here:  muenchen.de/ausbildung

We offer: Help with finding accommodation, good support, study trips, internships abroad, seminars.

If you are committed to the city of Munich with its more than 1.5 million inhabitants and want to help shape it, you've come to the right place. Become part of the City of Munich team!

Find work with socialbee

Find work with socialbee


At socialbee, we help you to find a job. You have the choice: either go straight to work or first take part in a socialbee further qualification programme to increase your chances of a career. Apply to us now and we will help you make the right decision!


Who for: For refugees and migrants who are looking for a qualification and/or work.


Prerequisite: At least A2 German language skills


The programme is free of charge.

There is barrier-free access to the building and the rooms.

 St.-Martin-Straße 112, 81669 München

 [0176/43816314](tel:017643816314)

 bewerbung@social-bee.de

 09:00 - 17:00

[🌐https://www.social-bee.de/jobs/](https://www.social-bee.de/jobs/)

**This text contains information on the following search terms:
job, pre-qualification, full-time work**

amiga - Career Centre for Internationals

amiga - Career Center for Internationals

Sometimes looking for a job can be very difficult despite being highly qualified. Especially for people who have not lived in Germany for very long. We would like to support you in overcoming these difficulties. We advise international professionals and students on the following topics:

- Planning your career
- Searching for a job
- Starting your career

We support you in entering the labour market. There are many free programmes. Most of them are online, in English and flexible in terms of time:

- Counselling & training
- Seminars & workshops
- Events with companies where you can network.
- Sponsorships

Here you will find [🌐 current events](#).

For a consultation, please make an appointment.

[📞089/3188090](tel:0893188090)

[@info@amiga-muenchen.de](mailto:info@amiga-muenchen.de)

[🌐Website](#)

IBZ Career for the long-term unemployed

IBZ Beruf für Langzeitarbeitslose

We support people who have been unemployed for a long time. Together we look for ways to stabilise their life situation.

Are you socially disadvantaged? Would you like to continue your education and return to work?


Our offer:

- We talk about your situation together and analyse the problems
- We support you in developing a personal goal
- Together we develop a career perspective and look for opportunities for further training
- We advise and support you during qualification and/or when you have found a new job

Who for: For people in Munich with a work permit in Germany, language level A2 / B1, aged 18 and over.


The offer is free of charge.

You can bring your children along for counselling.

 [Hamburger Str. 32, 80809 München](#)

 [089/45104019](tel:08945104019)

 @iris.lipski@anderwerk.de

 daily from 08:00 to 17:00

 [Website](#)

This text contains information on the following search terms:

Unemployment

Counselling for women on their professional future (more education - more opportunities)

More education - more opportunities

The project helps women with their professional future.

We talk about your personal and professional goals. We look for a suitable qualification or another way in which you can develop your career. We then plan the necessary steps to improve your chances on the labour market.

For whom? For women,

- who want to improve their professional situation
- who are unemployed or looking for work
- who want to know and be able to do more
- who have a mini-job or unqualified employment
- who want to build a secure professional future

 German (B1)


Children can be brought along.

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Please make an appointment by telephone / e-mail:

Frau und Beruf GmbH | Mehr Bildung - Mehr Chancen

 [Lindwurmstrasse 129a, 80337 München](#)

 @mehr-bildung-mehr-chancen@frau-und-beruf.net

 [+49 \(0\) 8972019914](tel:+49(0)8972019914)

**This text contains information on:
migrant women, support, getting started, catching up on school-leaving
qualifications**

Info Centre Migration and Work

Migration and Labour Information Centre


People from EU member states can come to us. We will support you if you are experiencing difficulties as a result of your work situation.

Our offer:

- We support you with your application
- We support you in your search for a job
- We can place you in a qualification programme
- We can place you in a language course

Who for: Migrants from EU member states, with a focus on Bulgaria and Romania.


The offer is free of charge.

 Bulgarian, German, English, French, Romanian, Turkish

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Infozentrum Migration und Arbeit, Sonnenstr. 12a, 80331 München

 From Monday to Thursday 9:00 - 16:00

 [089/51114642](tel:08951114642)

 @arbeitsmigration@awo-muenchen.de

 [Website](#)

Legal information on the topic of work

Labour contract

Employment contract

Anyone who starts work is given an employment contract. It regulates the most important conditions of an employment relationship, such as

- when and how much you work
- how many days of holiday you have
- how high your salary is
- how long the notice period is

Both sides - employee and employer - must adhere to these agreements. As the contract becomes legally binding when you sign it, you should only sign it once you have fully understood the content.

There are different types of contracts:

Permanent employment contract

There is usually a probationary period of three or six months. During this period, an employment relationship can be terminated by either the employer or the employee at short notice within two weeks. At the end of the probationary period, a permanent employment relationship begins. The protection against dismissal is then longer. Working hours are generally up to 40 hours per week.

Fixed-term employment contract

The employment relationship ends at the agreed time. Cancellation is not necessary.

Mini-job (marginal employment)

The maximum earnings per month are 538 euros and are tax-free. The employee does not have to pay contributions to statutory health insurance and unemployment insurance. You can also be exempted from the pension insurance obligation upon application. People who have a mini-job receive very little pension later on. You must take care of your own health insurance. It is best to seek advice from a statutory health insurance company.

Apply for a certificate of good conduct

Applying for a certificate of good conduct

Some employers want you to provide a certificate of good conduct. Certificates of good conduct serve as proof that someone has no criminal record. The certificate of good conduct is sometimes also called a "police certificate of good conduct". For example, you will need one if you want to work in the security sector, with children or in the public sector.

There are different types of certificate of good conduct:


- for private purposes
- for a public authority
- Extended
- European

Ask the authority for which you need it which type is required.

You can submit the application [online](#) at 

 [Learn more](#)

For questions:

 [089/23396000](tel:089/23396000)

Minimum wage

Minimum wage

There is a minimum wage in Germany. It's written in the law. The hourly wage you receive may not be lower. It also applies to overtime.

The current minimum wage per hour is 12.41 euros gross. The amount is regularly increased.

The minimum wage does not apply to

- Young people under the age of 18 without completed vocational training
- People in training
- long-term unemployed persons during the first six months of their employment after becoming unemployed
- school or study-related internships
- Internships for professional orientation up to three months
- Voluntary work

Payroll accounting or payroll accounting

Pay slip or payslip

If you are employed, you will receive a payslip or payslip after the first month. With some employers, you will also receive a statement every month thereafter. With some employers, you will only receive one if something is different than usual. For example, if you receive a Christmas bonus that month or if your insurance contributions have increased.

The following information must appear on the statement:

- Name and address of the employer
- Name, address and date of birth of the employee
- Insurance number of the employer
- The date on which the employment began
- Tax class and tax identification number
- The period to which the statement relates
- Gross salary (salary without deductions)
- Type and amount of supplements or allowances
- Type and amount of deductions
- Net amount (after all deductions)

The net amount is usually the amount you are paid.

Exception: In the case of advances, loans from the company or salary garnishments (if you have debts), further amounts are deducted from the net amount.

Taxes and social security contributions

Taxes and social security contributions

If you work, you pay part of your salary as taxes and social security contributions. If you are self-employed, you must also pay taxes.

"Bruttogehalt" is the salary without deductions (gross salary).

"Nettogehalt" is the salary after taxes and social security contributions have been deducted (net salary).

Income tax

Income tax is a contribution to the financing of federal, state and local government expenditure. Tax money is used, for example, to build roads and schools or to finance social benefits.

- If you are employed, you will receive your net salary. This means that your taxes have already been deducted.
- If you are self-employed, you have to pay tax on your income.

Tax identification number

Every person living in Germany is given their own tax ID ("Steueridentifikationsnummer"). The tax ID is an 11-digit number. It is valid for life. You will receive the number within 2 to 4 weeks of [registering](#) your place of residence. Children born in Germany will automatically receive their tax ID by post within three months of their birth. You must keep the documents in a safe place. You will need the number again and again. For example, you will need the number

- when you are working
- for your tax return
- when you apply for child benefit
- when you open a bank account

If you no longer know the number or have not received the letter, you can apply here to have the documents sent to you again:

 [Online form](#)

Tax return

You can claim certain expenses in your annual tax return. This means that the tax you have to pay will be less. Many people are obliged to submit a tax return, so it is best to check with the tax office whether this applies to you. There may be either refunds in your favour or additional payments due to the tax office.

If you need help with your tax return, it is best to contact your local income tax association. The tax office can also help you with further questions.

Social security contributions

In addition to taxes, employees must also pay monthly social security contributions. This is called "Sozialabgaben". You are legally obliged to pay these contributions. If you are employed, the contributions are automatically deducted from your gross salary and paid by the employer to the social insurance organisation.

The social security contributions are made up of contributions for

- Pension insurance
- Unemployment insurance
- health insurance
- nursing care insurance

The amount depends on the individual income.

Social security contributions finance the German social security system. They ensure that everyone is covered. If someone is unable to find work or can no longer work, the most basic living expenses can be covered. For example, if you become unemployed and have previously paid into the unemployment insurance scheme for a certain period of time, you are entitled to unemployment benefit I. You will also receive a state pension in old age if you have paid a monthly contribution into the pension insurance scheme.


There are some exceptions for foreign employees. For example, if they have been posted to Germany by a foreign company. Or if they are employed or self-employed in several countries. Or if they are affected by other exemptions.

One requirement for an unlimited residence permit is that you have paid pension insurance contributions for at least 60 months. This also applies to self-employed persons. There are exceptions here too.

National insurance number

The German Pension Insurance will automatically send you the number by post. You will receive the number as soon as you start your first job in Germany.

If you lose your number, you can enquire at the pension insurance office:

 [0800/10004800](tel:080010004800) (free of charge from a German landline)

 [German Pension Insurance](#)

Occupational Health and Safety Act / Safety in the workplace

Occupational Health and Safety Act / Safety in the workplace

How is safety in the workplace regulated? Occupational health and safety ensures that you are adequately protected at your workplace. Occupational health and safety applies to you as a person and to your workplace.

There is a law for this. It is called the Occupational Health and Safety Act (ArbSchG) and lays down the rules. These rules are intended to guarantee the health and safety of all employees. The law lays down rules for all areas:

- What obligations regarding occupational health and safety apply to employers?

-
- What obligations and rights do employees have?
 - How are the legal provisions monitored?

Precise prevention measures are defined for workplaces where there is a risk to employees. For example, accidents can be avoided. Employers are responsible for ensuring that the measures are complied with and implemented. Employees must be aware of the measures and be reminded of them regularly.

Employees are obliged to comply with certain regulations. These serve to protect them. For example:

- They must not endanger other people during their work.
- They are obliged to report any defects that could pose a danger.

 [Occupational Health and Safety Act](#)

Accident at work

Accident at work

An accident at work is an accident that occurs during working hours or on the way to or from work.

In this case, you are covered by accident insurance through the company (employer).

If you have an accident at work, please make sure you tell the doctor before you start medical treatment. The treatment will then not be paid for by the health insurance company, but by the employer's accident insurance. You can find out the name of the accident insurance company from your employer.

If you are unable to work due to an accident at work

- are unable to work for longer than one day or
- require prolonged medical treatment or
- become ill again at a later date

you must visit a so-called "Durchgangsarztin" or "Durchgangsarzt".

 [Durchgangsarzt / Durchgangsarztin Search](#)

Works council and trade unions

Works council and trade unions

If you work in Germany, you have the right to defend your interests. You have a say in your workplace and in the company.

Betriebsrat / Personalrat

From a certain size of company, there must be a works council or staff council. This is mandatory by law.

The works council consists of a group of people who also work in the company and are elected by their colleagues. They then represent the interests of all employees. They have a say in certain decisions. If you have a question or a problem, you can turn to them.

For example, the works council can monitor whether the company is doing enough to protect employees from accidents. Or it can receive complaints from workers and pass them on to those responsible. It is consulted when someone starts a new job or is made redundant. They can also have a say in when working hours begin and end, when breaks are taken and when holidays are taken.

Gewerkschaften

If you form a group, you have better opportunities to assert yourself against the company. A trade union is an association of people who stand up for the economic and social interests of employees. They advise their members on labour and social law issues. They negotiate collective agreements and support works councils.

There are eight different trade unions in Germany for the various professional sectors. Which trade union is responsible for you depends on the sector in which you work.

Deutscher Gewerkschaftsbund München


The group of all German trade unions is called "Deutscher Gewerkschaftsbund". There you can find out which trade union is responsible for you.


[Membership of a trade union](#)

Who for: People who are doing an apprenticeship. People who are studying. People who are working. People who are retired.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Deutscher Gewerkschaftsbund (DGB) München
Schwanthalerstraße 64
80336 München

 [089/51700102](tel:08951700102)

 [@info@dgb-muenchen.de](mailto:info@dgb-muenchen.de)

 [Website](#)

 From Monday to Friday from 09:00 to 17:00

Irregular and illegal employment

Irregular and illegal employment

If a job is not registered with the tax office or health insurance fund

All work must be registered with the tax office and the health insurance fund. This means that taxes and social security contributions are paid. If a job is not registered there, it is illegal and is referred to as "irregular employment" in Germany. One term for this is "undeclared work".

When work is carried out despite financial help from the state

Social benefits and unemployment benefit is money from the state. The money is intended for people who do not have a job.

If you receive such assistance and would like to take up work, always inform the office from which you receive the money: the [Economic Refugee Aid](#), the [Employment Agency](#) or the [Job Centre](#).

You are allowed to receive benefits and earn money. However, you are obliged to report any earnings and income immediately. The benefits will then be recalculated.

If someone receives financial support but still works and conceals this, this is called illegal employment. This means that you are receiving financial support from the state even though you are working. This is prohibited and against the law.

If you do not have a work permit or have a restricted work permit

If you are working even though you do not have a work permit, this is also illegal employment.

Persons who have restricted access to the labour market ("Gestattung" or "Duldung") must apply for an employment permit from the [foreigners authority](#) before starting work.

What are the consequences?

There is a risk of fines and imprisonment. Depending on the country of origin and residence permit, illegal employment can also lead to an indefinite work ban.

Labour exploitation

Labour exploitation

Labour exploitation is when unfair conditions prevail at work or the labour force is exploited without the consent of those affected. Those affected receive no or too little money for their work. They have to work under poor or even dangerous conditions. They are threatened or experience violence.

- Slavery and forced labour are prohibited in Germany.
- Human trafficking or forced sex work is prohibited in Germany.

Other forms of exploitation are also punishable by law:

- if no money is paid for the work.
- if the working hours are longer than agreed in the employment contract (evasion of the minimum wage).
- if no wages are paid during illness or paid holidays.

If you are an EU citizen, you can get help and advice from [Fair Mobility](#).

If you are a non-EU citizen, you can get help and advice from [Fair Integration](#).

Labour court

Munich Labour Court

The Labour Court is responsible for hearing legal disputes between employers on the one hand and employees on the other. For example, in matters relating to dismissals, cancellation agreements, warnings, etc.

Arbeitsgericht München

Winzererstraße 106

80797 München

 [089/306190](tel:089306190)

Fax 089/30619298

 [Website address](#)



Postal address:

Arbeitsgericht München

Postfach 40 01 80


80701 München

Telephone information:


 [089/3061934](tel:0893061934) ( From Monday to Friday 09:00 - 11:30)

You will receive information on the content of laws and collective agreements in preparation for legal action. However, this is not legal advice.

Legal application centre:

 From Monday to Friday 08:00 - 12:30. The issue of queue numbers ends at 11.30 am.

- Complaints and applications can be recorded here.
- Information on the content of laws and collective agreements in preparation for legal action
- No legal advice or general legal information

 Unfortunately, there are no interpreters. If you do not speak German, please bring someone with you to translate.

Advice and assistance on labour law

Fair mobility - labour law advice for people from EU countries

Labour law advice for people from EU countries

The "Fair Mobility" counselling service supports you in ensuring that you are paid fairly for your work. We help you to ensure that you can work under fair conditions.

Who for: People from EU countries in Central and Eastern Europe, especially Romania and Bulgaria.

We advise you

- if you do not receive your wages
- if you have received notice of termination
- if you do not know your rights arising from the employment relationship

-
- if you have questions about labour law

We also offer seminars on German labour law.

 [Learn more](#)

 Bulgarian, German, English

You can bring your children along for counselling.


The counselling is free of charge.

Please make an appointment with us.

Beratungsstelle Faire Mobilität

Neumarkterstr. 22

81673 München

 [089/51399018](tel:08951399018)

 [@muenchen@faire-mobilitaet.de](mailto:muenchen@faire-mobilitaet.de)

 [Current opening hours](#)

 [website](#)

**This text contains information for the following search terms:
legal advice, outstanding wages, no salary**

Fair integration - labour law advice for third-country nationals and refugees

Labour law advice for third-country nationals and refugees

The "Fair Integration" advice centre provides information and advice on social and labour law issues. Only those who know their rights can claim them and defend themselves against exploitation and discrimination. We would therefore like to inform you about your rights on the German labour market. Our goal is fair integration into the labour market with fair working conditions.

For whom: For refugees and third-country nationals

If you are working or doing an apprenticeship or internship or will soon be starting work and want to find out more, you have come to the right place.

Our focus in counselling:

- What rights do you have at work, in training or in an internship?
- What are the standards on the German labour market?
- Questions about pay, for example, if no or too little pay has been paid
- Minimum wage
- Working hours
- holidays
- Health insurance
- What happens if I can no longer work or have an accident at work?
- Cancellation

Our counselling is free and confidential. Regardless of your residence status - feel free to contact us!

Please make an appointment with us.

We offer counselling in person and on the phone.

Mustafa Alia

☎ [01755355867](tel:01755355867)

✉ [@mustafa.alia@emwu.org](mailto:mustafa.alia@emwu.org)

📍 Faire Integration, Wertachstraße 29 a, 86153 Augsburg

🗣️ German, English, Arabic

Fkreyesus Ghebreyesus

☎ [0911/27870948](tel:091127870948) and [0151/18742185](tel:015118742185) (Mobile)

✉ [@fkreyesus@emwu.org](mailto:fkreyesus@emwu.org)

📍 Faire Integration, Kornmarkt 5-7 (4. OG, Raum 420-422), 90402 Nürnberg

🗣️ German, English, Tigrinya

Galya Ivanova Stoyanova

☎ [01757336316](tel:01757336316)

✉ [@galya.stoyanova@emwu.org](mailto:galya.stoyanova@emwu.org)

📍 Faire Integration, Neumarkterstr. 22, 81673 München

(On the 2nd floor in the room 2.C.102)

🗣️ German, English, Russian, Italian, Serbian, Croatian, Bulgarian

📅 On Tuesday, Thursday and Friday

Path to independence

General information

General information

If you want to set up your own company, there is a lot to consider. Legal questions or bureaucratic hurdles often arise. The search for financing can also present many challenges. In order to support founders, there are contact points that can help with the preparations. For example:

"" [Munich start-up office](#)


"" [Social Impact Lab Munich](#)

Business registration

If you carry out a commercial activity, you must register it with the trade authority. Some types of business can be registered [online](#) at 🌐. For others, you need a [personal appointment](#) at 🗣️.

🌐 [Find out more](#)

If you have any questions, you can contact the trade authority:

 [089/23396030](tel:08923396030)

@gewerbemeldung.kvr@muenchen.de

Munich start-up office

Münchner Gründungsbüro - The start-up counselling service of the City of Munich

We support you with the first steps towards self-employment on these topics:

- Start-up formalities
- Business plan
- Choice of legal form and tax overview
- Private and business insurance
- Subsidies and financial support
- Seminars and events
- Space offers and start-up centres

You can use our online services. There you will receive

- Start-up knowledge
- Business plan template
- Checklists and contact points in Munich
- Video tutorials

There is an information event: "Successful start-up - What can I expect?"

It lasts two hours.

 [Find out more](#)

If you have any questions, we will be happy to advise you. We can also give you feedback on your business plan. Please fill out the online form:

 [in German](#)

 [in English](#)

Please note: We do not provide insurance, tax or legal advice. The [Chamber of Skilled Crafts](#) advises you on start-ups in the skilled crafts sector.

Who for: Anyone in Munich who is planning to become self-employed (no branch offices).

 German and English, sometimes also French and Spanish.

The programme is free of charge.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The conditions under which you are allowed to work in Germany depend on your residence status. Information on this and on finding work can be found under [work permits](#).

☎ [089/23321759](tel:08923321759)

✉ @start@muenchen.de

📅 Please make an appointment.

This text contains information on the following search terms:

Founder, Startup

Social Impact Lab Munich - start-up counselling for people with a refugee or migrant background

Social Impact Lab Munich - start-up counselling for people with a refugee or migrant background

The RESTART project supports people with refugee or migration experience who are starting their own business or have already been self-employed (for a maximum of 1 year). There are often many challenges and bureaucratic hurdles for founders. We can help you!

We offer you:

Personal coaching: We will answer your questions and tell you what you need to do to start your own business.

Courses and workshops: You can take part in courses to learn how to be successfully self-employed.

Mentoring: You will have a person you can ask for advice.

Getting to know people: You can meet other people who are doing the same thing as you. This can help you make new friends or work together.

Online learning: You can learn a lot about start-ups.

Requirements to participate:

- You need a clear idea of what kind of business you want to set up. It is best if you already have help preparing.
- You must be in the process of starting your business. Or you are about to start.
- You need a "Permit to work independently in Germany".
- You speak English or German well: at least B2 level.

Would you like to take part?

Click here for the 📄 [application form](#).

The programme is free of charge.

📅 Appointments by arrangement

Social Impact Lab

📍 [Lindwurmstraße 45, 80337 München](#)

✉ @restart@socialimpact.eu

☎ [+49 \(0\) 17616113504](tel:+49(0)17616113504)

🌐 <https://socialimpact.eu/restart>

**This text contains information on the following terms:
Business, consulting, coach, training, company, business plan, marketing,
financing, funding, start-up, network, mentoring**

Further education

Gastro Academy

Gastro Academy

The Gastro Academy has existed since January 2021 and is a programme that qualifies and trains people specifically for work or training in the catering industry.

Who for: People with a refugee or migrant background and people with migration-related support needs.

Requirements: 18 years and older with a [language level](#) of at least A2

The programme is free of charge. You only have to cover the cost of the journey yourself.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

☎ [0151-40361881](tel:0151-40361881)

✉ @elena.muennich@ueberdentellerrand-muc.org

🌐 [Website](#)

**This text contains information on the following search terms:
training, qualification**

Children, adolescents, family

Protection of children and young people

Protection of children and young people

The care and upbringing of children is the natural right of parents.

However, children, young people and families in Germany enjoy special protection. This protection begins during pregnancy and continues until the child reaches the age of 18. In Germany, for example, it is forbidden to beat children and young people. Every child must go to school.

There are authorities that ensure that a child is not harmed by its environment - which can also be its own family. However, these authorities also advise, accompany and support families who need help.

In Munich, this task is fulfilled by the >> [social community centres](#). You can ask for support there. Which social community centre is responsible for you depends on your home address.

Refugee minors without parents

What happens at the Young Refugee Centre?

What happens at the Young Refugee Centre?

All young people who state that they are under 18 years old and have come to Munich without their parents will initially stay at the Young Refugee Centre for a short period of time.

Why do I need an initial registration / age assessment / medical examination?

In order to stay in Germany legally, you must first register with us. You will also be medically examined by our medical team. They will determine whether you have any infectious diseases that need to be treated. After a few days, we will interview you and check your age. If you have no identity papers, your age will be estimated. You will then receive a temporary identity document. If you are estimated to be older than 18, we are not responsible for you as a youth welfare office. Then you have to go to the government of Upper Bavaria. We will explain how to get there and give you a ticket.

Where will I live?

If you are under 18 years old, you will usually find out within the first two weeks in which city in Germany you can live permanently in the future. This decision is regulated by law and is not determined by you, but by the government. If you are ill or someone from your family is already living here, you may stay in Munich. If you have relatives in Germany, tell your carers. They will help you to establish contact with your relatives and the local youth welfare office.

Who will look after me?

If you are a minor, staff at the youth welfare office will look after you until you are 18 years old, and sometimes even after that, until you are able to lead your own life. Counsellors are your contact persons and will look after you around the clock.

Where can I apply for asylum?

Your [initial registration](#) will take place at the Arrival Centre or Young Refugee Centre. With your temporary identity document, you can then [apply for asylum](#) with the help of your guardian.

Am I allowed to travel during the asylum procedure?

During the asylum procedure, you may only travel with the permission of the responsible immigration authority. This is either the [Foreigners' Registration Office in Munich](#) or the [Central Foreigners' Registration Office \(ZAB\)](#).

What is the legal situation?

My stay in Germany - what is the legal situation?

At your final place of residence, you will be looked after by a person who will help you with all legal matters. This person is your guardian.

What does a guardian do?

If a refugee under the age of 18 comes to Germany unaccompanied, they need an adult to legally represent them instead of their parents. This person is called a guardian.

The guardian has various tasks. He or she

- maintains regular personal contact with you
- represents your interests vis-à-vis the Youth Welfare Office, the Immigration Office and other authorities
- accompanies you through the asylum procedure
- applies for necessary assistance for you
- supports you in clarifying other matters, for example on the subject of health

What will my new place of residence look like?

At your new place of residence, you will live in a house with other young people. Adult carers will be there for you around the clock.

You will start school straight away. It is important that you learn the German language so that you can make contact with your new neighbours quickly.

What does compulsory schooling mean?

In Germany, schooling is compulsory until the age of 18, which means you go to school until you graduate or start an apprenticeship.

What schooling options do I have in Germany?

The type of school you go to depends on how old you are and how long you have previously attended school. After you finish school, your counsellors will support you in finding a suitable job or apprenticeship, as far as current legislation allows

[Information about the German education system](#)

How do I behave correctly?

How do I behave correctly?

Marriage

Everyone in Germany is free to decide whether and who they want to marry and who they want to live with. If you are a minor and have already married abroad, contact your

counsellors. They can explain your options regarding marriage and housing.

How do I use public transport?

You can explore the city by underground, S-Bahn, tram and bus and get to important appointments quickly. Before you get on, you have to buy a ticket from a ticket machine and stamp it. You then show this ticket at an inspection.

When can I start learning to drive?

In Germany, you can only drive [a](#) car with a valid driving licence. Before that, you have to attend a driving school and take theoretical and practical lessons, which you also have to pay for. You can get information about this at the driving school.

When can I open my own bank account?

You can open a bank account on your own when you turn 18. If you are younger, you will need a legal representative, for example your guardian.

Watch out!

- Alcohol, drugs and slot machines can quickly make you addicted and ill and also cost a lot of money. If you notice that you need help, please speak to your guardian as soon as possible or go to an addiction counselling centre!
- Dealing drugs and prostitution are illegal and dangerous! It is better to contact your carer or guardian. They can tell you how you can earn money legally.
- There are also people in Germany who have very extreme opinions and want to spread their views through the use of violence. If they try to approach you, please seek help from someone you trust. If you join radical people, you will get into serious trouble in Germany and will face deportation.
- Female circumcision, forced marriages and child marriages are prohibited in Germany.
- Travelling on public transport such as buses and trains without a valid ticket is a punishable offence.

Apply for child benefit

Apply for child benefit

Every child in Germany receives child benefit until they reach the age of 18. Under certain conditions, child benefit is also paid up to the age of 21 or 25.

Child benefit is only paid to one person at a time, usually one parent. This also includes adoptive parents. Under certain conditions, stepparents, foster parents / siblings or grandparents also receive child benefit.

Single children can receive child benefit for themselves.

If there are several children, the individual amounts are paid out as one sum.

 [Further information](#)

Who can receive child benefit?


- German nationals who live in Germany with their children
- Foreign nationals who live in Germany.
- German nationals who live abroad.

Note for asylum seekers: You cannot receive child benefit during the asylum procedure. This is only possible once you have a positive decision from the BAMF.

How much is child benefit?


Child benefit is currently €250 per month per child.

What do I have to do to get child benefit?


You must submit a  [application](#) to the Family Benefits Office of the Federal Employment Agency.


Familienkasse Bayern Süd
Kapuzinerplatz 6
80337 München

 [Website](#)

 [08004555530](tel:08004555530) (The call is free of charge.)

 [Telephone for the deaf](#)

 Monday, Wednesday and Friday 08:00 - 12:00

 Tuesday and Thursday 08:00 - 12:00 and 13:00 - 16:00

Family matters

Munich Family Pass

Munich Family Pass

The Munich Family Pass is a booklet with vouchers and offers. The aim is to ease the financial burden on families. With the booklet you can get many things cheaper or for free. For example, activities that you can do in your free time or educational offers:

- Guided tours, workshops, sports and creative activities that are cheaper or even free of charge
- Two free entries to an [indoor](#) or [outdoor swimming pool](#)
- Discounts at sports clubs, dance and music schools, theatres and museums
- Discounts for the [zoo](#), [Poing Wildlife Park](#) and many other leisure parks
- Discounts at children's shops, bicycle shops or organic markets

 [Find out more](#)

Who is it for?

For all families from Munich and the districts of Dachau, Ebersberg, Erding, Freising, Fürstenfeldbruck, Munich and Starnberg.


The term family also includes single parents, families with foster children, grandparents with grandchildren, same-sex partnerships with children.

Cost: 6 euros

Validity: from 1 January to 31 December of each year.

It is valid for two adults with up to four children (0 - 17 years).

Families with more than four children receive a second family pass free of charge. You can get this here:

 [City Youth Welfare Office](#) in Elisenhof, Luitpoldstraße 3, 80335 Munich (Room 3002/Infothek)


You can buy the family pass  [online](#) or at a  [sales outlet](#).

If you have any questions:

@familienpass.soz@muenchen.de

 [089/23333844](tel:089/23333844)

Free family pass for families with little money:

You can get the family pass free of charge from  [Sozialbürgerhaus](#)

- if you are in social need
- if you earn very little money
- if you are currently doing voluntary work, for example:
Bundesfreiwilligendienst, Freiwilliges Soziales Jahr, Freiwilliges Ökologisches Jahr
- If you receive one of the following benefits
 - Benefits according to SGB XII
 - Benefits according to SGB II
 - Benefits according to AsylbLG
 - Housing benefit or child supplement

Register marriage

Registering a marriage

A marriage is only legally binding in Germany if it is solemnised at the registry office.

You can register your marriage at the earliest six months before the planned date. It is valid for six months. Once you have all the documents together, you both go to the registry office responsible for your place of residence.

 [Find out more](#)

If you have any questions, you can contact the registry office service hotline:


 [089/23396060](tel:089/23396060)

Apply for a death certificate

Apply for a death certificate

The death certificate officially confirms the death of a person. The certificate must be presented to banks and insurance companies, for example.

After the death, contact a funeral parlour to arrange the funeral. The funeral parlour will also inform the registry office responsible for your place of residence. The registry office will issue the death certificate. Once the notarisation has been completed, you will receive the ordered death certificates from the funeral home.

 [Find out more](#)

If you have any questions, you can contact the service telephone of the registry office:

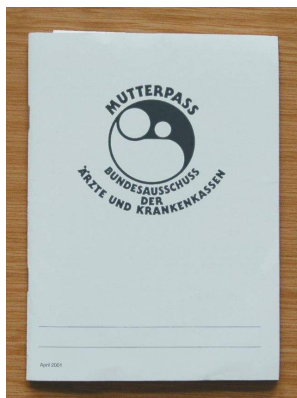
 [089/23396060](tel:08923396060)

Pregnancy and childbirth

General information

General information

Pregnant women are under special protection in Germany. You are entitled to counselling, medical care and support with new purchases for the child. If you are pregnant, you must first go to a gynaecologist. There you should have regular check-ups for preventive care. As a mother, you will also receive a document with important information about your pregnancy, your health and the health of your child. The document is called "Mutterpass" and looks like this:



Always take this document with you in case of emergencies.

You can contact a "" [counselling service for pregnant women](#) before the birth. There you will receive support and find out what you need to know and do about pregnancy and birth.

After the birth, there are many things to clarify with the German authorities so that you and your child are well looked after:

Birth certificate

Newborn children must be registered at the registry office. At the registry office, you will receive the [birth certificate](#) for your child together with your ID, birth certificate and, if

available, your marriage certificate.

Initial equipment

"" [Initial baby equipment](#)

Child benefit

If one of the parents of the newborn child lives or works in Germany, you can receive "" [child benefit](#) for your child under certain conditions. You can discuss this at the "" [counselling service for pregnant women](#).

Parental allowance

If you are a parent with a permanent residence permit, you are entitled to [parental allowance](#) under certain conditions 🌐. You can discuss this at the "" [counselling service for pregnant women](#).

Parental leave

🌐 [Parental leave](#) is an unpaid break from working life for mothers and fathers who are caring for and bringing up their child themselves. During this time, you do not have to work and do not receive a salary. To compensate for this, you can apply for parental allowance, for example. You can take your parental leave before your child's 3rd birthday. You can also take part of it between your child's 3rd and 8th birthday.

During parental leave, you are protected against dismissal in a special way. In most cases, you can return to your old job after parental leave.

Pregnancy counselling

State-recognised pregnancy counselling centres

Pregnancy counselling offers you information, decision-making help, advice and support if you want children, during pregnancy and after the birth until your child is three years old:

- Advice on questions about pregnancy and childbirth
- Information about legal regulations
- Referral to possibilities for help, particularly making an application for financial support
- Advice before, during and after prenatal diagnosis (examinations before the birth) and possible disability of the child
- Counselling according to Section 219 German Criminal Code (StGB) with a certificate, if you are considering an abortion
- Psychosocial counselling after pregnancy termination
- Psychosocial counselling if your pregnancy has ended prematurely
- Counselling on family planning, contraception and sexuality as well as unfulfilled desire for children
- Counselling in the event of difficulties with your partner or family during pregnancy and after the birth
- Counselling and support if you often feel exhausted and unhappy after the birth of your baby
- If necessary, support and house visits by a family midwife

[Find out more](#)

■ Interpreters are available.

There is no childcare. You can bring your children with you but they are not allowed to be present during the pregnancy termination counselling.

Barrier-free access to buildings and premises and a disabled toilet are available.

The service is free.

Please make an appointment.

Who's it for: Women and men, couples, and families with children up to the age of 3

This counselling is offered at various locations from different organisations. There follows a list of the individual advice centres.

Health department

Bayerstraße 28 a, 80335 Munich

2nd floor / register in room 2014

■ [089/23347871](tel:08923347871)

schwangerschaftsberatung.gsr@muenchen.de

www.muenchen.de/schwangerenberatung

Monday to Friday 09:00 - 12:00

Monday, Tuesday, Thursday 13:30 - 15:00

Frauen beraten e. V. (pregnancy counselling) Munich

City centre:

Monday, Tuesday, Thursday 08:00 - 12:00, 13:00 - 17:00

Wednesday 13:00 - 19:00

Friday 08:00 - 13:00

www.frauen-beraten.de

Herzog-Wilhelm-Straße 16, 80331 Munich

[089/5999570](tel:0895999570)

Muenchen-stadtmitte@frauen-beraten.de

Sendling:

Monday, Tuesday 08:30 - 12:00, 13:00 - 17:00

Wednesday 13:00 - 17:00

Thursday 08:30 - 12:00, 13:00 - 18:00

Friday 08:30 - 13:00

Lindenschmitstraße 37, 81371 Munich

[089/7472350](tel:0897472350)

Muenchen-sendling@frauen-beraten.de

Neuperlach:

Monday, Thursday 08:30 - 12:00, 13:00 - 17:00

Tuesday 8:30 - 12:00, 13:00 - 18:00

Wednesdays 13:00 - 17:00

Friday 08:30 - 13:00

Albert-Schweitzer-Straße 66, 81735 Munich

[089/678041040](tel:089678041040)

Muenchen-neuperlach@frauen-beraten.de

Pro Familia e. V.**Schwabing:**

Türkenstraße 103, 80799 Munich

[089/3300840](tel:0893300840)

sfhg.muenchen-schwabing@profamilia.de

www.profamilia.de/muenchen

Munich-Neuaubing:

Bodenseestr. 226 (Rückgebäude), 81243 Munich

■ [089/8976730](tel:0898976730)

Feldmoching-Hasenberg!

Blodigstr. 4, 80933 Munich

■ [089/3144425](tel:0893144425)

ebz München e. V.

[Website](#)

Ludwigsvorstadt - Isarvorstadt:

Landwehrstr. 15 (Rückgebäude), 80336 Munich

■ [089/59048150](tel:08959048150)

Ramersdorf:

Echardinger Str. 63, 81671 Munich

■ [089/59048250](tel:08959048250)

Sozialdienst katholischer Frauen München e. V.

Note: The following two pregnancy counselling centres are not state-recognised and for that reason do not issue a counselling certificate under Section 219 of the German StGB (Criminal Code).

[Website](#)

Neuhausen-Nymphenburg:

Dachauer Str. 48, 80335 Munich

■ [089/55981227](tel:08955981227)

Trudering-Riem:

Werner-Eckert-Str. 11, 81829 Munich

■ [089/943801420](tel:089943801420)

This text contains information about the following search terms: Baby clothes and equipment, financial help, abortion, counselling certificate, depression immediately after birth, post-natal depression abortion, pregnancy, pregnancy counselling, parental allowance, parental leave, family planning, sexuality, contraceptives

Baby equipment

Baby equipment

If you do not have enough money, you can apply for financial support for necessary items for the baby. This means you can get money for baby clothes for the first year of life, a cot with accessories, a changing mat and a pram.

Who gets financial support for a baby?

- People who receive "social welfare" (SGB XII)
- People who have too little money for baby equipment

How does it work?

You submit an application: "Baby-Erstaustattung"

You can obtain the application from your »» [Sozialbürgerhaus](#)

 [Find out more](#)

Maternity clinics & birth centres

Maternity clinics & birth centres

During your pregnancy, you should talk to your gynaecologist and decide where you would like to give birth to your child. You can decide for yourself. Most pregnant women give birth in a hospital. Some give birth in a birthing centre or at home. There are ten hospitals in Munich. You can find out more at the free information evenings. This will help you decide.

💡 The costs for all necessary examinations during pregnancy and for the delivery are covered by health insurance.

Maternity clinics

Frauenklinik Harlaching

You can find the dates for the information evenings at [here](#). There is alternately an on-site appointment and an online appointment. You do not need to book an appointment.

The clinic specialises in high-risk pregnancies and the treatment of babies born prematurely.

📍 Sanatoriumsplatz 2, 81545 München

☎ [089/62105344](tel:08962105344) (registration for birth for those with statutory health insurance)

☎ [089/62102501](tel:08962102501) (Birth registration for privately insured patients)

☎ [089/62102500](tel:08962102500) (secretariat, general questions)

🌐 [Website](#)

Frauenklinik Neuperlach

Alternative methods are used to make the birth easier (for example homeopathy, acupuncture or aromatherapy).

📍 Oskar-Maria-Graf-Ring 51, 81737 München

☎ [089/67942451](tel:08967942451) (general questions)

☎ [089/67942469](tel:08967942469) (registration for the birth)

🌐 [Website](#)

Frauenklinik Schwabing

The clinic specialises in high-risk pregnancies and the treatment of babies who are born prematurely. There is also a paediatric surgery department.

The dates for the information evenings can be found at [here](#). There is alternately an appointment on site and an online appointment. You do not need to register.

📍 Kölner Platz 1, 80804 München (Haus B)

☎ [089/30682401](tel:08930682401)

🌐 [Website](#)

Klinik der Ludwig-Maximilians-Universität München (Innenstadt)

📍 Ziemssenstraße 5, 80336 München

☎ [089/440032350](tel:089440032350) (🕒 Monday - Thursday 08:30 - 15:30 and Friday 08:30 - 15:00)

☎ In urgent cases, please contact the delivery room: [089/440032300](tel:089440032300)

@ ambulanz-frauenklinik-inn@med.uni-muenchen.de

🌐 [Website](#)

Klinik der Ludwig-Maximilians-Universität München (Großhadern)

📍 Marchioninistraße 15, 81377 München

☎ [089/440073813](tel:089440073813) (🕒 Monday - Friday 09:00 - 13:30)

☎ In urgent cases, please contact the delivery room: [089/440073800](tel:089440073800)

@ frauenklinik@med.uni-muenchen.de

🌐 [Website](#)

Frauenklinik Rechts der Isar (Haidhausen)

The clinic specialises in high-risk pregnancies and the treatment of babies born prematurely.

📍 Ismaninger Straße 22, 81675 München

☎ [089/41402446](tel:08941402446)

🌐 [Website](#)

Frauenklinik Dr. Geisenhofer (Lehel)

📍 Hirschauer Straße 6, 80538 München

☎ [089/38310](tel:08938310)

@ info@geisenhoferklinik.de

@ pforte@geisenhoferklinik.de

🌐 [Website](#)

Rotkreuzklinikum München (Neuhausen)

There is an information evening once a month. You can find the dates at 🌐 [here](#). You do not need to register. Just drop by.

📍 Taxisstraße 3, 80637 München

☎ [089/130330](tel:089130330)

🌐 [Website](#)

Klinikum Dritter Orden (Nymphenburg)

The dates for the information evenings can be found 🌐 [here](#). The lectures take place here:

📍 Franz-Schrank-Str. 4, 80638 München (Tram 17, stop: Botanischer Garten)

You do not need to register. Just drop by.

📍 Menzinger Straße 44, 80638 München

☎ [089/17952501](tel:08917952501) (secretary's office)

@ sekretariat.gynaekologie@dritter-orden.de

🌐 [Website](#)

Helios Klinikum München West (Pasing)

An information evening takes place once a month. You can find the dates at 🌐 [here](#). You do not need to register. Just drop by.

📍 Steinerweg 5, 81241 München

☎ [089/88922325](tel:08988922325) or ☎ [089/88922297](tel:08988922297) (secretariat)

☎ [089/88922327](tel:08988922327) (Outpatient clinic)

☎ [089/889220960](tel:089889220960) (Midwives hotline)

@ empfang@kliniken-pasing-perlach.de

@ info.muenchen-west@helios-gesundheit.de

🌐 [Website](#)

Birth centres

You can also have your baby in a birth centre. There, the birth is attended only by midwives. The care is often more personalised and individual than in a hospital. On the other hand, there is less medical care than in a hospital.

💡 Birth in a birthing centre is covered by health insurance. The midwife is always available for you shortly before the due date ("Rufbereitschaft"). Accessibility is not paid for by all health insurance companies. You often have to pay part of it yourself.

Geburtshaus München (Schwanthalerhöhe)

There is an information evening every first and third Wednesday of the month. It starts at 19:00. You do not need to register. Just turn up. If possible, please come in pairs. You do not need to register.

📍 Fäustlestr. 5, 80339 München

☎ [089/164184](tel:089164184)

✉ info@geburtshaus-muenchen.de

🌐 [Website](#)

Geburtshaus Pasing

📍 Lützowstr. 11a, 81243 München

☎ [089/87181621](tel:08987181621)

✉ info@geburtshaus-pasing.de

🌐 [Website](#)

Delivery and aftercare

Delivery and aftercare

Your gynaecologist will refer you to a maternity hospital. You will receive a birth confirmation letter from the hospital. Ask at the clinic for a midwife for follow-up post-natal care. If the hospital is not able to refer you to a midwife, contact the Early Years Help of the Koordinierenden Kinderschutzstellen (KoKi), which you will find in all München »» [Sozialbürgerhäuser](#).

Your relevant [Sozialbürgerhaus](#)

Special examinations for children

Special examinations for children

There are ten (or eleven) special examinations for children aged 0-6 years. They determine whether the child is healthy and developing well. They are called "Früherkennungsuntersuchungen" (abbreviation: U1 to U9 and J1) and they help the parents and the child. The examinations offer the opportunity for disorders or illnesses to be recognised and treated at an early stage. Parents receive counselling on various topics that are important for the child's development.

🌐 [Find out more](#)

Are the examinations compulsory?

The examinations are compulsory in Bavaria. Anyone who does not comply will receive a reminder. It is also possible that you will later have to prove that all examinations have been carried out. For example, when registering at nursery or school or if you want to apply for certain benefits.

Do I have to pay for this?

The examinations are free of charge if the appointments are kept. If you have your child examined too late, you may have to pay the costs yourself.

When are the examinations?

The U1 and U2 usually take place in the maternity clinic. For the other examinations, you must make an appointment with your paediatrician.

How can I remember the appointments?

You can calculate the appointments here: 🌐 [Appointment calculator](#). If you enter the date of birth, you can print out the list of appointments.

What is examined?

U1 examination: after the birth

The first examination takes place immediately after birth and focuses primarily on the newborn's vital functions.

U2 examination: 3 to 10 days after birth

The second examination is the first basic medical examination "from head to toe".

U3 examination: 4 to 5 weeks after birth

At the U3 examination, the aim is to recognise abnormalities in development as early as possible. The doctor will check whether your baby reacts to certain things and examine the joints. You will also receive advice on breastfeeding, nutrition, immunisations and support services.

U4 examination: 3 to 4 months after birth

The focus is on physical and mental development. The doctor observes how your baby moves and examines the baby's head. Other topics include your baby's nutrition and digestion, as well as speech development.

U5 examination: 6 to 7 months after birth

The baby can now grasp and moves more. At the U5, the child is physically examined. The doctor will also check whether your baby can see well.

U6 examination: 10 to 12 months after birth

Your child is now almost a year old and has developed many new skills. The doctor will look at what your child can already do and examine their eyes and teeth, for example.

U7 examination: 21 to 24 months after birth

Your child is now almost two years old and is becoming increasingly independent. Your child can probably already walk and speak several words. The doctor will examine how your child has developed and check, for example, whether your child understands simple words and

sentences. Topics such as nutrition, tooth brushing and immunisation are also discussed.

U7a examination: 34 to 36 months after birth

Most children start kindergarten at the age of three. During this examination, for example, the development of the teeth is examined. Other topics include immunisations and language development.

U8 examination: 46 to 48 months after birth

Your child is now almost four years old and can already speak and ask questions. The doctor will examine your child from head to toe. They will also measure how heavy and tall your child is.

U9 examination: 60 to 64 months after birth

Your child is now at least five years old. This examination focuses on speech development. The doctor will also examine how agile or skilful your child is.

J1 examination: at the age of 12 to 14 years

This examination is not compulsory. Nevertheless, it makes sense to have it. It is also free of charge. During this examination, the general state of health, immunisation status and development during puberty are checked.

Apply for a birth certificate for newborns


Apply for a birth certificate for newborns

You must register the birth and the name of your child at the registry office. As soon as the birth has been registered, the birth office can issue you with a birth certificate.

There are two registry offices in Munich. Which registry office you have to go to depends on the district in which your child was born. The clinics usually give parents an information sheet with the address of the relevant registry office.

 [Find out more](#)

If you have any questions, you can contact the registry office service hotline:

 [089/23396060](tel:08923396060)

Recognition of paternity

Recognising paternity

If you are the father of a child and are not married to the mother, you can recognise paternity. Recognition of paternity must be publicly notarised.

 [Find out more](#)

Notarial office of the municipal youth welfare office

Notarial office of the municipal youth welfare office


The following is notarised in the notary's office:

- Recognition of paternity and recognition of maternity, as well as consent to this
- Declarations of custody: if parents are not married to each other and wish to declare that they wish to exercise joint custody of their child
- Maintenance obligations

For whom:

- For parents or parents-to-be who are not married to each other, to establish parentage or joint parental custody
- For parents liable for cash maintenance due to the assumption of a maintenance obligation

 [Find out more](#)


 If necessary, we can organise for a person to translate. Please let us know in advance which language you speak.

There is barrier-free access to the building and the rooms. There is a toilet for people with disabilities.

The service is free of charge.

Please make an appointment.

Stadtjugendamt München
Urkundsbüro
Werner-Schlierf-Straße 9
81539 München

 [089/233-67449](tel:08923367449), [-67483](tel:08923367483), [-67495](tel:08923367495), [-67458](tel:08923367458), [-67485](tel:08923367485), [-67524](tel:08923367524) or [-67473](tel:08923367473)

@beurkundungen.soz@muenchen.de

Children's day-care (Kita) and school

General information about the daycare centre

General information

Childcare for children in Munich daycare centres

 [Find out more](#)

What is a daycare centre?

Kita is short for child day care centre. There are different forms of childcare:

- **Crèche:** 9 weeks to 3 years of age
- **Kindergarten:** 3 years to the start of school (6 or 7 years)
- **House for children:** 9th week of life to 12 years (crèche, kindergarten and after-school care under one roof). Further information [here](#).

-
- **Parent-child initiative:** Parents join forces and organise a childcare facility together. The programmes are available for all age groups.
 - **After-school care centre:** school children from 1st to 4th grade, care in the school or close to the school
 - **Day care centre:** school children from 1st to 4th grade, care in the school, close cooperation with the school
 - **Lunchtime supervision:** school children from 1st to 4th grade, supervision at school

Children with disabilities

- Integration place in a daycare centre
- Integrative centre: care for children with and without disabilities
- Curative day care centre: from 3 years, only children with disabilities

If you have any questions:

 [089/23396775](tel:08923396775)

[@kita.rbs@muenchen.de](mailto:kita.rbs@muenchen.de)

 [089/23396771](tel:08923396771)

[@kita-eltern@muenchen.de](mailto:kita-eltern@muenchen.de)

What can my child experience at the daycare centre?

- The daycare centre is usually open all day Monday to Friday.
- There is a fixed daily routine (meal times, play times, rest times).
- The child can make new friends.
- The child can play and get to know and use many different toys and materials.
- The child can play in the garden.
- The child's development is supported by the carers.

Child day care in families

This form of childcare is particularly suitable for children under the age of three. Trained carers (so-called childminders) look after up to five children at home in a family atmosphere. If the carer falls ill, there is a substitute carer. The costs for municipally organised child day care are no higher than for a place in a crèche.

 [Find out more](#)

You can obtain free advice on child day care from your local [Sozialbürgerhaus](#).

If you have any questions:

 [089/23329800](tel:08923329800)

Information about Kitas and how to register

Registering for a Kita

What is the kita finder+?

The kita finder+ is the online registration portal for childcare institutions in the federal capital city of Munich. It includes an overview of all childcare institutions in Munich.

You have to sign up initially and then you can register your child for one or several institutions (at the earliest twelve months before you would like the care to begin). It's a good idea to register for several institutions because then the chances of you finding a place at the time you want and for the conditions you want will increase. You can also accept places offered to you via the kita finder+.

How do you register in the kita finder+?

- You need to decide: From when and for how many hours daily do you want your child to be looked after?
- Get information about child daycare centres near your apartment, try to attend the "Tag der offenen Tür" (open day, these usually take place in February; it's best to ask the daycare centre directly)
- [Online registration](#)
- Registration directly in the Kita

Registration directly in the special needs daycare centre: [find out more](#)

Integration places in Kitas: Registration via [kita finder+](#)

Registration for daycare in families

- via the Jugendamt (Youth Welfare Office)
[089/23349800](tel:08923349800)
- via the daycare listings in the [Sozialbürgerhaus](#)
Monday 09:00 - 12:00
Wednesday 09:00 - 12:00
Thursday 15:00 - 17:00

Where can I get personal advice?

In the Kitas directly

Municipal Kitas:

Tuesday 15:00 - 17:00 (not in the school holidays)

KITA-Elternberatung

Landsberger Straße 30

80339 Munich

0-6 years:

[089/23396771](tel:08923396771)

kita-eltern@muenchen.de

Children of primary school age:

[089/23396774](tel:08923396774)

a4-eltern@muenchen.de

Where can I find information about the costs?

-
- [Fees for municipal Kitas](#)
 - Information booklet „[Kindertageseinrichtungsgebühren](#)“
 - from the respective Kita
 - from the Kita's sponsoring organisation

You can also get more information from the:

Zentrale Gebührenstelle

Landsberger Straße 30

80339 Munich

[089/23396770](tel:08923396770)

kitasb.zg@muenchen.de

School for children from 6 to 16 years

Compulsory schooling and school districts

Compulsory school attendance

School attendance is compulsory in Germany: all children between the ages of 6 and 15 must attend school. In Bavaria, compulsory vocational schooling applies until the age of 21 if attendance at a general school is not continued. Compulsory vocational schooling does not apply if the school was completed with the Abitur or Fachabitur. Parents must ensure that their children attend school regularly. Attendance at public (state and municipal) schools is free of charge.

If a child is ill, parents must call the school before 08:00 in the morning.

School district

If the child attends a public primary or secondary school, they must go to the school that is responsible for their place of residence - a Sprengel school. "Sprengel" means "school district".

What types of schools are there?

Further information on school attendance and the different types of schools can be found [here](#).

Free lunch at school

Free lunch at school

Lunch at school is free of charge for children and young people who are in financial or social need.

How does it work?

1. You submit an application:
„Antrag auf Gewährung eines freiwilligen Zuschusses für die Mittagsversorgung von

Schulkindern in sonstiger finanzieller oder sozialer Notlage“

You can obtain the application form from the school or from your >> [Sozialbürgerhaus](#).

2. You fill in the application form. There are also contact points that can help you with this.
3. You hand in the completed application form at your social centre.
4. If the application is approved, hand it in at school.

For whom:

- Children and young people in financial need: parents or guardians have a low income (the income limit is checked individually) and are not entitled to benefits under the education and participation package (BuT).
- Children and young people in social need: this will be clarified during initial counselling or clearing at the relevant social community centre

Documents required:

- In case of financial hardship: proof of income, assets and rent etc.
- In case of social need: none

 [Social centres](#)

Getting healthy at home - home care service for sick children

Home care service for sick children ("Zu Hause Gesund Werden")

Zu Hause Gesund Werden helps parents who cannot stay home to look after their sick child themselves for occupational reasons. At short notice, we send a voluntary helper who reliably cares for your sick child in the familiar environment of your family apartment, so that the child can get well in peace.

Who's it for: The offer is designed for all parents who are working or in training.

Access requirements:

You live in the city or district of Munich.

Your sick child is at least 6 months old and a maximum of 12 years old.

You are working or in training.

You need care for at least 3 hours and maximum 6 hours per day.

The care costs 6.50 EUR per hour. Plus public transport travel costs.

If the family finances are tight, we are able to finance the costs from donations.

Alzheimer Eck 13
80331 Munich



[089/ 2904478](tel:0892904478)

info@zhgw.de

Monday – Friday 9:00 – 13:00

www.zhgw.de

This text contains information about the following search terms:
Childcare in the event of illness, caring for a child when ill, caring for sick children, when a child gets ill, my child is sick

Advice and help / children and adolescents

Advice at the Youth Information Centre (JIZ)

Advice at the Youth Information Centre (JIZ)

Who for: Teenagers and young adults aged 14 to 26 and anyone involved with young people (parents, teachers, youth work professionals)

Barrier-free access to the building and premises is available.

The programmes are free of charge.

Jugendinformationszentrum (JIZ)


Sendlinger Straße 7

80331 München

 [089/55052150](tel:08955052150)

 [@info@jiz-muenchen.de](mailto:info@jiz-muenchen.de)

 www.jiz-muenchen.de


 **JIZ in general:**

Monday 12:00 - 19:00

Tuesday to Friday 13:00 - 18:00

General counselling

Information and counselling for young people and anyone involved with young people on all topics and also in crisis situations. Counselling is free of charge and anonymous if desired. It is not necessary to make an appointment. Contact is possible in person, by telephone, email and WhatsApp. The JIZ has around 1,000 brochures on many topics to take away free of charge and a PC for internet research.

 Monday 12:00 - 19:00

Tuesday to Friday 13:00 - 18:00

My data - my rights!

Data protection - what is it? What should my profile on social networks look like and how should it not look? What do apps reveal about me? How can I enforce my (data protection) rights?

These and similar questions can be sent to the JIZ by email (@ info@jiz-muenchen.de), by phone or in person. An external specialist lawyer will provide competent answers promptly and, if necessary, arrange a personal consultation (**registration at the JIZ required**). Counselling is anonymous if desired.

Please make an appointment.

 **Office hours:**

Monday 12:00 - 19:00


Tuesday to Friday 13:00 - 18:00

Data protection counselling: by appointment/registration

Young people and the police

Sometimes there are misunderstandings or conflicts between young people and the police. The JIZ offers specialist advice on questions and problems in dealing with the police and the justice system. Enquiries are forwarded to the JIZ team of lawyers, who then provide advice. This is a free initial counselling service within the meaning of the Child and Youth Welfare Act; it is not possible to take on mandates or represent clients in court.

Please make an appointment.

 Monday 12:00 - 19:00

Tuesday to Friday 13:00 - 18:00

Legal advice for young people

Volunteer lawyers provide information on all legal problems in personal one-to-one meetings - whether it's family disputes, difficulties at school, training or work, trouble with neighbours, conflicts with authorities or the police or negotiations in court.

This is a general initial legal consultation. The lawyers do not take on any cases and do not represent clients in court. Advice is given exclusively in person.

 **Legal advice:**

Tuesday 16:00 - 18:00

(early arrival recommended)

 **Criminal law counselling:**

1st + 3rd Monday of the month 16:00 - 18:00


(early arrival recommended)

Questions about the job centre?

Many questions often arise in connection with the job centre. At the JIZ, young people up to the age of 25 receive information and tips every Monday from 2 to 4 pm on questions such as

-
- I don't (yet) know my way around the job centre?
 - I don't know who my contact person at the job centre is?
 - I want to know how the job centre can support me?
 - I receive letters from the job centre and don't know what to do with them?
 - I am already registered with the job centre and have financial problems...

Astrid Best and Thomas Mahler from the "SGB II Liaison Centre" at the [JiBB Munich](#) will provide advice. Counselling is anonymous on request and of course free of charge.

 Monday 14:00 - 16:00


**This text contains information on the following search terms:
Media law, GDPR, criminal law, criminal proceedings, help, youth counselling, youth information, laws, legal issues, family law, social law**


INFOFON - Counselling for young people by young people

INFOFON - Counselling for young people by young people

We provide information and advice by phone and chat. Regardless of the topic or question. Counselling is anonymous and confidential. This means you don't have to say who you are and nobody will find out what we talked about.


Counselling is free of charge.

 Daily 18:00 - 22:00

 [089/1215000](tel:0891215000)

 [More information and chat](#)

For whom: For young people

 German and English

**This text contains information on the following search terms:
Telephone counselling, Online counselling**

Advice for girls and young women

Counselling for girls and young women in various life situations

We offer counselling on the following topics, for example:

- School
- career choice
- vocational training
- cultural differences
- Trouble at home

-
- Problems with boyfriend or girlfriend
 - sexuality
 - coming out
 - pregnancy

Our counselling is confidential. It can take place alone or in a small group of up to three people.

Who it's for: Girls* and women* aged between 12 and 27

The service is free of charge.

amanda - Verein für psychosoziale Initiativen e. V.

Gmunder Str. 7

81379 München

☎ [089/7255112](tel:0897255112)

@ info@amanda-muenchen.de

🌐 [Website](#)

📅 Please make an appointment.

Counselling for boys* and young men*

KIBS - Contact, information and advice centre for boys* and young men* in cases of sexualised and/or domestic violence

We offer personal counselling. You can choose whether you would like to be counselled by a female or male specialist. If you would like to receive counselling by telephone, it is possible for your telephone number to remain anonymous. We offer trauma and family-orientated help. There is also a group programme for boys* who have experienced domestic violence.

💡 This sign means anyone who identifies as a boy or man: *

For whom:

- Boys* and young men* up to the age of 27 who have been affected by sexualised violence
- Boys* from the age of six who have experienced domestic violence
- Boys* under the age of 14 who behave in a way that violates sexual boundaries
- Parents, relatives, friends and peers, other carers and professionals

The service is free of charge and anonymous on request.

📅 From Monday to Friday 10:00 - 17:00

KIBS - Beratung für Jungen und junge Männer

- 📍 [Landwehrstraße 34, 80336 München](#)
- @ mail@KIBS.de
- ☎ [+49 892317169120](tel:+49892317169120)
- 🌐 <http://www.kibs.de/>


Psychotherapy and social counselling for children and young people who have experienced flight

Psychotherapy and social counselling for children and young people who have experienced flight


We offer individual or group therapy for children and young people who are suffering from their experiences in their country of origin or during their flight. The therapy usually takes place for one hour per week with interpreters. We also offer socio-educational counselling. Health insurance is not required!

Who for: Children and young people up to and including the age of 17 (including unaccompanied refugee minors). Residence status does not matter.

Registration is possible at  [using the registration form](#) or at  [089/9829570](tel:0899829570)

 Monday 10:00 - 12:00 and Thursday 14:00 to 16:00

The number of therapy places is limited.

 Interpreters are available.

There is barrier-free access to the building and the rooms.


The service is free of charge.

 Monday to Friday 09:00 - 16:00

Refugio München

 [Rosenheimer Straße 38, 81669 München](#)

 info@refugio-muenchen.de

 [+49 \(0\) 899829570](tel:+49(0)899829570)

 <https://www.refugio-muenchen.de/angebote-fuer-men...>

This text contains information on the following search terms:

Torture, PTSD, PTSD, flashback, sleep disorder

Counselling centres for parents, children and young people

Counselling centres for parents, children and young people




Munich's parenting advice centres offer psychological counselling for parents, children and young people.

We provide counselling on all issues relating to family life:

- Questions about child development
- Questions about parenting
- Questions about separation and divorce

-
- Questions about school

We support young parents in the early years with all problems and help with the topics of relationships, growing up and parental roles. We help in difficult situations and work with you to find a solution.



There are also many different  [group programmes](#) for children, young people and parents. There is also an online counselling service  [for young people](#) and  [for adults](#).

 [Find out more](#)

Who for: Parents, children and adolescents (even without the parents' knowledge), young adults. We provide counselling for families with children aged 0 to 27.

All services are free of charge.

 We can offer counselling in various languages.

 Our counselling centres are located throughout Munich. Here you can find the  [locations and telephone numbers](#).

**This text contains information on the following search terms:
family counselling, educational counselling, separation and divorce counselling,
youth counselling**

Psychological counselling for problems at school

Psychological counselling for problems at school


The Central School Psychological Service helps pupils and their parents/guardians,

- if there are problems at school.
- if you want to improve your learning and concentration.
- if you are confronted with fears, worries or stress at school.

Please feel free to make an appointment with us. In a personal discussion, we will look together for solutions and possibilities of how and what we can change.


Who for: Pupils at municipal secondary schools aged ten and over and their legal guardians.


The programme is free of charge.

 We can organise a person to translate. Please let us know in advance which language you speak.


You can also bring your children to the appointment.

There is barrier-free access to the building and the rooms.


 From Monday to Thursday 8:30 - 16:30

 On Friday 8:30 - 13:30

Zentraler Schulpsychologischer Dienst

 [Neuhauser Straße 39, 80331 München](#)

 [@schulpsychologie@muenchen.de](mailto:schulpsychologie@muenchen.de)

 [+49 \(0\) 8923340940](tel:+49(0)8923340940)

 <https://www.pi-muenchen.de/profil/wir-ueber-uns/f...>

This text contains information on the following search terms:

Bullying, trauma, grades, exam anxiety, school stress, secondary school, grammar school, vocational school, vocational college, specialised secondary school, vocational high school, vocational schools, vocational preparation, vocational integration


Advice centres for children and adolescents

Counselling centres for parents, children, young people and families on the subject of parenting

Counselling on issues relating to family life, school difficulties and parenting issues, concerns about children and young people, separation and divorce, issues relating to access and custody.


 [Find out more](#)

Who for: Parents, mothers, fathers, children, young people and other family members

 Interpreters can be organised if required.

Children can be brought along.

The service is free of charge.

Which parenting advice centre is responsible for you depends on your  [home address](#): Enter your address, then click on the "Continue" field and the educational counselling centre you can contact will be displayed.

Advice and help / families

Counselling centres for parents, children, young people and families on the subject of parenting

Counselling centres for parents, children, young people and families on the subject of parenting

Counselling on issues relating to family life, school difficulties and parenting issues, concerns about children and young people, separation and divorce, issues relating to access and custody.

 [Find out more](#)

Who for: Parents, mothers, fathers, children, young people and other family members

🗣️ Interpreters can be organised if required.

Children can be brought along.

The service is free of charge.

Which parenting advice centre is responsible for you depends on your 🌐 [home address](#): Enter your address, then click on the "Continue" field and the educational counselling centre you can contact will be displayed.

Guardianship for minor children

Assistance for minor children

Advice on questions of paternity and maintenance for minor children

We provide legal advice and support on the following issues:

- Establishing paternity
- Maintenance for minor children
- Possibility of joint parental custody for parents who are not married to each other

Guardianship for minor children

An application for guardianship must be made in writing. The guardian represents the minor child as an additional legal representative in establishing paternity and/or in maintenance matters. If necessary, the guardian also represents the child in court. This does not restrict parental custody.

Who for: For parents with sole custody and for single parents

Requirements: underage child with habitual residence in Germany; the parent making the application lives in the city of Munich

🗣️ We can organise for a person to be present to translate. Please let us know in advance which language you speak.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Stadtjugendamt München
Sachgebiet Beistandschaft, S-II-B/B
Werner-Schlierf-Straße 9
81539 München

☎️ [089/23367514](tel:08923367514) or [089/23367515](tel:08923367515)

✉️ [@beistandschaften.soz@muenchen.de](mailto:beistandschaften.soz@muenchen.de)

🕒 From Monday to Friday 09:30 - 12:00 and by appointment

🌐 [Website](#)

Munich Child Protection Centre

Munich Child Protection Centre

Protecting children, supporting parents, strengthening families.

We advise families from the city of Munich, the district of Munich and Upper Bavaria.


We advise you in stressful life situations if the child's welfare is at risk or is suspected to be at risk. This means that a child is being neglected. Or that a child is experiencing or has previously experienced physical, psychological or sexual violence.

We offer therapeutic help. Even in acute crises. We support parents in raising their children lovingly and without violence.

We help children and young people to process traumatic experiences as well as possible. For example, if they are experiencing or have previously experienced lack of care, maltreatment, serious conflicts between parents, parental mental illness or sexual abuse.

 [Find out more](#)

For whom: Families and individual family members

 If you let us know in advance, we can organise a person to translate.

The service is free of charge.


Kinderschutzbund KinderschutzZentrum München


Kapuzinerstraße 9D

80337 München


 [089/555356](tel:089555356)

 [@kischuz@dksb-muc.de](mailto:kischuz@dksb-muc.de)

 From Monday to Thursday 09:00 - 12:30 and 13:30 - 17:00

 On Friday 09:00 - 12:30 and 13:30 - 16:00

The telephone is manned at the following times

 From Monday to Friday 19:00 - 20:00

 On Saturday, Sunday and public holidays 9:30 - 11:30 a.m.

**This text contains information on the following search terms:
child abuse, dispute**

Peace Chapel Family Centre

Family centre Friedenskapelle

Our services:

- Advice on all aspects of pregnancy and breastfeeding
- Play groups for children with and without parents
- Postnatal courses with a midwife
- There is an indoor playground in winter

-
- Lectures on topics relating to education and parenting
 - There is a daily swap shop. Especially things for babies and toddlers can be exchanged here.
 - Open meetings (including an international meeting)
 - Group activities such as yoga or sewing
 - Childcare for primary school pupils during the holidays
 - We provide support with applications to the authorities and in finding your way around Germany
 - We advise couples and parents
 - We provide support in difficult situations

[Find out more](#)

Childcare is available.

Familienzentrum Friedenskapelle

Kemptener Straße 73

81475 München

☎ [089/7593518](tel:0897593518)

@familienzentrum@esd-m-fuerstenried.de

Familientreffpunkt Giesing, family and advice centre

Familientreffpunkt Giesing, family and advice centre

We are a meeting place for parents and children. We provide counselling and information. You can come to us with any questions about family, relationships and parenting.

Our offer:

- Groups for babies
- Groups for parents and children
- Play in the afternoon
- Creative activities
- German courses with childcare
- Talks with other parents and experts

Most of the programmes are free of charge.

🌐 [Find out more](#)

There is childcare.

There is a disabled toilet.

Pöllatstraße 15

81539 München

☎ [089/904214810](tel:089904214810)

@ftg@gfsa-muenchen.de

 [Website](#)

Laim Family Centre

Laim Family Centre

We are a centre for families in the district. We focus on the needs of children and their mums and dads:

- We promote contacts and encounters.
- We advise parents, children and young people.
- We provide stimulation and enrichment.
- We take the strain out of everyday family life.
- We create good conditions for children to grow up in a healthy and non-violent environment.
- We offer a place for personal activity and commitment.
- We help families to support each other.


Our programme is open to everyone. Regardless of background, education and income:

- Parent-child meetings
- Counselling on social issues
- Counselling for couples and families
- Legal advice
- Support with homework
- Courses on the topic of birth
- Training for parents
- Music, exercise and crafts for children
- Health and exercise for parents
- German courses for mums
- Games and events

We accompany and support families who are new to Germany. This programme is called: "Together: moving on - talking - getting to know each other"

 [Find out more](#)

Who for: Children, mums, dads and families in general.


 If necessary, there are people who can translate.

The programme is free of charge. Fees may apply for individual courses.


FamilienZentrum Laim

Valpichlerstraße 36

80686 München

 [089/566933](tel:089566933)

 [@fam@dksb-muc.de](mailto:fam@dksb-muc.de)

 Monday to Friday 9:30 - 11:30 and 15:00 - 17:00

**This text contains information on the following search terms:
child abuse, child protection, learning, leisure**

Parkstadt Schwabing family centre

Parkstadt Schwabing Family Centre

We have great offers for children, parents and families. Everyone is welcome.

What we offer:

- There are open meetings for families. Parents and children can get to know each other and exchange ideas.
- There are group programmes
- There are courses for parents with small children
- We support and inform families
- Our counselling is individual
- If you wish, we can refer you to other facilities
- There are programmes for children aged 6 and over


 [Find out more](#)

Our services are free of charge.

Familienzentrum Parkstadt Schwabing

Wilhelm-Wagenfeld-Straße 17

80807 München

 [0157/34504327](tel:015734504327)

@familienzentrum@fzps.de

SOS family centres

SOS family centres

SOS-Familien- und Kindertageszentrum Neuaubing (family and child day centre),
Familientreff+ with secondhand goods for children's needs, multi-generation house.
SOS-Kindertageszentrum: Child day care places for children from 3–12 years of age.
SOS family centre / Multi-generational house: intercultural meeting place with a varied
programme and possibilities to get involved, social counselling and low-barrier everyday
support.

SOS-Familientreff+ (family meeting point): Secondhand goods for children's needs,
information on services in the district, everyday counselling and individual offers.

Who's it for: open to all age groups; focus is on families with young children.

 Cultural mediators and interpreters available, if needed

Barrier-free access in place.

Drop-in programmes are free, other courses have minimal fees; childcare costs in SOS day care centre according to the municipal fee scale.

[Website](#)

SOS-Familienzentrum (family centre) Neuaubing

Hörweg 17, 81248 Munich

■ [089/2170379480](tel:0892170379480)

fkitz-neuaubing@sos-kinderdorf.de

SOS-Familientreff+ (family meeting point)

Limesstraße 81, 81243 Munich

■ [089/2170379490](tel:0892170379490)

fkitz-neuaubing@sos-kinderdorf.de

SOS-Kindertageszentrum (day care centre) Neuaubing

Clarita-Bernhard-Straße 3, 81249 München

■ [089/2170379200](tel:0892170379200)

fkitz-neuaubing@sos-kinderdorf.de

SOS Beratungs- und Familienzentrum Berg am Laim

- Drop-in programmes, courses and group offers, German courses, parent-child programmes
- Advice for families on parenting issues, family advice and family therapy, separation and divorce, for parents with babies and small children.

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

■ Interpreters are available on request in the languages of English, French, Dutch, Serbian, Croatian and Spanish.

You can bring your children with you. Childcare can be organised on request.

All premises have barrier-free access as well as a disabled toilet.

The service is free.

■ Sankt-Michael Straße 7, 81673 Munich

bz-muenchen@sos-kinderdorf.de

Monday 09:00 - 12:30, 13:30 - 17:00

Tuesday 09:00 - 12:30, 13:30 - 18:00

Wednesday 13:30 - 17:00

Thursday 09:00 - 12:30, 13:30 - 17:00

Friday 09:00 - 12:30, 13:30 - 15:00

www.sos-kinderdorf.de/beratungs-und-familienzentr...

SOS Kinder- und Familientreff Messestadt Ost

Drop-in programmes, courses and group offers, German courses, parent-child programmes, parenting advice.

www.sos-kd-muenchen.de

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

You can bring your children with you.

All premises have barrier-free access as well as a disabled toilet.

The service is free.

■ Astrid-Lindgren-Straße 65, 81829 Munich

kft-messestadt@sos-kinderdorf.de

Monday to Friday 09:00 - 12:00

SOS Familien- und Beratungszentrum Riem

Drop-in programmes, courses and group offers, German courses, parent-child programmes, parenting advice.

www.sos-bz-muenchen.de

Who's it for: Families with children between the ages of 0 and 6, counselling for families with children of any age

You can bring your children with you.

All premises have barrier-free access as well as a disabled toilet.

The programmes are free apart from possible minimal costs for materials.

■ Mittbacher Straße 15, 81829 Munich

fz-riem@sos-kinderdorf.de

Monday to Friday 09:00 - 12:00

Wednesday to Thursday 15:00 - 18:00

This text contains information about the following search terms:

Family support centre, childcare, SOS Kinderdorf Munich

Family get-togethers

Family get-togethers

Open café at the Mütterzentrum Sendling

All families are welcome to our open café. Registration is not required. Exchange ideas with other parents while your children are looked after in our playroom.

Our centre also offers many other services with information, advice and exchange, for example open breastfeeding and nutritional advice, open parent-child groups (baby group, singing group), various courses (with registration) and intercultural events.

 [Find out more](#)

Who for: For families from Sendling and the neighbouring districts with children up to 6 years old

Some counselling sessions are free of charge, a fee is charged for courses.


Mütterzentrum Sendling

Brudermühlstraße 42

81371 München

 [089/777744](tel:089777744)

[@info@muetterzentrum-sendling.de](mailto:info@muetterzentrum-sendling.de)

 Monday 09:30 - 12:00 and 15:00 - 17:30

Tuesday 09:30 - 12:00 and 15:00 - 17:30

Wednesday 09:30 - 12:00 and 15:00 - 17:30

Thursday 09:30 - 12:00 and 15:00 - 17:30

Friday 09:30 - 12:00

Open meeting in the family centre Messestadt Riem e. V.

You can chat and socialise with other parents over a cosy breakfast. Our playroom is open for your children.

Coffee, tea and breakfast are available at very reasonable prices, but you don't have to buy anything! You can also bring your own snacks. On Thursday afternoons we serve fresh pancakes.

 [Find out more](#)

Who for: open to everyone, with a focus on families with small children up to 3 years old

The programme is free of charge.

Children can be brought along.

Barrier-free access to the building and premises as well as a disabled toilet are available.


Familienzentrum Messestadt Riem

Helsinkistraße 10

81829 München

 [089/40906074](tel:08940906074)

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

 Monday 09:00 - 13:00

Tuesday 09:00 - 13:00

Wednesday 09:00 - 13:00

Thursday 14:00 - 18:00

Friday 09:00 - 13:00

Open meeting in the Mütterladen Giesing

Mums, dads and children can play together in the open meeting place, talk and get information. You are welcome to buy something buy something to drink and eat.

Who for: Mums and dads with their children aged 0-3 and older siblings

 [Find out more](#)

There is barrier-free access to the building and the rooms.


Mütterladen Giesing

Rißbachstraße 12

81369 München

 [089/69370371](tel:08969370371)

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

 From Monday to Wednesday 09:00 - 11:30 and 14:30 - 17:30

On Thursday and Friday 09:00 - 11:30 am

Müttertreff Moosach e. V.

Family centre with large play and café area.

 [Find out more](#)

Who for: Families with children from 0 to around 4 years old

Childcare is available for some courses (such as yoga).


In general, children are welcome to come along.

The programme is free of charge, apart from a small charge for food in the café.


Müttertreff Moosach e. V.

Feldmochinger Straße 42

80993 München

 [089/1491532](tel:0891491532)

[@service@muettertreff.de](mailto:service@muettertreff.de)

 From Monday to Friday 09:15 - 11:15 and 15:00 - 17:00

Treffam - International Family Meeting Point

Treffam is a centre for families of all nationalities with children aged 0-6. We advise you on your individual questions and support you in learning German. You can also get to know other families and exchange ideas. The coexistence of people of different origins and religions is a natural part of everyday life at Treffam.

Our programmes include

- Parent-child café
 - Counselling and information
-

-
- Parent-child groups
 - Baby playgroups
 - Integration course for women (with childcare)
 - Language support: language café, German course for children using the Kikus method
 - Work opportunities (AGH)
 - Festivals, excursions and activities
 - Rentals for children's birthday parties
 - Volunteering
 - Weekend activities

Who for: Mums, dads, children (0 - 6 years) and women.

🗣️Our social pedagogues and educators speak the following languages: German, English, French, Italian, Russian, Ukrainian, Turkish, Arabic, Romanian.

Childcare is available. Children can be brought along.

Many offers are free of charge, some courses have low fees.

There is barrier-free access to the buildings and rooms. There is a disabled toilet.

Treffam

Tübingerstraße 11

80686 München

☎️[089/1269915200](tel:0891269915200)

✉️@treffam@diakonie-muc-obb.de

🕒Opening hours:

On Monday and Wednesday 08:30 - 17:00

On Tuesday and Friday 08:30 - 13:30

On Thursday 08:30 - 18:00

🌐🌐www.treffam.de

Müttertreffs (get-togethers for mums)

Müttertreffs

Verein Stadtteilarbeit - Milbertshofen

Who's it for: Mothers with children, women

All premises have barrier-free access as well as a disabled toilet.

Moosacher Straße 11a

80809 Munich

☎️[089/9901650](tel:0899901650)

✉️c.schmidt@verein-stadtteilarbeit.de

🌐🌐www.verein-stadtteilarbeit.de

CaféTreff for women

At this get-together, mothers can discuss things, enjoy coffee and cake and do creative activities. Children of all ages are very welcome.

Donations for coffee and cake are requested.

Thursday 15:00 - 18:00 (not in the school holidays)

Breakfast get-together for women

At this get-together, mothers can discuss things and have a leisurely breakfast. Children of all ages are very welcome.

Donations for the breakfast are requested.

09:00 - 12:00 (not in the school holidays)

Familienzentrum Trudering

International mother & child group

Our group is drop-in — you can just come along and do not need to register in advance. We sing, play and breakfast together. The breakfast is provided by the centre.

[Find out more](#)

Who's it for: Mothers with children up to the age of 3

■ Interpreters for English are available.

Childcare is available.

There is barrier-free access to the building and rooms, and a disabled toilet.

The service is free.

Dompfaffweg 10

81827 Munich

[089/45242070](tel:08945242070)

info@familienzentrum.com

International mother & child group

Friday from 09:30 to 11:30

Centre general opening times

Monday 09:00 - 14:00

Tuesday 09:00 - 14:00

Wednesday 09:00 - 14:00

Thursday 09:00 - 14:00

Friday 09:00 - 14:00

This text contains information about the following search terms:

Babies, toddlers, parent-child group, toddlers group, together, exchange, get to know each other, contact, neighbourhood, handicraft, craft work, artistic, leisure

time

Parents active - mother-tongue parent training

Parents active - mother-tongue parent training

The parent training programme helps mothers and fathers with a refugee or migrant background with parenting. It takes place in the parents' native language.

Who for: For parents of children aged 0 to 13.

The training consists of 12 sessions. Each session lasts 2 hours. Thanks to the cultural proximity of our trainers and the common mother tongue, the values of parenting and family can be reflected on a basis of trust and understanding. Values and competences brought along should be preserved and utilised. New knowledge about topics that are important for parenting in this country should be built up.

Possible topics are

- School and kindergarten
- Dealing with conflicts
- Dealing with media
- Child development
- Giving attention and praising correctly
- Setting boundaries
- Nightmares, bedwetting, etc.

The programme is free of charge.

🗨️ We offer the training in 30 different languages.

Here you can find the flyer in 🌐 [Arabic](#), 🌐 [Bulgarian](#), 🌐 [German](#), 🌐 [English](#), 🌐 [Farsi](#), 🌐 [French](#), 🌐 [Romanian](#), 🌐 [Russian](#), 🌐 [Sorani](#), 🌐 [Spanish](#), 🌐 [Tigrinya](#), 🌐 [Turkish](#), 🌐 [Ukrainian](#), 🌐 [Hungarian](#) and 🌐 [Vietnamese](#).

You can also bring your children with you. If you arrange it with us in advance, we can look after your children during this time.

🌐 [Find out more](#)

📍 Refugio München, Elsässer Straße 33, 81667 München

☎️ [089/98295752](tel:08998295752)

✉️ [@barbara.reich@refugio-muenchen.de](mailto:barbara.reich@refugio-muenchen.de)

✉️ [@frederic.lwano@refugio-muenchen.de](mailto:frederic.lwano@refugio-muenchen.de)

Association of Binational Families and Partnerships, iaf e. V.

Association of Binational Families and Partnerships, iaf e. V.

We are a counselling centre for couples and families. We support you with various issues:

-
- We help you in difficult situations, separation and divorce.
 - We advise you on legal issues. For example, if you have questions about marriage or [family reunification](#). Or if you have questions about different residence options.
 - We support you in preparing for an interview with the authorities.
 - We can help you if your family is suffering from discrimination.

We also offer seminars and programmes for groups.

For whom: binational and migrant couples and families.

🗣️ Our counsellors speak German and English. It is also possible to organise a person to be present at the meeting and translate.

There is barrier-free access to the building and the rooms.

Counselling is free of charge. Other offers cost something.

Please make an appointment.

🌐 [Website in easy language](#)

🕒 Monday, Wednesday and Friday 10:00 - 12:00

Verband binationaler Familien und Partnerschaften, iaf e.V

📍 [Goethestraße 53, 80336 München](#)

@ muenchen@verband-binationaler.de

☎️ [+49 \(0\) 89248813770](tel:+49(0)89248813770)

🌐 <https://binational-muenchen.de/>

**This text contains information on the following search terms:
anti-racism, anti-discrimination**

Babynews Munich - the community for parents from Munich and the surrounding area

Babynews Munich - for parents from Munich and the surrounding area

🌐 [Babynews.de](#) is an internet forum and has 14,000 registered users.

- You can ask questions and exchange ideas
- There are courses and offers for parents and children
- In the section „Suche/Biete“ you can buy and sell things for babies and children
- In the section „Öffentliche Flohmärkte“ you will find current flea markets for baby and children's items in Munich. These are updated regularly.

The 🌐 [website](#) contains helpful tips for parents and anyone who wants to become one.

Who for: Parents, parents-to-be, people who want to have children

The service is free of charge.

@kontakt@babynews.de

**This text contains information on the following search terms:
children's clothing, toys, cheap shopping, second-hand**


Children's day centres (KiTZ)

KinderTagesZentren (KiTZ)

There are more than 30 KiTZe in Munich. They are spread all over Munich.

What is a KiTZ?

A house for families and children in the neighbourhood. Everyone is welcome.

 You can find a [film](#) here.

What we do:


- We look after children aged 9 weeks to 12 years.
- We create a place where families from the neighbourhood can meet.
- We have many offers for families from the neighbourhood.
- We offer advice and help with the search for a place in a kindergarten (daycare centre).
- There are playgroups and an outdoor playground.
- We offer creative activities with music and dancing.
- There are groups for fathers.
- There are groups for parents, sewing cafés.
- There are meetings for parents on specific topics.


All programmes are free of charge.

If you have any questions about accessibility, please ask on site:

Where are the centres?


You can find your nearest centre on the [INTEGREAT city map](#) or here on the website:

 Fritz-Erler-Straße 12, 81737 München

 [089/139283711](tel:089139283711)


@kita.fritzerlerstr.12@muenchen.de

 Heinrich-Braun-Weg 5, 80933 München

 [089/309053770](tel:089309053770)

@kita.heinrichbraunweg.5@muenchen.de

 Hartmannshofer Bächl 46, 80997 München

 [089/159896710](tel:089159896710)

@kita.amhartmannshoferbaechl46@muenchen.de

📍 Nanga-Parbat-Str.105, 80992 München

☎ [089/1598967830](tel:089/1598967830)

@kita.nangaparbat.105@muenchen.de

📍 Freienfelsstraße 3, 81249 München

☎ [015254850873](tel:015254850873)

@martina.labenz@muenchen.de

📍 Widmannstraße 34, 81829 München

☎ [089/053521](tel:089/053521)

@kita.widmannstr.34@muenchen.de

📍 Grafinger Straße 67+69+69a, 81671 München

☎ [089/49002603](tel:089/49002603)

@kita.grafingerstr.69@muenchen.de

📍 Blumenauer Straße 9, 80689 München

☎ [3090526729](tel:3090526729)

@kita.blumenauerstr.9@muenchen.de

📍 Traunsteiner Straße 4/4a + 6/8, 81549 München

☎ [089/6202197810](tel:089/6202197810)

@kita.traunsteinerstr.4@muenchen.de

📍 Rosenheimerstr 118, 81669 München

☎ [089/23320090](tel:089/23320090)

@kitz.severinstr.2@muenchen.de

📍 Langbürgener Straße 11, 81549 München

☎ [089/680861943](tel:089/680861943)

@kitz.langbuergenerstr.11@muenchen.de

📍 Menaristr.1, 80689 München

☎ [089/589095955](tel:089/589095955)

@kita.menaristr.1@muenchen.de

📍 Brittingweg 8, 81737 München

☎ [089/6702555](tel:089/6702555)

@kita.brittingweg.8@muenchen.de

📍 Kistlerhofstraße 127, 81379 München

☎ [089/748089910](tel:089/748089910)

@kita.kistlerhofstr.127@muenchen.de

📍 Werner-Egk-Bogen 33, 80939 München

☎ [089/309053730](tel:089/309053730)

@kita.werneregkbogen.33@muenchen.de

📍 Hans-Clarín-Weg 10, 81249 München

☎ [089/23364686](tel:089/23364686)

@kita.hansclarinweg10@muenchen.de

📍 Korbiniplatz 21, 80807 München
☎ [089/35718790](tel:08935718790)
✉ [@kita.korbiniplatz.21@muenchen.de](mailto:kita.korbiniplatz.21@muenchen.de)

📍 Gubestraße 3-5, 80992 München
☎ [089/1415068](tel:0891415068)
✉ [@Kitz.moosach@awo-muenchen.de](mailto:Kitz.moosach@awo-muenchen.de)

📍 Reinmarplatz 30, 80637 München
☎ [089/143043280](tel:089143043280)
✉ @3725@jh-obb.de

📍 Clarita-Bernhard-Straße 3, 81249 München
☎ [089/2170379203](tel:0892170379203)
✉ @kitz-fachkraft@sos-kinderdorf.de

📍 Stösserstraße 14, 80933 München
☎ [089/31400022](tel:08931400022)
✉ @kitz-hasenberg@awo-muenchen.de

📍 Veit-Stoß-Straße 98, 80687 München
☎ [089/54646640](tel:08954646640)
✉ @kitz@dksb-muc.de

📍 Helmut-Käutner-Straße 14, 81739 München
☎ [089/444512770](tel:089444512770)
✉ @3724@jh-obb.de

📍 Heinrich-Böll-Straße 133, 81829 München
☎ [089/2317167750](tel:0892317167750)
✉ @kitz-haus-am-see@kinderschutz.de

📍 Werner-Schlierf-Str. 17, 81539 München
☎ [089/64954272](tel:08964954272)
✉ @3719@jh-obb.de

📍 Josef-Obenhin-Str. 1, 80634 München
☎ [089/70952593](tel:08970952593)
✉ @3727@jh-obb.de

📍 Graslilienanger 4, 80937 München
☎ [017613140127](tel:017613140127)
✉ @kita-gras@diakonie-hasenberg.de

Counselling and help / Separation - Divorce

Apply for maintenance advance

Maintenance advance centres of the municipal youth welfare office

Are you bringing up your child alone? Then the other parent must pay money for the child. This money is called maintenance.

Can the other parent not pay maintenance? Can the other parent not pay maintenance every month? Does the other parent not want to pay maintenance?

Then you can apply for advance maintenance payments. This means that the youth welfare office pays the maintenance.

The other parent must later repay the advance maintenance payment to the Youth Welfare Office.

The law on advance maintenance payments states who is entitled to advance maintenance payments. The short word for the Maintenance Advance Act is: UVG.

The UVG contains many rules for advance maintenance payments. The youth welfare office can advise you. They will help you with your application.

The amount of money is calculated according to the [Düsseldorf table](#).

Who is it for: Children up to the age of 18 if they or the parent looking after them have German citizenship or the right to freedom of movement (EU/EEA citizenship), a settlement permit or residence permit (authorisation to work; permanent residence).

You can use this [questionnaire](#) to check whether you are entitled to advance maintenance payments.

You can submit the [application online](#).

[Find out more](#)

■ Interpreters can be requested in numerous languages.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Ramersdorf - Perlach

Thomas-Dehler-Straße 16

81737 Munich

[089/23396812](tel:08923396812)

sbh-rp-uvg.soz@muenchen.de

Schwabing-Freimann

Heidemannstrasse 170

80939 Munich

[089/23396811](tel:08923396811)

sbh-sf.soz@muenchen.de

Sendling-Westpark

Meindlstraße 20

81373 Munich

[089/23396809](tel:08923396809)

sbh-sw-uvg.soz@muenchen.de

Monday 08:00 - 16:00

Tuesday 08:00 - 16:00

Wednesday 08:00 - 16:00

Thursday 08:00 - 17:00

Friday 08:00 - 13:00

Counselling for separation and divorce (TuSch)

Separation and divorce counselling (TuSch)

We advise women, parents and couples on separation and divorce. We also provide counselling on the dissolution of a civil partnership. We provide counselling before, during and after separation.

Services for women:

- Counselling on emotional, social and economic issues and problems
- Advice on parental care and organising contact
- Counselling on legal and tax issues
- Open discussion groups and self-help groups
- Lectures and workshops

Offers for parents and couples:

- Counselling for parents / contact counselling
- Counselling according to the Munich model (catalogue of criteria for implementing accelerated proceedings)
- Mediation

Children can be brought along.

 [Find out more](#)

TuSch - Trennung und Scheidung


Frauen für Frauen e. V.

Grimmstraße 1

80336 München

 [089/774041](tel:089774041)

[@tusch@tusch.info](mailto:tusch@tusch.info)

 Please make an appointment.

Telephone consultation hours:

On Monday, Tuesday and Thursday from 10.30 am to 12.30 pm

On Wednesday from 14:30 to 15:30

Counselling centre IETE - Intact parenthood despite separation/divorce

IETE counselling centre - Intact parenthood despite separation/divorce

Partnerships can break up, parenthood cannot be dissolved.


We advise families in crisis. Our goal is a positive relationship between parents and children, even if the parents separate.

What we offer:

-
- We provide counselling before, during and after separation and divorce
 - We advise you on issues relating to custody and contact
 - Accompanied contact
 - We advise you on issues relating to family cohabitation
 - We help you with parenting

 [Find out more](#)

Who for: Mums, dads, children and young people, step-families, grandparents, single parents.

 English, Polish, Serbo-Croatian and Slovenian.

For other languages we can organise a person to translate.

Children can be brought along.



The programme is free of charge. Anyone who would like to can make a donation.

Please make an appointment.

Beratungsstelle IETE

Germersheimerstraße 26

81541 München

 [089/452443110](tel:089452443110) or  [089/452443120](tel:089452443120)

 info@iete-muenchen.org

Holiday activities for children and adolescents

Holiday pass



Holiday pass

With the Munich Holiday Pass, you can save money and get great ideas for activities during the holidays. For example, there are discounts, vouchers, suggestions and exclusive offers in the areas of adventure, sport, languages, reading, music, art and knowledge. These include, for example, vouchers for the Munich [swimming pools](#) and [Hellabrunn Zoo](#). For children aged 6 to 14, the holiday pass also replaces the ticket for public transport during the summer holidays.


 [Find out more](#)

Who for: For children and young people aged 6 to 17 who want to spend their holidays in Munich and the surrounding area. Children and young people who do not live in Munich and the surrounding area can also buy this pass.

Cost: €14 for children and young people aged 6 to 14. 10 € for children and young people aged 15 to 17.

The holiday pass can be purchased [online at](#)  or at a  [sales outlet](#).

If you have any questions:

 ferienpass.soz@muenchen.de


Free holiday pass for children and young people from families with little money:

The holiday pass is free of charge if the following conditions are met:

- if the family is in a social emergency situation and / or receives socio-educational support
- if the family has a low income
- if you are doing federal voluntary service, a voluntary social year or a voluntary ecological year
- Receiving one of the following benefits:
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - [Housing benefit](#) or child supplement

Documents required:

- Proof of income, assets and rent OR report from the specialised educational service providing support
- Age-appropriate passport photo

You can get the free holiday pass at  [Sozialbürgerhaus](#).

Discounts on municipal holiday offers

Discounts on municipal holiday offers

At www.ferien-muenchen.de you will find many different activities for holidays in Bavaria. These include, for example, one-day or multi-day trips, workshops, holiday camps, city breaks or adventure camps. All children and young people in Munich can take advantage of them!

How to find the right programme:

1. Go to www.ferien-muenchen.de and enter when you have holidays and how old you are. You can also search by location or type of activity.
2. Once you have entered everything, click on "Suche starten".
3. You will then be shown a list of suitable offers.
4. Click on an offer for more information.
5. A traffic light indicates whether places are available or whether they are already full.

It is important that all children and young people can take part in the holiday activities! If your family doesn't have a lot of money, there are discounts for many events. The activities are organised by non-profit organisations. For example, the municipal youth welfare office. The organisations are not interested in money, but in helping young people to become independent and get on well in the community. The activities are supported with funds from the City of Munich. Ask the event organiser "Anbieter" for more information.


Discounts

Who for: Children aged 5 to 15 from the Munich city area who live

- live in residential youth welfare centres or foster families (§§ 33 and 34 SGB VIII)
- live in households with little money (§ 53 Abgabenordnung)
- live in households that receive one of the following benefits
 - Assistance towards living expenses or Grundsicherung (SGB XII)
 - citizen's allowance (SGB II)
 - Benefits under the Asylum Seekers Benefits Act (AsylbLG)


Documents required: Benefit notice or proof of income, assets and rent

If you have any questions:

 [089/23333833](tel:08923333833)

Information on the Munich holiday offers (JIZ)

Youth Information Centre (JIZ) - Information on Munich holiday offers

The Munich holiday portal  www.ferien-muenchen.de provides information about holiday activities for children and young people in Munich.

The JIZ also has many programmes and brochures on leisure activities for children and young people, especially during the holidays. There is also a computer for internet research.

Who it's for: All teenagers and young adults aged 14 to 26. And for everyone who deals with young people (parents, teachers, youth work professionals).

There is barrier-free access to the building and the rooms.

The offer is free of charge.

Jugendinformationszentrum (JIZ)


Sendlinger Straße 7

80331 München

 [089/55052150](tel:08955052150)

 info@jiz-muenchen.de

 www.jiz-muenchen.de

 On Monday 12:00 - 19:00

 From Tuesday to Friday 13:00 - 18:00

This text contains information on the following search terms:

holiday programme, counselling, travel, holiday care, childcare, youth counselling

Offers for women and girls

Equality between women and men

Equal rights for women and men


Equal rights for women and men

Women and men have the same rights in Germany. This is enshrined in Article 3 of the Basic Law. Women can learn German, go to the doctor, learn a profession and look for a job. They do not need the permission of their husband or other family members. Women can marry whoever they want and can also separate or divorce if the relationship does not work out or if the partner is violent. They can be in a relationship with a man or a woman or live alone.


When couples separate, the children can live with the mother, the father or partly with the mother and partly with the father. If the parents cannot agree on where the children should live, the court decides what is best for the children.



Despite equal rights, women are sometimes disadvantaged at work, in everyday life or in the family. There are various advice centres for women. There you can find out about your rights and get help so that you can lead an independent and equal life.

You can find more information on the subject of equal rights here:

 [Handbook "Women in Munich"](#), published by the Equal Opportunities Centre for Women of the City of Munich; comprehensive publication with many useful addresses and offers.

 [Federal Ministry for Family Affairs, Senior Citizens, Women and Youth](#)

 [Video on the subject of "Equal rights for men and women"](#) in many languages on the website of the Bavarian Ministry of Justice. The site also contains other short films on the most important aspects of the German legal system.

 [Information flyer](#) from Terre des Femmes in German, English, Arabic, Albanian, Serbian, Pashto, Farsi, Urdu, French, Swahili;  [here](#) you can find the flyer in Bulgarian, Kurmanji, Romanian, Russian, Somali and Turkish.

Equal opportunities centre for women

Equal opportunities centre for women

Our goal is the equality of women and men in work, family and society.


We provide advice on the topic of equal rights and refer people to other advice centres if required.

The service is free of charge.


There is barrier-free access to the building and the premises. There is a disabled toilet.

 German, English, French, Spanish, Italian, Turkish, Kazakh, Russian and Ukrainian

 From Monday to Thursday 8:30 - 15:00

 On Friday 8:30 - 14:00

Gleichstellungsstelle für Frauen

 [Marienplatz 8, 80331 München](#)

@gst@muenchen.de

[+49 \(0\) 8923392465](tel:+49(0)8923392465)

<https://stadt.muenchen.de/rathaus/verwaltung/dire...>

**This text contains information on the following search terms:
girls, women, girls*, women***

Help in cases of violence and threat

Protection from violence

Protection from violence

Women and girls in need

"Violence against women" helpline

Free and anonymous counselling service by phone, chat or email for women who are experiencing or have experienced violence.

 Counselling in 18 different languages and sign language

 [Find out more](#)

 [08000116016](tel:08000116016)

 24 h


Women's shelters - anonymous accommodation

There are several women's shelters in Munich for women affected by intimate partner violence. Women and their children can find protection there. They also receive counselling and support to help them overcome the situation. They can stay there for as long as they need protection and intensive, specialised counselling.

Who for: Women and their children who are looking for a safe place due to domestic violence

To ensure anonymity, the addresses of the women's shelters are not published. It is possible to contact them by telephone:

- **Women's refuge of Frauenhilfe München gGmbH**

 [089/354830](tel:089354830)

www.frauenhilfe-muenchen.de

- **Women's refuge of Frauen helfen Frauen e. V.**
[089/645169](tel:089645169)

**This text contains information on the following search terms:
Help, Housing, Safety, Marriage**

Children and young people in need


Child and youth helpline of the German Child Protection Association

Counselling and support for children and young people with questions and problems of all kinds, anonymously if desired.

[Find out more / Online counselling](#)

[0800/1110333](tel:08001110333) (free of charge)

"Young people advise young people"

 Monday to Friday 14:00 - 20:00

Saturday 14:00 - 20:00

Further emergency contacts and advice centres can be found here: "" [Asylum procedure - counselling and help](#); "" [Counselling and help / Integration](#); "" [Counselling and help / General](#)

Women's shelters - anonymous accommodation for women

Women's shelters - anonymous accommodation for women

There are several women's shelters in Munich for women affected by domestic violence. There the women and their children find protection from further violence. They also receive counselling and support to help them overcome the situation. They can stay there for as long as they need protection and intensive, specialised counselling.

Who for: Women and their children who are looking for a safe place due to domestic violence

To ensure anonymity, the addresses of the women's shelters are not published. It is possible to contact them by telephone:

- Frauenhaus der Frauenhilfe München gGmbH
[089/354830](tel:089354830)
[@frauenhaus@frauenhilfe-muenchen.de](mailto:frauenhaus@frauenhilfe-muenchen.de)
- Frauenhaus des Frauen helfen Frauen e. V.
[089/645169](tel:089645169)
- Haus Hagar
[089/74441222](tel:08974441222)
haushagar@guterhirte.de
- IN VIA e.V. "Haus TAHANAN"
[089/54888950](tel:08954888950)

**This text contains information on the following search terms:
help, housing, safety, marriage, domestic violence**

Female genital mutilation (FGM)

Female genital mutilation (FGM)

Sewing up, cutting or mutilating the female genitalia is a serious violation of human rights. It is also known as FGM: female genital mutilation. At FGM, the outer and/or inner labia and the clitoris are completely or partially cut off. In extreme cases, even the entrance to the vagina is sewn shut except for a small opening. Those affected can lose a lot of blood or the wound can become infected. Girls and women suffer from the physical and psychological consequences for the rest of their lives. They are often in pain, traumatised, have problems giving birth, chronic inflammation and pain during sex.

Female genital mutilation is illegal and punishable in Germany. It does not matter in court whether the offence takes place in Germany or abroad. Parents are therefore not allowed to leave the country to have their daughter circumcised abroad. Anyone who helps another person in Germany or abroad to carry out female genital mutilation is also liable to prosecution. It is also a criminal offence to influence another person to carry out a circumcision.

You can find more information at  [official letter of protection from the Federal Government](#).

 The letter of protection is also available in the following languages:


[Amharic](#), [Arabic](#), [Dari](#), [English](#), [Farsi](#), [French](#), [Indonesian](#), [Kurmanji](#), [Mandinka](#), [Portuguese](#), [Somali](#), [Sorani](#), [Swahili](#), [Tigrinya](#), [Urdu](#).

If you are worried that you or someone you know is at risk of undergoing female genital mutilation, you can contact the police, the youth welfare office or the helpline:

Police:  [110](#)

Munich Youth Welfare Office:  [089/23349501](#)


"Violence against women" helpline

 We offer counselling in 18 different languages (including sign language).

 [08000116016](#)

@For counselling via chat or e-mail, click [here](#).

 [Website](#)

 24 hours a day

Counselling is free and anonymous.

If you are abroad and need help, you can contact a German embassy:

 [Website in German](#)

 [Website in English](#)

Investigative centre for victims of domestic violence





Investigation centre for victims of domestic violence

Are you affected by domestic violence? Then you can come to us for free counselling and an examination. We secure the evidence and preserve it. We document the injuries so that the documentation can be used in court.

Who for: For victims of any form of domestic violence (adults aged 18 and over).

There is barrier-free access to the building and the rooms.

The service is free of charge as long as it is used as described above. Orders that go beyond this, such as the preparation of a written report, toxicological analyses and the like, are subject to a charge.

Untersuchungsstelle für Opfer häuslicher Gewalt
Institut für Rechtsmedizin der Ludwig-Maximilians-Universität
Nussbaumstraße 26
80336 München
 [089/218073011](tel:089218073011) ( Every day from 08:00 - 17:00)
@gewaltopferambulanz@med.uni-muenchen.de
 [Website](#)
 Please make an appointment for an examination.


Advice centre for girls and young women – IMMA e.V.

Counselling centre for girls and young women - IMMA e. V.

The IMMA counselling centre helps girls and young women with all their questions and in various problem situations with a focus on violence.

 [Find out more](#)



For whom: Girls and young women up to the age of 27

 If necessary, we can organise for someone to translate. Please let us know in advance which language you speak.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

Please make an appointment. We currently offer appointments in person, by telephone or by video consultation.

IMMA e. V.
Jahnstraße 38
81379 München
 [089/2607531](tel:0892607531)
@beratungsstelle@imma.de
 **Open counselling: You don't need an appointment here**
Tuesday 14:00 - 16:00

 **Telephone availability:**
Monday 14:00 - 16:00
Wednesday 14:00 - 18:00

Thursday 10:00 - 12:00

Desert Rose - Help with forced marriage and / or FGM-C

Wüstenrose - Help with forced marriage and / or FGM-C

We advise girls, boys, women and men who are affected or threatened by forced marriage or violence in the name of "honour". We also provide counselling for girls and women who are threatened or affected by [FGM-C](#) (female genital mutilation).

Our counselling can take place on the phone or in person.

The counselling is free of charge.

🗣️ We speak German, English, Somali, Swahili and Turkish. For all other languages, we can organise a person to translate for you.

📞 Consultation hours on the phone:

Monday 14:00 - 16:00

Tuesday 10:00 - 12:00

Thursday 13:00 - 15:00

IMMA e. V. - Wüstenrose, Fachstelle Zwangsheirat / FGM

📍 [Goethestraße 47, 80336 München](#)

@ wuestenrose@imma.de

☎️ [+49 \(0\) 8945216350](tel:+49(0)8945216350)

🌐 <https://imma.de/einrichtungen/w%C3%BCstenrose/>

Counselling centre Frauennotruf München

Counselling centre Frauennotruf München

We support women* who have experienced sexual harassment at work or in public, who have suffered rape and/or sexual abuse and who are affected by stalking and/or digital violence. We also provide counselling for family members and professional caregivers.

Women* includes all people who identify as women.

Counselling services:

- We stand by your side in crises.
- We support you in dealing with the consequences of violence.
- We answer your questions.
- We inform you about your rights.
- We develop solutions with you to help you feel better again.


-
- We are bound by confidentiality. This means that we will not pass on what you tell us.
 - You can remain anonymous and do not need to give your name.
 - What we offer: Counselling by phone, video or chat
 - Personal counselling, walk and talk and trauma therapy

Group programmes:

WEN DO self-assertion and self-defence, therapy and resource groups, trauma-sensitive yoga

 [Find out more](#)

Who for: For all women* affected by sexualised violence as well as their relatives and professional caregivers

 Interpreters are available.

Childcare is available.

There is barrier-free access to the building and the rooms. There is a disabled toilet. We are continuing to work on recognising and removing existing barriers. Do you need something else? Talk to us!


The counselling service is free of charge, but there is a small charge for group sessions and courses.

Please make an appointment.

Beratungsstelle Frauennotruf
Saarstraße 5
80797 München

 [089/763737](tel:089763737)

[@info@frauennotruf-muenchen.de](mailto:info@frauennotruf-muenchen.de)

 **Telephone counselling:**

On Monday, Tuesday, Thursday and Friday 10:00 - 13:00 and 15:00 - 21:00

On Wednesday 10:00 - 13:00 and 18:00 - 21:00

**This text contains information on the following search terms:
sexual assault, sexual harassment at work and or in public, violence in digital space, stalking, rape, crisis intervention**

SOLWODI - Counselling centre for women in need

SOLWODI Munich - For women affected by violence

We provide counselling and support if you are experiencing violence. You have come to the right place, especially when it comes to human trafficking and sexual exploitation.

Other topics include forced marriage in your home country and female genital mutilation (FGM/C). We can also help you with other immigration, social or personal problems.

We will inform and advise you on your legal options. We help you to make decisions and accompany you on the way to a free, self-determined life without violence. We support you in dealing with the authorities. If you need a lawyer, we can put you in touch with one.

Our counselling is available in person, by telephone or by e-mail. Our counselling is anonymous.

The service is free of charge.

🗣️ German, English

🕒 Monday, Tuesday, Thursday and Friday 10:00 - 14:00 and by appointment

SOLWODI München

📍 [Dachauer Straße 50, 80335 München](#)

✉️ [@muenchen@solwodi.de](mailto:muenchen@solwodi.de)

☎️ [+49 \(0\) 8927275859](tel:+49(0)8927275859)

🌐 <https://www.solwodi.de/seite/353251/m%C3%BCnchen....>

**This text contains information on the following search terms:
prostitution, violence against women, sexual violence, forced prostitution**

Offender and release assistance for women

Offender and release assistance for women

Have you received a fine? Are you unable to pay? Do you have to do community service as part of a probation order? Do you have a warrant for your arrest? Are you due to go to prison soon?

We can advise and support you.

Who for: Women aged 21 and over,

- who have been sentenced to a fine
- who have to fulfil work obligations as part of a probation order
- who have been sentenced to prison

Counselling and support

- for fines (placement in community service and money management)
- before a prison sentence
- in Munich Prison and Aichach Prison (at the request of the imprisoned woman)
- after release from prison

Please contact us in good time! The sooner you come, the better we can help you!

The [Sozialdienst katholischer Frauen München e.V.](#) is a specialised women's association within the Catholic Church. The SkF provides counselling and support regardless of religious

affiliation or nationality. We offer counselling from woman to woman in a protected environment.

🗣️ Interpreters are available for English, Bulgarian and Russian.

Children can be brought along.

The service is free of charge.

Online counselling for relatives and friends is available via the following link:

🌐 <https://www.caritas.de/hilfeundberatung/onlineber...>

Clearing centre for placement in non-profit work and money management:

☎️ [089/55981249](tel:08955981249)

@ p.schmalenbach@skf-muenchen.de

🕒 8:00 - 17:00

Counselling before, during and after imprisonment:

☎️ [089/559810](tel:089559810)

@ straffaelligenhilfe@skf-muenchen.de

🕒 8:00 - 17:00

There is barrier-free access to the buildings and rooms. There is a disabled toilet.

Sozialdienst katholischer Frauen München e.V.

📍 [Dachauerstraße 48, 80335 München](#)

🌐 <https://www.skf-muenchen.de/>

**This text contains information on the following search terms:
offers women, detention, sentencing**

JADWIGA - Help with human trafficking (forced prostitution, forced begging, labour exploitation) or forced marriage

Specialist counselling centre JADWIGA

We support women

- who are forced to work as prostitutes.
- who are forced to steal, sell drugs or cheat.
- who are not paid for their work.
- who are forced to beg.
- who are forced to marry.
- who are affected by illegal adoption.
- who are forced into surrogacy.

We provide counselling and help in a crisis situation. It is also possible to find sheltered accommodation or to help you if you want to return to your home country.

We can also come to you. We can also visit you in prison.

■ Albanian, Arabic, Bulgarian, English, Romanian, Hungarian, French and Ukrainian

Who for: Women and girls of all nationalities.

The programme is free of charge.

Children can be brought along.

■ Schwanthalerstr. 79, 80336 München

[089/38534455](tel:08938534455)

muenchen@jadwiga-online.de

9:00 - 15:00

[Website](#)

Counselling centre for women* who experience or have experienced intimate partner violence

Counselling centre for women* who experience or have experienced intimate partner violence

Intimate partner violence takes many forms and often doesn't just start with blows.

Your partner or ex-partner...

- insults, abuses or humiliates you?
- puts you down to others?
- controls you and your contact with friends and family?
- threatens you and your family?
- threatens to take your children away from you?
- pushes or hits you?
- puts you under sexual pressure?

You ask yourself...

- how can I protect myself and my children?
- what will happen to me if I separate?
- What happens next in my life?

The counselling service is free of charge.

🗣️ Interpreters are available by arrangement. We can also organise a sign language interpreter. We pay the costs.

Children can be brought along.

There is barrier-free access to the building and the rooms.

Make an appointment or come to our open consultation hours:

🕒 Tuesday 16:00 - 18:00 and Thursday 10:00 - 12:00

Only a limited number of consultations are possible during open office hours.

Frauenhilfe München Beratungsstelle

📍 [Winzererstraße 47, 80797 München](#)

@beratungsstelle@frauenhilfe-muenchen.de

[+49 \(0\) 893582810](tel:+49(0)893582810)

<https://www.frauenhilfe-muenchen.de/>

**This text contains information on the following search terms:
partner violence, domestic violence, couple violence, partner violence, protection
against violence**

General advice and support

Counselling for girls and young women in various life situations

Counselling for girls and young women in various life situations

We offer counselling on the following topics, for example:

- School
- career choice
- vocational training
- cultural differences
- Trouble at home
- Problems with boyfriend or girlfriend
- sexuality
- coming out
- pregnancy

Our counselling is confidential. It can take place alone or in a small group of up to three people.

Who it's for: Girls* and women* aged between 12 and 27

The service is free of charge.

amanda - Verein für psychosoziale Initiativen e. V.


Gmunder Str. 7

81379 München

[089/7255112](tel:0897255112)

[@info@amanda-muenchen.de](mailto:info@amanda-muenchen.de)

[Website](#)

 Please make an appointment.

Milbertshofen district centre, women's work

Milbertshofen district centre, women's work

We offer services in the areas of education, encounters and counselling. There are various groups, open meetings or individual help for individuals. We offer social counselling for women attending our groups and help with filling out forms.

Who for: Women and their families in the north of Munich, especially in Milbertshofen

🗣️ Interpreters are available for Turkish and English.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

Stadtteilzentrum Milbertshofen | Verein Stadtteilarbeit, Frauenarbeit

📍 [Schleißheimer Straße 336, 80809 München](#)

✉️ [@frauenarbeit@verein-stadtteilarbeit.de](mailto:frauenarbeit@verein-stadtteilarbeit.de)

☎️ [+49 \(0\) 893543757](tel:+49(0)893543757)

🌐 <https://www.verein-stadtteilarbeit.de/>

**This text contains information on the following search terms:
support, application, learning, school, meeting**

Donna Mobile AKA e. V.

Donna Mobile AKA e. V.

We advise migrant women on health and education. For example, you can come to us if you have physical complaints and don't know which doctor to see. Or you would like to further your education but don't know which direction to take or where to turn? We can advise you!

Who for: Migrant women and their families

🗣️ Bosnian-Serbo-Croatian, Bulgarian, Dari/Persian, German, English, Italian, Polish, Romanian, Russian, Spanish, Turkish, Hungarian and Uzbek

In our women's cafés, you can exchange ideas and network with other women in your native language. We meet once a month for 2-3 hours. You can find the different groups and the dates [here](#).


The counselling sessions and women's groups are free of charge.
Some courses, such as swimming or cycling courses, cost a fee.

Donna Mobile AKA e. V.
Landsberger Straße 45a
80339 München

 [089/505005](tel:089/505005)

 info@donnamobile.org

 [Website hours](#)

 Monday 09:00 - 16:00

Tuesday 09:00 - 16:00

Wednesday 09:00 - 16:00

Thursday 09:00 - 16:00

Friday 09:00 - 16:00


**This text contains information for the following search terms:
prevention, courses, migrant, mother tongue offers**

Mother-child facilities

Mother-child facilities

The Sozialdienst katholischer Frauen in München e. V. operates several mother-child facilities. Here, adult pregnant women or single mothers receive an apartment or a room for themselves and their children. The facilities offer social-pedagogic counselling and support in many areas of life: in all issues that affect your children; in relationship problems; in training and jobs. We work on a plan for your future together with you.

Who's it for: Pregnant women or mothers whose youngest child is not older than 6 years

 Interpreters are available on request.

The advice is free, rent and supplementary charges must be paid with your own income or with the help of social benefits.

Haus Domicilia, mother-child facility

[Find out more](#)

Places are limited to 7 mothers.

Kidlerstraße 34a

81371 Munich

[089/7298923320](tel:089/7298923320)

haus-domicilia@skf-muenchen.de

09:00 - 16:00

Haus Gertraud, mother-child facility

[Find out more](#)

Places are limited to 6 mothers.

Maria-Eich-Straße 75

82166 Gräfelfing

[089/89866712](tel:089/89866712)

haus-gertraud@skf-muenchen.de

09:00 - 16:00

Haus Karolina, mother-child facility

[Find out more](#)

Places are limited to 19 mothers.

Entenbachstraße 43

81541 Munich

[089/654084](tel:089654084)

haus-karolina@skf-muenchen.de

09:00 - 16:00

Haus Monika, mother-child facility

[Find out more](#)

Places are limited to 18 mothers.

Scapinellistraße 22

81241 Munich

[089/8293960](tel:0898293960)

haus-monika@skf-muenchen.de

09:00 - 16:00

"Open help" advice centre - for women who are homeless

"Offene Hilfe" counselling centre - for women who are homeless

The "Offene Hilfe" counselling centre advises women in difficult life situations. For example, if you are homeless or are afraid of losing your home.

Counselling can be provided over the phone or in person:

- We advise on all aspects of "housing" and/or "loss of housing"
- We advise you on financial problems and check whether you are entitled to financial support.
- We support you with problems with the authorities.
- We help you with personal crises, for example if you have family difficulties or experience violence.
- We can refer you to other institutions and advice centres, for example on the subject of debt or migration. We can also help you find a [women's refuge](#).
- We can advise you on the subject of a trust account if you are not allowed to have your own account.

We also offer various group programmes.


Please make an appointment.


Who for: Women with and without children from Munich

Counselling is free of charge.


Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [Offene Hilfe, Dachauer Str. 48, 80335 München](#)

 [089-55981-0](tel:089-55981-0)

 @offene-hilfe@skf-muenchen.de

 From Monday to Thursday 08:00 - 17:00, on Friday 08:00 - 13:00 and by appointment

 [Website](#)

**This text contains information on the following search terms:
homeless assistance, crisis, financial problems, account**

Network from and for women and girls in Bavaria with a disability

Network of and for women and girls with disabilities in Bavaria


The Netzwerkfrauen Bayern is an open organisation. Every girl and every woman with a disability can be part of the network, and anyone who cares about our topics can help! We talk about topics from all areas of life: Career and education, family and partnership, health, political issues. We talk about dealing with the authorities and laws, but also about hobbies and leisure activities.

Who for: Women and girls with disabilities or chronic illnesses

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

 Monday to Friday 10:00 - 14:00 and by appointment

Netzwerk Frauen Bayern

 [Hansastraße 40, 80686 München](#)

 info@netzwerkfrauen-bayern.de

 [+49 \(0\) 8945992427](tel:+49(0)8945992427)

 <http://www.netzwerkfrauen-bayern.de/>

**This text contains information on the following search terms:
Peer Counselling**

Counselling for female refugees

Lesbian and bisexual women, trans*, inter* and non-binary refugees

Counselling for lesbian and bisexual women, trans*, inter* and non-binary refugees

LeTRa supports lesbian and bisexual women as well as trans*, inter* and non-binary people. Have you experienced trauma, need psychosocial counselling and/or support in the asylum process? Then you've come to the right place. We can advise you!

Who for: For all people who see themselves as lesbians or bisexual women, as well as trans*, inter* and non-binary people.

🗣️ We speak English, French, German and Luganda. For all other languages, we can organise a person to translate. Please let us know in advance which language you speak.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge.

LeTRa Geflüchtetenberatung / LesCommunity e. V.

Angertorstr. 3

80469 München

☎️ [089/998295931](tel:089998295931)

✉️ @gefueberat@letra.de

🌐 www.letra.de

Health

Counselling and trauma therapy

Counselling and trauma therapy for women aged 17 and over who experienced sexualised violence in childhood or adolescence

"Wildwasser München" is a specialist centre for supporting women after sexual violence and for protecting women* and girls* from sexual violence (prevention and intervention).

Women* and girls* means: all persons who identify as women or girls.

Only women work here.

We help you on the phone, by e-mail or when you come to us.


You don't have to tell us your name and you don't have to tell us what terrible things have happened to you.

- You can come to us for counselling if you experienced sexual violence as a child or teenager.
- We will support you so that you feel better again.

-
- We will work with you to find out what can help you.
 - We will give you addresses of therapists, lawyers, doctors ...
 - We help you to get financial help.
 - You can undergo trauma therapy with us if we have a free therapy place.
 - We support and accompany you if you want to file or have filed a criminal complaint.
 - We explain your rights to you.

 [Find out more](#)

Who for: Women* with and without disabilities aged 17 and over.

 Interpreters are available if required.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The service is free of charge.

Please make an appointment.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

 [089/60039331](tel:08960039331)

@beratung@wildwasser-muenchen.de

**This text contains information on the following search terms:
childhood, sex, rape, abuse, maltreatment, past, psychological stress,
traumatisation**


Family planning / contraception and sexual counselling

Family planning, contraception and sexuality counselling

Family planning

You have the right to plan your family in a self-determined way. This means that you can decide for yourself whether you want to have children. Or how many children you want to have. Nobody is allowed to force you to have children or to terminate a pregnancy.

Contraception

If you don't want to get pregnant or you want to protect yourself against a  [sexually transmitted infection \(STI\)](#), there are various methods.

 [Find out more](#)


Information in different languages can be found here:

[Kurmanci](#), [Pari](#), [Croatian](#), [Arabic](#), [Bulgarian](#), [Turkish](#), [Polish](#), [Romanian](#), [French](#), [English](#), [Russian](#), [Spanish](#)

You can get advice on various methods of contraception: [Pregnancy counselling](#)
Counselling is free of charge.

Sexual counselling

Sexual self-determination means choosing for yourself how and with whom you want to have sex. Nobody should be forced to do anything. At a sexual counselling session, you can talk about your sexuality in a protected environment. You can ask questions about your body, sexual orientation, sexual difficulties such as listlessness or problems with erections. Experiences of sexual violence can also be a topic.

 [Find out more](#)

Getting pregnant


How do you get pregnant? Are there any difficulties getting pregnant? How do you recognise a pregnancy?

 [Find out more](#)

You can find personalised advice on all aspects of pregnancy and the unfulfilled desire to have children here: [Pregnancy counselling](#)
Counselling is free of charge.

Being pregnant

There are various counselling centres for all aspects of pregnancy: Pregnancy [counselling](#)
Counselling is free of charge.

 [Find out more](#)

Unintended pregnancy

If you are pregnant and do not want to have the baby, you can terminate the pregnancy under certain conditions. The pregnancy is then terminated. This is only possible in the first few weeks of pregnancy. You must seek free counselling beforehand. To do this, make an appointment with a [pregnancy counsellor](#). The counsellors will talk to you about the various options and answer all legal and medical questions. The decision whether to terminate your pregnancy is entirely up to you. Nobody can decide for you whether you should have the child or terminate the pregnancy.

 [Find out more](#)

Getting costs for contraception paid

Covering the costs of contraception

Everyone should have the option of family planning. This also means being able to decide for themselves how they want to use contraception. If you have little money, the city of Munich will cover the costs of medically prescribed contraceptives.

Who for: For people aged 22 and over. For people under the age of 22, the costs are covered by health insurance.

For whom are the costs covered?

- People who have the [Munich Pass](#). You can find out what the Munich Pass is and where you can get it at [here](#).
- People who receive one of the following benefits:
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance or social benefit (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - [Housing benefit](#) or child supplement
- Persons with a low income (except au pairs, trainees and students). The income limit is checked individually.
- Participants in the Voluntary Social or Ecological Year, volunteers as part of the Federal Volunteer Service

What documents do I need for the application?

Munich Pass OR notice of grant or proof of income, assets and rent; proof of social or ecological year or federal voluntary service

Where can I submit the application?

- You can submit the application at the relevant [Sozialbürgerhaus](#). You can submit the application [online](#) at [here](#) or make an appointment. [☎089/23396833](tel:08923396833)
- If you receive benefits under the Asylum Seekers' Benefits Act (AsylbLG), you can submit your application here:
 - 📍 **Office for Housing and Migration**
 - Wirtschaftliche Flüchtlingshilfe
 - Werinherstraße 89 Haus 34
 - 81541 München
 - @asylbewerberleistungen.soz@muenchen.de
 - [☎089/23348806](tel:08923348806)
- If you are homeless, apply here:
 - 📍 **Office for Housing and Migration**
 - Zentrale Wohnungslosenhilfe
 - Franziskanerstraße 8
 - 81669 München
 - [☎089/23340105](tel:08923340105)
 - @kundencenter-wohnen.soz@muenchen.de
 - 🕒 On Monday, Tuesday and Thursday 08:30 - 12:00 and 13:00 - 16:00
 - 🕒 On Wednesday 08:30 - 12:00 and 13:00 - 17:00
 - 🕒 On Friday 08:30 - 12:00

-
- If you are deaf, please apply here:

 [Social services for the deaf](#)

Health advice centre on STIs including AIDS

STI counselling centre for sexually transmitted infections (HIV and other STIs)

Anonymous - Free of charge - Without appointment


We are here for you:


- if you want to find out how you can get infected and protect yourself
- if you would like advice on sexually transmitted infections
- if you want to be tested


For whom: for all Munich residents

The service is free of charge.

 It is possible for one person to interpret.

 Monday 08:00 - 11:00

 Tuesday 14:00 - 18:00

 Thursday 08:00 - 11:00 and 14:00 - 15:00

There is barrier-free access to the building and the rooms.

Gesundheitsreferat | STI Beratungsstelle zu sexuell übertragbaren Infektionen (HIV und andere STI)

 [Bayerstraße 28A, 80335 München](#)

 [@aids-sti-beratung.gsr@muenchen.de](mailto:aids-sti-beratung.gsr@muenchen.de)

 [+4989233723333](tel:+4989233723333)

 <https://stadt.muenchen.de/service/info/sq-beratun...>

Specialist outpatient clinic for eating disorders/muscle dysmorphia

Specialist outpatient clinic for eating disorders and muscle addiction


We provide advice on all problems with eating behaviour and weight. Our services are for children, adolescents, women and men

- who suffer from their eating behaviour
- who know that they have an eating disorder

-
- who are indirectly affected by someone's eating disorder in the family, at school, at work, in a relationship, etc.




We also treat anorexia, bulimia, obesity and muscle addiction.

 [Find out more](#)

 There are people on site who can translate.

There is barrier-free access to the building and rooms. There is a disabled toilet.

The offer is free of charge.


Caritas München
Fachambulanz für Essstörungen und Muskelsucht
Arnulfstraße 83
80634 München
 [089/724499400](tel:089724499400)
 [@faessstoerungen@caritasmuenchen.org](mailto:faessstoerungen@caritasmuenchen.org)
 From Monday to Friday 08:00 - 14:00

**This text contains information on the following search terms:
sports addiction, binge eating**


Women's self-help cancer group Munich


Women's cancer self-help group Munich

Who for: For people with cancer, with a focus on breast cancer and gynaecological cancers.

 **Group meetings**
every 2nd Friday of the month 14:30 - 16:30

If you have any questions about the self-help group, please contact

 [@christine@zimmeri-deischl.de](mailto:christine@zimmeri-deischl.de)

 [081249099522](tel:081249099522)

 [01634666933](tel:01634666933) (mobile)


 [Website self-help group](#)

The offer is free of charge.

Selbsthilfezentrum München
Westendstraße 68
80339 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [Website self-help centre](#)

 [@kontakt@frauenselbsthilfe.de](mailto:kontakt@frauenselbsthilfe.de)

**This text contains information on the following search terms:
women's health, cancer self-help centre**

Brustkrebs Deutschland e.V.

Breast Cancer Germany e. V.

Our association offers free services and counselling on all aspects of breast cancer:

- You can [order](#) flyers and brochures on the subject.
- If you have any questions about diagnosis, the disease, treatment, side effects and aftercare, please give [us](#) a call. The call is free of charge:
[☎0800/0117112](tel:0800/0117112)
If you cannot reach us, you can send us an e-mail: [@ info@brustkrebsdeutschland.de.](mailto:@info@brustkrebsdeutschland.de)
- Further information and offers can be found on our [website](#).
- Our [newsletter](#) informs you about events and activities. We also report on current topics in medicine and politics.

Further offers:

- [Free package to feel good](#)
- Financial help for sufferers who have money problems due to their illness
- [Lectures and workshops](#)

Who for: Patients with breast cancer and their relatives.

The offer is free of charge.

🗣️German, English

Brustkrebs Deutschland e. V.

Lise-Meitner-Straße 7

85662 Hohenbrunn

[☎089/41619800](tel:089/41619800)

@online@brustkrebsdeutschland.de

🕒 from Monday to Thursday from 09:00 to 14:30

Gynaecological consultation for women and girls with impaired mobility

Gynaecological consultation for women and girls with limited mobility

The consultation is a normal gynaecological consultation with Munich gynaecologists:

- Examinations for prevention, diagnosis and treatment of gynaecological complaints and diseases
- Support during pregnancy
- Counselling on sexuality, the desire to have children and contraception
- Support during the menopause

For very difficult medical questions and procedures, the doctor will refer you to an outpatient or inpatient facility. The doctor will decide this together with you.

The gynaecologists are supported by an experienced nurse and a medical assistant. You therefore do not have to bring your own companion or trusted person, but you are of course welcome to do so if you wish.

Who for: For Munich residents with limited mobility. For example, if you use a wheelchair. You are also welcome to come if you have multiple disabilities.

The entrance to the building and the rooms are barrier-free. There is a disabled toilet.

🗣️ If you would like someone to translate, please let us know in advance.

The service is free of charge.

For all questions:

📞 [089/23347836](tel:08923347836)

✉️ [@gyn-praxis.gsr@muenchen.de](mailto:gyn-praxis.gsr@muenchen.de)

🌐 [Website](#)

When and where the consultation takes place:

📅 On Wednesday in the afternoon

📍 Gesundheitsreferat (GSR), Bayerstraße 28a, 80335 München

You can only attend the consultation hour with an appointment. You can arrange this here:

📞 [0921/88099-55029](tel:09218809955029)

📅 Monday and Friday 8:00 - 12:00

📅 Thursday 12:00 - 18:00

Contraception – Counselling and financial support

Pill & Co - Counselling and financial support for contraception

We support women in financing contraception. Whether hormonal or non-hormonal contraception, you can discuss with our doctor what is right for you. We can also cover contraception after a rape.

Prerequisites:

- Women older than 22 years
- Women in training with a livelihood < €800
- Au pairs
- BAFöG recipients
- Women without health insurance

🗣️ Interpreters are available by appointment.

There is a lift.

The service is free of charge.

📅 On Monday 08:30 - 13:00 and 14:00 - 18:00

📅 On Tuesday 09:00 - 13:00 and 14:00 - 17:00

📅 On Wednesday 08:30 - 10:30 and 14:00 - 18:00

🕒 On Thursday 09:00 - 13:00 and 14:00 - 17:00

🕒 On Friday 09:00 - 15:00

Pro Familia e. V.

📍 [Türkenstraße 103, 80799 München](#)

✉ [@verhuetung.muenchen@profamilia.de](mailto:verhuetung.muenchen@profamilia.de)

☎ [+498933008411](tel:+498933008411)

🌐 <https://www.profamilia.de/angebote-vor-ort/bayern...>

**This text contains information on the following search terms:
medical care, no health insurance, uninsured, health, insurance status,
contraception counselling**

Gynaecological consultation for women without health insurance

MAGGY - Munich outpatient clinic in the health department for gynaecology

You have no health insurance? You have no access to medical care? Do you have questions for a gynaecologist?

Then you can visit the gynaecological consultation at the Health Department.

What we offer:

- We can examine you gynaecologically and advise you on various topics
- We can carry out examinations for the early detection of cancer
- We can advise you if you have an infection
- We can advise you on sexually transmitted infections (STIs) and can also test you for them
- Our team consists not only of gynaecologists, but also of social pedagogues. They can also advise you.

🌐 [Find out more](#)

The service is free of charge.

The service is anonymous: no one will find out about the counselling or examination.

🗣️ We speak different languages: English, French, Serbo-Croatian, Macedonian, Bulgarian, Russian. For other languages, we can call in a person to interpret over the phone.


Who for: Women and girls who do not have adequate health insurance or medical care.

Children can be brought along.


📍 MAGGY - Münchner Ambulanz im Gesundheitsreferat für Gynäkologie
Bayerstr. 28a

80335 München

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [089/23323333](tel:08923323333)

 @aids-sti-beratung.rgu@muenchen.de

 Consultation hours are always on Mondays from 13:00 to 15:00. You don't need an appointment, just drop by. Please allow for waiting time.

**This text contains information on the following search terms:
gynaecologist, uninsured, HIV, syphilis, hepatitis, gonorrhoea, chlamydia**

Language

German course for women with babies

German course for women with babies (0-1 year)

Welcome to the German course only for women with babies (0-1 years)!

Have you already attended German courses and would like to improve? Or do you still find speaking German very difficult and have not yet been able to attend a course?


No matter how good your German is - join us!


Find out more:

 www.bellevuedimonaco.de/deutschkurs-fuer-frauen

Who for: Refugee women with babies (0 - 1 year)

The programme is free of charge.

 online

 Tuesday 15:00 - 16:30

Registration:

 [089/55057750](tel:08955057750)

 @info@bellevuedimonaco.de

This text contains information on the following search terms:

Language

Project Shop International Haidhausen

Project Shop International Haidhausen

Our door is open to families, women and children of all nationalities - and to anyone who is interested in intercultural exchange or would like to attend a group or event.

Our group programme:

-
- The **International Women's Group** is an open group. Here you can socialise, exchange ideas and practise speaking German. Lectures are held on various topics and parties and excursions are organised.
 - **International sewing group:** for sewing or learning to sew.
 - In spring and summer we offer **cycling courses** for women.
 - The **international children's group** with homework supervision is open to primary school children (with registration).
 - The **International Girls' Group** and the **International Boys' Group** are open groups for children aged 7 to 12.

💡 **There are no groups during the [school holidays](#).**

🌐 [Find out more](#)

Who for: For women of different origins, including those with small children. For children from 6 to 12 years.

🗣️ There are interpreters for English, Turkish, Farsi and Russian.

You can bring your children with you. There is also childcare.

The open meetings for women, children, girls and boys and the sewing group are free of charge. The bicycle course costs 40 euros.

Verein für Internationale Jugendarbeit – Projekt-Laden International

Metzstraße 37

81667 München

☎️ [089/67973438](tel:08967973438)

✉️ info@projekt-laden.de

🕒 **Office:** from Monday to Friday 10:00 - 16:00

🕒 **Women's group:** on Wednesday 09:30 - 11:30 am

🕒 **Sewing group:** on Monday 17:00 - 19:00

**This text contains information for the following search terms:
leisure, handicraft, tailoring, care, support for children**

Tandem teams for women*

Tandem teams for women*

Are you new to Munich and would like more contact and support? Are you looking for nice people, interested in cultural exchange and want to get involved? Then become a Tandem partner!


🌐 [Find out more](#)

In our tandems, we connect women with and without refugee and migration experience. It's a great opportunity to exchange ideas and support each other in learning German. Our tandem teams have a lot of fun at our events:

- We cook together

-
- We go on excursions
 - We offer interesting workshops

The spelling Frau* means that trans women, intersex women and non-binary people are also very welcome.


If you are interested, please register via  [this link](#). We will then put you in touch with a team partner.

The programme is free of charge.

Children can be brought along.


If you have any questions:

 @esther.patrocinio@ueberdentellerrand-muc.org

 [0171/2043102](tel:0171/2043102)

Mum learns German - Learn German with childcare

Mum learns German - Learn German with childcare

We help women with and without children to learn German. We are represented in almost all neighbourhoods. The individual locations and dates are  [here](#).

We meet once a week for around two hours and start with breakfast together. Afterwards we learn together: lots of talking, asking questions and practising. There are many opportunities to exchange ideas and socialise with other women.

Everyone is welcome: Women who do not yet speak German, women with little knowledge of German and women with good knowledge of German.

Children can always come along, there is great childcare in almost all groups.

The meetings are free of charge.


There are no group meetings during the >> [school holidays](#).

Most locations have a barrier-free entrance to the building and rooms and a disabled toilet. Please contact us if you have any questions.

 [Website](#)

 [0176/56736947](tel:0176/56736947)

 @mama-lernt-deutsch@fraueninteressen.de

 From Monday to Thursday 9:00 - 13:00

Work, apprenticeship training

MINT learning group by women for women (MINT: mathematics, computer science, natural sciences and technology)

MINT learning group by women for women

The learning group is offered by a voluntary group from Engineers Without Borders for refugee women. The aim is to strengthen their abilities in MINT subjects in a secure environment. It is a drop-in programme and you do not need to register in advance.

Who's it for: Women refugees from 18 years

Places are limited.

The service is free.

You can bring your children with you.

Barrier-free access to the building and premises is available.

Bellevue di Monaco
Müllerstr. 2 and 6
80469 Munich

every Saturday 14 - 16



[089/55057750](tel:08955057750)

info@bellevuedimonaco.de

<https://bellevuedimonaco.de/mint>

**This text contains information about the following search terms:
Private tutoring, women, maths, natural sciences, informatics, technology**

Counselling for women on their professional future (more education - more opportunities)

More education - more opportunities

The project helps women with their professional future.

We talk about your personal and professional goals. We look for a suitable qualification or another way in which you can develop your career. We then plan the necessary steps to improve your chances on the labour market.

For whom? For women,

-
- who want to improve their professional situation
 - who are unemployed or looking for work
 - who want to know and be able to do more
 - who have a mini-job or unqualified employment
 - who want to build a secure professional future

🇩🇪 German (B1)

Children can be brought along.

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📞 Please make an appointment by telephone / e-mail:

Frau und Beruf GmbH | Mehr Bildung - Mehr Chancen

📍 [Lindwurmstrasse 129a, 80337 München](#)

✉️ mehrbildung-mehrchancen@frau-und-beruf.net

☎️ [+49 \(0\) 8972019914](tel:+49(0)8972019914)

🌐 <https://www.frau-und-beruf.net/mehrbildung-mehrch...>

**This text contains information on:
migrant women, support, getting started, catching up on school-leaving
qualifications**

Culture, leisure, sport

Mädchentreff Blumenau

Blumenau girls' centre

We offer a safe and free space for everyone who identifies as female and is between the ages of 9 and 21. We offer great leisure activities and organise excursions.

What you'll find here:

Meeting friends*, dancing, playing sports and music, baking, cooking, creative activities, film afternoons, parties, projects and much more.

It's also about discussing, helping to shape politics, realising your own wishes and contributing your strengths. It is important to talk about problems and find solutions together, to plan one's own future and to strive for an exchange on important topics for girls* and young women* from Blumenau.

We advocate equal rights for all genders, solidarity and diversity and stand up against sexism, racism and other forms of discrimination.

Who for: Girls* and young women* aged between 8 and 18.

There is partial barrier-free access to the building and the rooms.

The open programmes are free of charge. There is a small charge for excursions.

Gelbhofstraße 16

81375 München

☎[089/57954661](tel:08957954661)

@[maedchentreff blumenau@schuleberuf.de](mailto:maedchentreff_blumenau@schuleberuf.de)

🌐[Website](#)

📅 **Open meeting and projects (just drop by!):**

From Wednesday to Friday 14:00 - 18:00

*: This symbol means that not only girls and women are addressed with the respective word, but also transgender and intersex people.

Drop-in meeting point for girls aged 6 to 17

Open meeting place for girls* aged 6 to 17

Girls* can spend their free time here and meet up with other girls*. There are computers and internet, Switch, table football, help with homework and craft activities.

* The asterisk means that trans women, intersex women and non-binary people are also welcome.

The programme is free of charge. A small fee is charged for food and handicrafts.

📅 From Tuesday to Thursday 15:30 - 19:30 and on Friday 14:30 - 19:30

Giesinger Mädchen*Treff

📍 [Rotwandstraße 28, 81539 München](#)

@info@giesinger-maedchen-treff.de

☎ [+49 896913362](tel:+49896913362)

🌐 <http://www.giesinger-maedchen-treff.de/>

This text contains information on the following search terms:
socialising

Open meeting for women from all over the world


Open meeting for women from all over the world

Welcome to the Open Meeting Centre! Here, women from all over the world have the opportunity to exchange ideas in a relaxed atmosphere, practise their German and get to know other women. We talk about many topics and offer an open space for your wishes and

ideas.

For whom: for women / female readers from all over the world

Children can be brought along.

 Every Friday from 10:00 - 12:00

The offer is free of charge.

Bellevue di Monaco (Cellar studio)
Müllerstr. 2
80469 München

 [0176/34647785](tel:017634647785)

 laura.zimmer@juno-munich.org

 <https://www.fraueninteressen.de/einrichtungen/off...>

This text contains information on the following search terms:

Learn German

Café Glanz für Frauen – siaf e. V.

Café Glanz for women - siaf e. V.

The Café Glanz für Frauen is a contact point and meeting place for women and children. It offers space for self-initiative, contact and encounters or simply for relaxing, chatting, drinking coffee or having lunch. The café offers affordable culinary delights such as freshly cooked lunches, home-baked cakes and drinks. There is also a café with an open children's room and the terrace is open when the weather is nice.


The café is also the venue for the numerous events organised by the association siaf e. V. Lectures, vernissages, workshops, group meetings, parties and seminars, exhibitions, discussions, film evenings and celebrations take place here. Room hire is possible.


Who for: The programme is aimed at all women.

The café can accommodate around 30 adults and 20 children. Please book in advance for larger groups (10 adults or more)!

No admission, no obligation to consume, the prices on the menu apply.

Children can be brought along.


 From Tuesday to Thursday 09:30 - 16:00

 On Friday 10:00 - 14:00

Open children's room with pedagogical supervision (cost: 3 euros):

On Tuesday 09:00 - 12:00

On Thursday 14:00 - 17:00

 There is a disabled toilet.

Café Glanz

[📍 Sedanstraße 37, 81667 München](#)

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

[☎ +49 \(0\) 894580250](tel:+49(0)894580250)

[🌐 https://www.siaf.de/cafe-glanz/](https://www.siaf.de/cafe-glanz/)

**This text contains information on the following search terms:
Meeting place for women, leisure, mothers**

Women's café Bellevue di Monaco

Women's café

Welcome to the intercultural women's café! Here, women of all backgrounds meet with Munich women to talk, dance, laugh, eat, network, plan activities and much more. Why don't you drop by, we look forward to meeting new faces!

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

[📅](#) every Tuesday 18:00 - 21:00

Interkulturelles Frauencafé

[📍 Müllerstr. 2, 80469 München](#)

[@welcome@juno-munich.org](mailto:welcome@juno-munich.org)

[☎ +49 \(0\) 1622976474](tel:+49(0)1622976474)

[☎ +49 \(0\) 17634647785](tel:+49(0)17634647785)

[🌐 https://bellevuedimonaco.de/veranstaltungen/kateg...](https://bellevuedimonaco.de/veranstaltungen/kateg...)

Müttertreffs (get-togethers for mums)

Müttertreffs

Verein Stadtteilarbeit - Milbertshofen

Who's it for: Mothers with children, women

All premises have barrier-free access as well as a disabled toilet.

Moosacher Straße 11a
80809 Munich

[089/9901650](tel:0899901650)
c.schmidt@verein-stadtteilarbeit.de
www.verein-stadtteilarbeit.de

CaféTreff for women

At this get-together, mothers can discuss things, enjoy coffee and cake and do creative activities. Children of all ages are very welcome.

Donations for coffee and cake are requested.

Thursday 15:00 - 18:00 (not in the school holidays)

Breakfast get-together for women

At this get-together, mothers can discuss things and have a leisurely breakfast. Children of all ages are very welcome.

Donations for the breakfast are requested.

09:00 - 12:00 (not in the school holidays)

Familienzentrum Trudering

International mother & child group

Our group is drop-in — you can just come along and do not need to register in advance. We sing, play and breakfast together. The breakfast is provided by the centre.

[Find out more](#)

Who's it for: Mothers with children up to the age of 3

■ Interpreters for English are available.

Childcare is available.

There is barrier-free access to the building and rooms, and a disabled toilet.

The service is free.

Dompfaffweg 10

81827 Munich

[089/45242070](tel:08945242070)

info@familienzentrum.com

International mother & child group

Friday from 09:30 to 11:30

Centre general opening times

Monday 09:00 - 14:00

Tuesday 09:00 - 14:00

Wednesday 09:00 - 14:00

Thursday 09:00 - 14:00

This text contains information about the following search terms:

Babies, toddlers, parent-child group, toddlers group, together, exchange, get to know each other, contact, neighbourhood, handicraft, craft work, artistic, leisure time

Self-assertion and self-defence for girls and women

Self-assertion and self-defence courses for girls aged 4 and over, adolescent girls and women

"Wildwasser München" is a specialist centre to support women in cases of sexual violence and to protect women and girls from sexual violence.

We also offer self-assertion and self-defence courses in refugee shelters, residential facilities, youth centres, schools, kindergartens and many other places.

- Women and girls learn to set boundaries: "Leave me alone!", "Go away!", "Don't touch me!"
- Women and girls learn to defend themselves - with words, but also with hitting, kicking and more.
- Women and girls learn how and where they can get help.
- Women and girls learn what their rights are.

[Learn more](#)

Who for: Girls aged 4 and over, adolescent girls and women, including those with disabilities

■ Interpreters are available.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

We adjust the price individually so that everyone can take part. The offer costs between 0 and 80 euros.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

☎ [089/61466286](tel:08961466286)

✉ @praevention@wildwasser-muenchen.de

**This text contains information on the following search terms:
training, prevention, safety, emancipation, self-determination**

Moving - gymnastics for women


Moved - gymnastics for women

The low-threshold open programme takes place in a room that cannot be seen from outside. The multilingual group leader has a migration background. There is one hour of gymnastics for women followed by 30 minutes of gymnastics for children.

Who for: Mothers and children with a migration background

There is barrier-free access to the building and the rooms. There is a disabled toilet.


The programme is free of charge, donations are welcome.

 Tuesdays 09:15 - 10:15, not during holidays.

Verein Stadtteilarbeit

 [Moosacher Straße 11a, 80809 München](#)

 c.schmidt@verein-stadtteilarbeit.de

 [+49 \(0\) 899901650](tel:+49(0)899901650)

 <https://www.verein-stadtteilarbeit.de/>

**This text contains information on the following search terms:
movement, health, sport, exercises**

JuLes – leisure group for lesbian and bisexual women

JuLes - Leisure group for lesbian and bisexual girls


JuLes is a leisure group for young lesbian and bisexual girls (and people who are questioning their sexual orientation) aged between 14 and 19 who would like to do something and meet new people.

If you are unsure about joining for the first time or have any questions about the group, please feel free to contact us at any time.


Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

The programme is open to trans women and non-binary people.


The programme is free of charge. There is a small charge for some activities.

 Every first Saturday of the month at 15:00. On all other weekends on Sundays at 15:00, together with the [youngsters](#).

diversity e.V. | JuLes

 [Blumenstraße 11, 80331 München](#)

 jules@diversity-muenchen.de

 [+49 8955266986](tel:+498955266986)

This text contains information for the following search terms:

Lgbt, youth group, queer


JuLeZ – drop-in offer for young LBT*

JuLeZ - open programme for young LBT*

JuLeZ is an offer for girls* and young women* aged 12 to 27 who define themselves as lesbian, bi, a, non-binary, trans*, queer or inter*. Julez offers the opportunity to get to know girls* and young women* who feel the same way. The group is led and supervised by two social pedagogues. We cook together and then have a varied programme of activities:

- being creative
- games evenings
- Picnics on the Isar
- Excursions, for example to the cinema or a bike ride


The aim of the programme is to create a safe space to discuss important topics of the clients* if necessary and generally to create an opportunity for exchange.

 Every Thursday from 5 pm to 9.30 pm. Not on public holidays or during school holidays.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge. There is the possibility to pay a small, voluntary amount for dinner, but this can also be done according to individual possibilities.

IMMA Café | JuleZ

 [Jahnstraße 38, 80469 München](#)

 [@julez@imma.de](mailto:julez@imma.de)

 [+49 8923889143](tel:+498923889143)

 <https://imma.de/infos-für-euch/julez/>

WILMA – leisure group for lesbian and bisexual women

WILMA - Leisure group for lesbian and bisexual women



WILMA is a leisure group for young lesbian and bisexual women (and people who are questioning their sexual orientation) aged between 18 and 27 who would like to do something together and meet new people.

If you are unsure about attending for the first time or have any questions about the group, you are welcome to contact us at any time.


Our meetings are a safe space: To protect your anonymity, no photos or videos are taken.

The programme is open to trans women and non-binary people.

The programme is free of charge. There is a small charge for some activities.

 The meeting takes place twice a month, usually from 19:00 - 22:00. The exact dates can be found at  [here](#).

diversity e.V. | Wilma

 [Blumenstraße 11, 80331 München](#)

 [@wilma@diversity-muenchen.de](mailto:wilma@diversity-muenchen.de)

 [+49 8955266986](tel:+498955266986)

 <https://diversity-muenchen.de/de/gruppen/wilma/>

**This text contains information on the following search terms:
LGBT, youth group**

Intercultural exchange for women from all over the world

Intercultural exchange for women from all over the world - "Fremd-Vertraut", life in Germany

Would you like to practise German in a small, informal group and find out more about life in Germany? We offer women from all over the world the opportunity to overcome their fear of speaking German in a friendly and relaxed atmosphere. In small groups, we expand our language and cultural skills together with the help of a variety of topics. We exchange ideas, learn from and with each other and go on excursions in the city. We are happy to welcome new participants!


Who for: Women from all over the world with a basic knowledge of German

Entry requirements: Only for female readers

The programme is free of charge.

The number of places is limited. Registration by WhatsApp / phone or e-mail.


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 "Fremd-Vertraut" offers two courses a year: In spring and autumn, 6 weeks each Mondays and Wednesdays from 9.30 am - 12.30 pm

fremd - vertraut | Verein für Fraueninteressen e.V.

 [Schwanthalerstr. 80, 80336 München](#)

 [@fremdvertraut@fraueninteressen.de](mailto:fremdvertraut@fraueninteressen.de)

 [+49 \(0\) 15906146627](tel:+49015906146627)

<https://www.fraueninteressen.de/einrichtungen/fre...>

This text contains information on the following search terms:

Learn German

Drop-in sewing workshop

Drop-in sewing workshop

Welcome! We meet every Wednesday in the cellar studio of the Bellevue di Monaco to sew, exchange ideas, have fun and practise German. Here you can get tips and expert support, use our machines and our sewing material. The workshop is only for women.

[Find out more](#)

Who's it for: female refugees who enjoy sewing; seamstresses

You can bring your children with you.

The service is free.

Bellevue di Monaco

Müllerstraße 6, cellar studio

80469 Munich

[089/55057750](tel:08955057750)

naehwerkstatt@bellevuedimonaco.de

Wednesday 16:00 - 18:00

IG Klettern München + Südbayern e.V. / Bavaria's best summiteers

IG Klettern München & Südbayern e.V. / Bavaria's best climbers

We regularly organise climbing groups in our climbing hall at Ostbahnhof ("Heavens Gate"). We also organise activities and excursions in the Bavarian countryside and in Austria, Italy and Hungary. Some activities are only one day, some last a whole weekend or longer.

For whom: For children, teenagers and young adults aged 6 to 27. For people with disabilities and/or serious illnesses.

There are special programmes for refugee girls and young women.

The number of places is limited.

The courses take place from October to August.

The courses are free of charge for refugees with a low income.

🗣️ The courses can be held in Pashto and Dari.

There is a disabled toilet. The climbing centre is barrier-free.

IG Klettern München & Südbayern e.V. / Bayerns beste Gipfelstürmer

Speicherstr. 21

81671 München

[☎089/200030714](tel:089200030714)
@team@gipfelstuermer-muc.de
[@Website](#)

**This text contains information on the following search terms:
Integrative offers, LGBT**

Aicha's breakfast meeting for women

Aicha's breakfast meeting for women



Would you like to get to know other women over a cosy breakfast? Here you can make new contacts.

Aicha is there so that you can do lots of things together:

- Have breakfast together
- Get into conversation
- Plan and go on excursions together
- Get information on various topics
- Answer your questions

The programme is free of charge.

Who for: For women (and their children)

The meetings always take place at Bellevue di Monaco, unless other meeting places have been agreed. Would you like to join us? Register directly with Aicha via Whatsapp:




[017614939970](tel:017614939970)

 Every Tuesday 10:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [To the offer](#)

Lern- und Hausaufgabenhilfe

 [Müllerstr. 2, 80469 München](#)

@angebote@bellevuedimonaco.de

+49 (0) 8955057751

<https://bellevuedimonaco.de/>

**This text contains information on the following search terms:
women, women's meeting place, safe space, breakfast**

Culture, leisure, sport

General information

General information

There are many cultural events in Munich.
These websites offer a good overview:

[muenchen.de](#) The official city portal

[In Munich - The city magazine](#)

[Munich with a child](#)

Free offers

People on low incomes can get free tickets at [Kulturraum](#).

Here you will find [free offers from museums](#).

At [Musenkuss](#) you can get financial support for cultural visits. They will also support you if you want to realise your own creative projects.

Invitations to events

People with little money should also be able to take part in events in Munich. Free tickets and invitations are available, for example, for Circus Krone, for the children's film festival, for FC Bayern Munich women's team matches, for the spring festival, for the Oktoberfest and much more.


What documents do I need?


- Notice of authorisation or proof of income, assets and rent
- Proof of social or ecological year or federal voluntary service

Where can I get the free tickets?

Contact your [social community centre](#) or one of the following offices:


Amt für Wohnen und Migration
Wirtschaftliche Flüchtlingshilfe


Werinherstraße 89, Haus 34
81541 München
 [089/23340704](tel:08923340704)

Amt für Wohnen und Migration
Zentrale Wohnungslosenhilfe
Franziskanerstraße 8
81669 München
 [089/23340105](tel:08923340105)

Info centre:

 On Monday, Tuesday and Thursday 08:30 - 12:00 and 13:00 - 16:00

 On Wednesday 08:30 - 12:00 and 13:00 - 17:00

 On Friday 08:30 - 12:00

KulturRaum München e.V. (free cultural events)

KulturRaum München e.V.

All people in Munich should have the opportunity to participate in the cultural life of the city. Regardless of origin, age or education. That's why we give donated tickets for cultural events free of charge to people with little money. Our employees then call you personally and offer tickets for events. The tickets are deposited in your name at the box office. You will always receive a second ticket for an accompanying person, who you can take with you to the event. Children can attend an event with their family.

Who for: People who have little or no income. For example, people who have the [Munich Pass](#).

The offer is free of charge.

After registering, you will be sent an email to „KulturGast“. Young people can register as „KulturKicker:in“ and book tickets of their choice online.


 [Registration for adults and families](#)

 [Registration for young people aged between 14 and 23](#)

 KulturRaum München e.V., Zenettstraße 2, 80337 München

Our office is on the 1st floor. The building is accessible via a ramp. A lift (width: 90 cm) is located to the left of the main entrance behind the glass door. This is usually locked. If you need help opening the doors, please call us.

Children can be brought along.

 [08955267183](tel:08955267183)

 German, English, Russian, Ukrainian and Arabic

 gast@kulturraum-muenchen.de


 [Website hours](#)


 Monday, Tuesday, Thursday, Friday 10:00 to 16:00

**This text contains information on the following search terms:
Culture, Participation, Theatre, Concert, Cinema**

Munich City Library: Offer and registration

Services and registration

Free WLAN, Internet workstations and workstations for individuals and groups are available at all library locations. All libraries offer free online access to 3000 daily newspapers from over 95 countries. With a library card you can borrow books, DVDs or music CDs in many languages for a certain period of time. You can find out where you can find which languages [here](#)  (scroll down to "Medien in anderen Sprachen").

Information about the library is available in over 20 languages. It is available at all locations or can be downloaded from  [here](#).

 [Information in easy German](#)

 [Information in English](#)

Who is it for: Anyone who lives, works or is studying in Munich and the surrounding area can get a library card.

You do not need a library card to visit the library, read on site or attend events.

Costs for the library card:

For people under the age of 18, asylum seekers and refugees, the library card is free of charge.

For young adults (aged 18 and over) in training and studying, pensioners, if you receive social welfare, if you are unemployed or severely disabled, if you are doing voluntary service:

- 10 euros for one year
- 4 euros for a quarter of a year


For all others:

- 20 euros for one year
- 7 euros for a quarter of a year

Documents you need for registration:


- Identity card OR passport with confirmation of registration from the residents' registration office
- Children under the age of 18: ID of a parent or legal guardian, who must also sign the registration form
- Asylum seekers: Residence permit or tolerated stay permit, each valid for at least one month
- If the address of the accommodation is not on the document submitted, an official registration certificate for the address of the accommodation is required.

Contact and locations

The locations of the libraries can be found [at](#)  [here](#). There you will also find all addresses, telephone numbers and e-mail addresses.

Münchener Stadtbibliothek | Leser*innenservice

@stb.leserservice@muenchen.de

 [+49 \(0\) 89233772434](tel:+49(0)89233772434)

 <https://www.muenchner-stadtbibliothek.de/>

German language café in the city libraries


German language café

Are you learning German and would like to use and improve your language skills? Then twice a week you have the opportunity to talk to other German learners about a free topic in a relaxed atmosphere.

All language levels and age groups welcome.

The programme is free of charge.

You don't have to register - just come along and join in!

You can find the exact dates and locations of the groups [at](#)  [here](#):



If you have any questions:

Münchener Stadtbibliothek | Leser*innenservice

@stb.leserservice@muenchen.de

 [+49 \(0\) 89233772434](tel:+49(0)89233772434)

 <https://www.muenchner-stadtbibliothek.de/>

Mobile media service for people with disabilities

Mobile media service for people with disabilities

People who are unable to visit the nearest neighbourhood library, or only with difficulty, can make use of the "mobile media service". They are then visited regularly in their home. The specialised staff provide personal advice, deliver the desired media and collect them again at the end of the loan period (6 weeks).

This service of the [Munich City Library](#) is free of charge.

Who for: For people who live in Munich.

Mobiler Mediendienst | Münchner Stadtbibliothek

@medienmobil@muenchen.de

[+49 \(0\) 8923389133](tel:+49(0)8923389133)

<https://www.muenchner-stadtbibliothek.de/mobiler-...>

Munich Adult Education Centre - MVHS

Munich Adult Education Centre - MVHS

We help people to learn. Whether old or young - everyone can find an exciting course with us. There are many courses on different topics, such as politics, society, art, creativity, nature, science, health, environment, cooking, languages, integration, career and much more.

[Learn more](#)

For whom: For everyone

Requirements and number of places: depending on the course offered.

Costs: depending on the course.

■ Mother-tongue counselling is available for some courses.

Childcare is available for some courses.

Barrier-free access to the building and premises as well as toilets for the disabled are available.

Münchner Volkshochschule



[089/480060](tel:089480060)

info@mvhs.de

www.mvhs.de

This text contains information on the following search terms:

Coaching, counselling, training, work, school, study, integration course, visa, naturalisation, German exam, seniors

Associations, clubs, self-help groups

Associations, clubs, self-help groups

Associations are groups of people with the same interests. There are a large number of clubs, for example sports clubs, music clubs or handicraft clubs.

In a club you can socialise with other people and make new friends. They help people to achieve goals together. These goals can be different. Possible goals are

- Excursions and leisure activities
- Commitment to the needy and disadvantaged
- Protection of nature
- Contact with other people who have the same hobby

Membership of a club usually costs a certain amount per year. Please contact the organisation directly.

Found an association yourself and apply for financial support

You can also set up an association yourself. If money is needed for a specific project, you can apply for financial support. Projects can be supported, for example:

- For improving the lives of people in individual neighbourhoods.
- For the integration of people with a migration background and for the coexistence of people with and without a migration background.
- Against racism and right-wing extremism.
- For people with disabilities.
- For the environment and sustainability.
- For the elderly or for families with low incomes.
- In the field of health.
- In the field of art and culture

Here you will find information and contacts on founding, financing, taxes and the law for associations and initiatives:

 [Further information](#)

Swimming pools

Indoor pools

Indoor pools


 [Learn more](#)

Bad Forstenrieder Park

Forstenried

Stäblistraße 27 b

81476 München

 Monday 08:00 - 18:00

Tuesday to Sunday 08:00 - 22:00

Bad Giesing-Harlaching

Giesing

Klausener Straße 22

81547 München

🕒 Saturday - Monday 08:00 - 18:00

Tuesday - Friday 08:00 - 21:00

Ladies' day sauna: Wednesday 10:00 - 22:00

Cosimawellenbad

Bogenhausen

Cosimastraße 5

81925 München

🕒 Daily 07:30 - 23:00

Ladies' day sauna: Monday 09:00 - 23:00

Dante-Winter-Warmfreibad

Neuhausen

Postillonstraße 17

80637 München

🕒 Daily except Wednesday 07:30 - 23:00

Wednesday 07:00 - 23:00

Ladies' day sauna: Monday 07:30 - 23:00

Michaelibad

Ramersdorf

Heinrich-Wieland-Straße 24

81735 München

🕒 Daily 07:30 - 23:00

Ladies' day sauna: Tuesday 07:30 - 23:00

Müller'sches Volksbad

Haidhausen

Rosenheimer Straße 1

81667 München

🕒 Daily 07:30 - 23:00

Monday: Large hall only until 17:00

Women's pool day: Tuesday 15:00 - 20:00 (not on public holidays)

Ladies' sauna day: Tuesday 09:00 - 23:00, Friday 09:00 - 15:00

Nordbad

Schwabing

Schleißheimer Straße 142

80797 München

🕒 Daily 07:30 - 23:00

Ladies' day sauna: Wednesday 07:30 - 23:00

Olympia-Schwimmhalle

Olympiapark

Coubertinplatz 1

80809 München

🕒 Daily 07:00 - 23:00


Ladies' sauna day: Tuesday 08:00 - 23:00

Prinzregentenbad (no indoor pool, only summer outdoor pool and sauna!)

Bogenhausen

Prinzregentenstraße 80

81675 München

 Sauna: Daily 09:00 - 23:00


Ladies' day sauna: Thursday 09:00 - 23:00

Südbad

Sendling

Valleystraße 37

81371 München

 Daily 07:30 - 23:00


Ladies' day sauna: Thursday 09:00 - 23:00

Westbad

Pasing

Weinbergerstraße 11

81241 München

 Daily 07:30 - 23:00


Ladies' day sauna: Monday, Wednesday 07:30 - 23:00

Outdoor pools

Outdoor pools

Munich's outdoor pools are open from mid-May until the end of the summer holidays in September.

 [Find out more](#)

All are open daily until 18:00, on hot days until 19:00 or 20:00. You can find out how long they are open on the current day [at](#)  by clicking on the pool of your choice.

Bad Georgenschwaige

Schwabing

Belgradstraße 195

80804 München

 Daily except Tuesday 09:00 - 18:00


Tuesday 08:00 - 18:00

Dante-Freibad

Neuhausen

Postillionstraße 17

80637 München

 Daily 09:00 - 18:00

Stadium area:

Monday, Wednesday, Friday 07:00 - 23:00


Tuesday, Thursday 07:30 - 23:00

Freibad West

Pasing

Weinbergerstraße 11

81241 München


 Daily 09:00 - 18:00

Michaeli-Freibad

Ramersdorf

Heinrich-Wieland-Straße 24

81735 München


 Daily 09:00 - 18:00

Naturbad Maria Einsiedel

Thalkirchen

Zentralländstraße 28

81379 München

 Daily 09:00 - 18:00

Prinzregentenbad

Bogenhausen

Prinzregentenstraße 80

81675 München


 Daily 09:00 - 18:00 (Fridays already from 07:00)

Schyrenbad

Giesing

Claude-Lorrain-Straße 24

81543 München


 Daily 09:00 - 18:00 (Mondays from 08:00)

Ungererbad

Schwabing

Traubestraße 3

80805 München

 Daily 09:00 - 18:00

Sports and exercise

Bellevue running group

Bellevue running group

Running long distances is good for your body, heart and soul. We run every week together along the Isar River and get fit for the marathon, half-marathon and shorter runs. Everyone is invited to get fit and strong in our group and get to know a diverse group of people. The running group is led by Paul Huf who has many years of running experience and is an enthusiastic runner and triathlete.

[Find out more](#)

Who's it for: Refugees, residents of Munich

Registration is not required, the service is free.

Meeting point is the courtyard at Müllerstraße 2
80469 Munich
[089/55057750](tel:08955057750)
marathon@bellevuedimonaco.de
alternating Wednesday or Thursday from 18:00

Climbing

IG Klettern München & Südbayern e.V. / Bavaria's best climbers

We regularly organise climbing groups in our climbing hall at Ostbahnhof ("Heavens Gate"). We also organise activities and excursions in the Bavarian countryside and in Austria, Italy and Hungary. Some activities are only one day, some last a whole weekend or longer.

For whom: For children, teenagers and young adults aged 6 to 27. For people with disabilities and/or serious illnesses.

There are special programmes for refugee girls and young women.

The number of places is limited.

The courses take place from October to August.

The courses are free of charge for refugees with a low income.

🗣️ The courses can be held in Pashto and Dari.

There is a disabled toilet. The climbing centre is barrier-free.

IG Klettern München & Südbayern e.V. / Bayerns beste Gipfelstürmer
Speicherstr. 21
81671 München
☎️ [089/200030714](tel:089200030714)
@team@gipfelstuermer-muc.de
@[Website](#)

**This text contains information on the following search terms:
Integrative offers, LGBT**

Sports clubs - Find the right sports programme for you!

Sports clubs - Find the right sports programme for you!

There are many different sports programmes in Munich. With the database of the Münchner Sportjugend you can find a suitable sports programme in your area! You can search according to various criteria, for example: club, postcode, type of sport, training day or age.

Here you will find answers to the following questions:


- Which sports club in my area offers training for children and young people?
- Are there suitable programmes for my child?
- What sports can I do in my neighbourhood?

-
- On which days can I train at the sports club?
 - Are the sports programmes open to children and young people with disabilities?

If a suitable programme is available, the club can be contacted easily and directly via a contact form.

You can also enquire about sports programmes that are open to children and young people with disabilities or are specially tailored. A distinction is made between programmes that are open to people with physical, sensory or multiple disabilities and those that are open to young people with intellectual disabilities.

 [Sports programme database](#)


 [089/15702206](tel:08915702206)

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

Borrow cargo bikes free of charge

Borrow cargo bikes free of charge

A cargo bike is a bicycle that can be used to transport goods or people.

You can hire cargo bikes on the website  www.freie-lastenradl.de.

Who for: For people aged 18 and over.

There are different types of bikes. Some of the bikes

- have an electronic drive
- have a trailer
- are suitable for transporting children
- have three wheels
- have two wheels


The offer is free of charge.


How often and for how long can I hire a cargo bike?

Each person can borrow a bike a maximum of twice a month for a maximum of three days.

How does it work?

To be able to hire a bike, you must [register](#) at . You also need a valid identity document.

On the  [map](#) you can see where the available cargo bikes are located.

 Below the map, you can filter by specific characteristics of the bikes.

For questions:

 [@info@freie-lastenradl.de](mailto:info@freie-lastenradl.de)

 [Website](#)

Theatre and orchestra


Munich Kammerspiele

Münchner Kammerspiele

The Münchner Kammerspiele is a theatre. We search for new concepts, strange and beautiful languages, tangible physicalities and the connecting narratives of the future.

The themes are:

- Enabling social exchange
- Opening up perspectives
- Telling unheard stories
- Asking for new leaders in theatre: Who speaks? Who decides? What is told and how?
- Finding future forms of living together
- Generating new social knowledge

Here you can find the  [programme](#).

We look forward to seeing you!

Who for: For all interested parties


Duration: From September to July


The number of seats in the theatre is limited. You have to buy a ticket. There is no limit to the number of users for the online offers.

Ticket prices vary depending on the performance. Our programme also includes free lectures, events and streaming offers.

There is barrier-free access to the building and rooms. There is a disabled toilet.

The ticket office is open from Monday to Friday from 11:00 to 19:00 and is located here:

 Münchner Kammerspiele, Maximilianstraße 26-28, 80539 München

 [089/23396600](tel:08923396600)

 @theaterkasse@kammerspiele.de

 [Website](#)

**This text contains information on the following search terms:
Culture/Art, Entertainment, Music**

Munich theatre for children

Munich Theatre for Children

The Munich Theatre for Children has been around for over 50 years. In total, there are around 16 different plays on the programme, which are performed for children by professional actors. The imaginative stage sets and elaborate costumes are also very special.


For children aged 4-10 years, the programme includes plays such as fairy tales by the Brothers Grimm, Wilhelm Hauff and Hans Christian Andersen as well as plays by or based on works by Michael Ende, Janosch, Astrid Lindgren, Sven Nordqvist and Otfried Preußler and many more.

Who for: For children aged 4-10

Duration of the offer: September to July


Tickets cost €12.70 (depending on seat selection).

There is barrier-free access to the building and the rooms.

 Dachauer Straße 46, 80335 München

 [089/592411](tel:089592411)

 info@mtfk.de

 Mornings, depending on performances

 www.mtfk.de

KulturBunt Neuperlach

KulturBunt Neuperlach

We are a centre for culture. We offer a colourful and diverse programme for all cultures and ages. We promote the performing and visual arts. We create free stages and spaces for exhibitions for people who perform theatre or make music.

For whom: all ages and cultures

The prices for our events vary. Some events are free of charge.


Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

KulturBunt, Albert-Schweitzer-Straße 62, 81735 München

 [089/63891845](tel:08963891845)

 info@kulturbunt-neuperlach.de

 From Tuesday to Friday 14:00 - 17:00

 [Website](#)

This text contains information on the following search terms:

Concerts, Workshops

Munich People's Theatre

Munich Volkstheater

The Volkstheater was opened in 1983.

A new era at the Volkstheater began in October 2002 with Christian Stückl as artistic director. With a new and young ensemble, he created an independent profile and opened up the theatre to young directors who work alongside him. The evening programme is

complemented by concerts and readings. In this way, Christian Stückl has succeeded in reaching new audiences while retaining the old ones.


The decision to rebuild the theatre was made in mid-December 2017. By 2021, the new Volkstheater had been built on the Viehhof site at a cost of 130.7 million euros on an area of almost 18,000 square metres. On 15 October 2021, Christian Stückl opened the new location of the Munich Volkstheater with his production of "Edward II".


Who is it for: The Volkstheater's offer is aimed at anyone interested in theatre.

Tickets cost between €6 and €39.


Children can be brought along.

There is barrier-free access to the building and the theatre. There is a barrier-free toilet. Further information [here](#).

 Volkstheater München, Tumblingerstraße 29, 80337 München

 [089/5234655](tel:0895234655)

 [@Online form](#)

 Monday to Friday from 11:00 - 18:00, Saturday from 11:00 - 14:00

 [Website](#)

**This text contains information on the following search terms:
Theatre, Culture, Event**

Religion

Information on churches and places of worship

Information on churches and places of worship



The religious and ideological composition of Munich is very diverse. As figures are not collected for every religion, it is not known exactly how the different identities and beliefs are distributed.

Around 65% of people in Munich have different world views. Some are not religious, others are. Most people are not members of a community.

Approximately 26% of people in Munich belong to the Roman Catholic Church.

Approximately 9% of people in Munich belong to the Evangelical Lutheran Church.

Catholic churches

Bavaria is characterised by Catholicism. That is why there are many Catholic churches. You can find a list of churches and further information at  [here](#). Here you can find the schedules of the  [church services](#).

Protestant churches

The Protestant church is the second largest community. A list of the churches and further information can be found at [🌐 here](#). You can find the plans of the church services at [🌐 here](#).

Mosques

Many Muslims live in Munich. Further information on mosques in Munich can be found at [🌐 here](#).

Synagogues

There are several synagogues for Jews. Information on synagogues can be found on the [🌐 website of the Jewish community](#) or on the [🌐 website of the liberal Jewish community](#).

Buddhist temples

Here you will find a list of [🌐 Buddhist temples](#).

Hindu temples

Here you will find a list of [🌐 Hindu temples](#).

Advice and questions:

If you have any questions or concerns about religion or ideology, you can seek [advice](#).

Specialist counselling for religious-ideological diversity

Specialist counselling for religious and ideological diversity

We are an open contact point for questions about religion and worldview. You can also come to us with questions about the city of Munich and questions about cooperation with the city administration.

Counselling is solution-oriented, neutral and confidential. This means that no one finds out when you talk to us.

Our goal is to reduce disadvantage and enable religious-ideological diversity and equality.

You will receive from us, for example, orientation, information, support, accompaniment, contact with the city administration.


If you wish, counselling can also take place at your place.

The offer is free of charge.


Interpreters are also available by arrangement.

Children can be brought along.

There is barrier-free access to the building and premises. There is a WC suitable for the disabled.

 [089/23340195](tel:089/23340195)

 [@tuan.tran@muenchen.de](mailto:tuan.tran@muenchen.de)

 by appointment only

 [Website](#)

This text contains information for the following search terms:

Faith, Mosque, Temple, Church, Christianity, Judaism, Islam, Buddhism, Hinduism

Meeting people

Meetings in the neighbourhood

Neighbourhood meetings


Everyone should have the opportunity to actively shape their neighbourhood. There are over 50 meeting places for neighbours in Munich. There, people from the neighbourhood can get to know each other and support each other. The motto is "From you - for you". Together, the neighbours implement ideas, projects and campaigns and exchange information about the district.

 [Find out more](#)

There are many different offers from committed neighbours, such as

- Toddler groups
- Senior citizens' cafés
- Cooking together
- Working groups on specific topics
- Using rooms for little money
- Events
- Sewing together
- Language groups
- Making music

Every neighbourhood meeting place is a little different, depending on how the neighbours organise it. Come along and help shape it!

Many of the programmes are free of charge. There are costs for some programmes. For more detailed information on the offers or on the accessibility of the buildings and rooms, please contact the  [neighbourhood meeting place](#) in your area.

Old people's and service centres (ASZ)

Alten- und Service-Zentren (ASZ)

There are 33 contact points for older people and their relatives in Munich. We help and advise on all issues relating to old age. There is also the option of visiting you at home.


Our aim is to ensure that older people can be independent, are not lonely and feel mentally and physically well.

There are various courses and programmes on offer:

- Fitness
- education
- language
- computers
- and many other topics


There is also a café and cheap lunches for people on a budget.

Here you can find the flyer in different languages: [German](#), [English](#), [French](#), [Greek](#), [Croatian](#), [Russian](#), [Serbian](#), [Turkish](#), [Ukrainian](#)

The centres are located throughout Munich. You can find the centre nearest you [at](#)  or on the [INTEGREAT city map](#).

Who for: Senior citizens. For relatives and carers of older people. For people who are concerned with issues relating to ageing.

 [Find out more](#)

 There are people who can translate. Please let us know in advance which language you speak.

Access to the buildings and rooms is barrier-free. There are disabled toilets.

Many offers are free of charge. Some offers cost something. You can find out the exact costs on site.

Café Bellevue di Monaco meeting place

Café Bellevue di Monaco meeting place

Our info café is organised and run together with refugees and non-refugees. Here, you can eat delicious, inexpensive food (tea and water are free), and also use the advice services, do an internship, join in as a volunteer, attend cultural and political events and simply meet other people.

[Find out more](#)

All premises have barrier-free access as well as a disabled toilet.

Müllerstraße 6

80469 Munich

[089/55057755](tel:08955057755)

cafe@bellevuedimonaco.de


Tuesday to Thursday 10:00 - 22:00

Friday, Saturday 10:00 - 01:00

Open house

Open house

A warm welcome! New and old Munich residents - refugees or not - are cordially invited! We offer a lively and open house. Here you can meet, drink tea, chat, get to know each other, cook together, play backgammon or other board games, learn and practise languages, get creative or just hang out. Just drop by - we look forward to seeing you.

To subscribe to the weekly WhatsApp newsletter, simply send "Open House" to  [0176/45571527](tel:017645571527).

 [Find out more](#)

For whom: new and old Munich residents aged 18 and over


Children can be brought along.

Barrier-free access to the building and premises and a disabled toilet are available.

Bellevue di Monaco
Müllerstraße 2
80469 München
In the large hall on the ground floor

 [089/55057750](tel:08955057750)

@cafe@bellevuedimonaco.de

 Always on Wednesday 18:00 - 22:00

ClubIn - International meeting place for young people from 17 to 27

ClubIn - International meeting place for young people from 17 to 27

ClubIn is an organisation for international youth work. We offer various interesting programmes:

- Contact and meeting point for people from all over the world
- Information and advice on the topics of training, studying, au pair, voluntary service in Germany
- Culture and leisure, for example discovering Munich and the surrounding area together
- Education, for example tutoring in German

 [Find out more](#)


 Interpreters are available in Arabic, Spanish, English and French.

The service is free of charge.

Verein für Internationale Jugendarbeit – ClubIn

Friedrich-Loy Straße 16

80796 München

 [089/306686913](tel:089306686913)

@clubbuero@vij-muenchen.de

 **Office**

On Monday 14:00 - 16:00

On Tuesday 10:00 - 12:00

On Thursday 14:30 - 16:30

 **Open meeting:**

On Thursday 19:30 - 22:00

On Friday 19:30 - 24:00

**This text contains information on the following terms:
get to know people, youth club**

plusPOL - Leisure group for HIV-positive people

plusPOL - Leisure group for HIV-positive people

plusPOL is a leisure group for HIV-positive people up to the age of 30. No matter what gender or sexuality you are, you are very welcome!

Who it's for: People who would like to do something together and meet new people.


The meetings in the group are anonymous and take place in our youth centre. Our meetings are a safe space. No photos or videos are taken.

If you are unsure before attending for the first time or have any questions about the group, you are welcome to contact our social workers at any time.

The programme is free of charge. There is a small charge for some activities.

The group does not currently take place regularly. Upcoming dates can be found on the website.

diversity e.V. | plusPOL

 [Blumenstraße 11, 80331 München](#)

 @pluspol@diversity-muenchen.de

 [+49 8955266986](tel:+49_8955266986)

 <https://diversity-muenchen.de/de/gruppen/unsere-p...>

**This text contains information on the following search terms:
Lgbt, bisexual, youth group, queer, gay, lesbian, hetero, aids**

Treffam - International Family Centre

Treffam - International Family Centre

We help families of all nationalities with children from 0-6 years. We advise you on questions and support you in learning German. You can also get to know other families and exchange

ideas with us. People from different countries and religions come together at our centre.

What we offer:

- Counselling and information
- Groups for parents and children
- Playgroups for babies
- Integration course for women (with childcare)
- Language café, German course for children
- Parties, excursions and activities
- Room hire for children's birthday parties
- Volunteering

Who for: Mums, dads, children (0 - 6 years) and women.

🌐 Arabic, Bulgarian, German, English, French, Hindi, Korean, Croatian, Russian, Turkish, Ukrainian

You can bring your children with you. Childcare is available on site.

Many courses are free of charge. There is a small charge for some courses.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

🕒 On Monday and Wednesday 08:30 - 17:00

🕒 On Tuesday and Friday 08:30 - 13:30

🕒 On Thursday 08:30 - 18:00

Treffam - Internationales Familienzentrum

📍 [Tübingerstraße 11, 80686 München](#)

✉ [@treffam@diakonie-muc-obb.de](mailto:treffam@diakonie-muc-obb.de)

☎ [+49 \(0\) 891269915200](tel:+49(0)891269915200)

🌐 <https://www.diakonie-muc-obb.de/migration/kinder-...>

**This text contains information on the following search terms:
Freizeit, Elternberatung, Behörden, kitafinder**

Start with a friend e.V. (SwaF) Munich

Start with a friend e.V. (SwaF) Munich

The association was founded in Berlin in 2014. We bring together people from different countries and with different experiences. Our vision is a diverse society. A society in which all people feel comfortable and have an equal say in shaping it.

We connect people who are new to Munich with people who have been in Munich for a long time.

We organise lots of great activities. Our Tandem teams and our community help you to settle in Munich.

Who for: For all people aged 18 and over.

The programme is free of charge.

@muenchen@start-with-a-friend.de

[!\[\]\(40736a0a84dfd1e66572e1938cf1c3dc_img.jpg\) Website](#)



[@muenchen_swaf](#)

Search terms:

Leisure, language, sponsorships


Network of Munich migrant organisations MORGEN e.V.

Network of Munich Migrant Organisations MORGEN e.V.


MORGEN is the association of migrant organisations in Munich. Our aim is to strengthen, promote and make visible the participation and commitment of people with a migration/refugee background. Are you looking for a meaningful task and want to get to know people from other cultures? Then get involved!

The network was founded in 2013. Over 100 member organisations with over 60 different languages are part of our network.


What we offer:

- We provide advice, e.g. on support programmes and important contact points in the city
- We arrange contacts
- Mother tongue & multilingualism: regular groups for people who speak their family languages
- Cultural events with the opportunity to take part
- We help if you would like to use a room free of charge
- We support you with questions about education (via the  [BEST](#) project)

Who for: People who have migrated or fled and who are active in a group or association or would like to become one.

 Many different languages

The service is free of charge.

 Arnulfstraße 197, 80634 München

@info@morgen-muenchen.de

 [Website](#)

MOP - For young people with and without disabilities between the ages of 11 and 21

MOP - For young people with and without disabilities between the ages of 11 and 21

The MOP is a youth centre.

Who it's for: Teenagers and young adults with and without disabilities aged between 11 and 21.


We offer various activities:

- Chill & Learn: Here you can do your homework or relax.
- There are great leisure activities in the youth café: Play table football or billiards, PC room and play station. There are also card games and chess.
- MOPLounge: Once a month. MOPLounge is for people aged 16 to 27.
- There is also a band room and a recording studio.
- Sometimes we go on excursions. Once a year we go away together for a few days.

The programme is free of charge. When we go on trips, there are small costs. You can bring your own food and drink or buy something from us. Nobody has to buy anything.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Fallmerayerstraße 2, 80796 München


 [089/304073](tel:089304073) or [0176/92344524](tel:017692344524)

 info@mopjugendtreff.de

 [Website](#)




[Instagram](#)

 Chill & Learn: Tuesday to Thursday from 13:00 - 15:00

 Youth café: Tuesday to Thursday from 15:00 - 18:30 and Friday 13:00 - 20:00

 Once a month on Saturday 16:00 - 19:00

 MOPLounge: once a month on Saturday 19:30 - 23:00

During school holidays we are open at other times.

**This text contains information on the following search terms:
youth centre, inclusion, making music, theatre, table tennis, rapping, boys*, girls*,
girls* room, holidays, holiday camp, holiday programme**

Intercultural exchange between senior citizens and immigrants

Intercultural exchange between senior citizens and immigrants

Would you like to meet new people? Do you sometimes feel lonely? The "Hallo Projekt" is a social opportunity that promotes exchange between older people and immigrants. The people who join us are of different ages and come from different countries.

The project consists of three parts:

1. Joint activities: walks, games, culture and conversations. This is where we get to know each other better.
2. Tandem programme: One person from the group of older people meets with one person from the group of immigrants to improve their language skills.
3. Events for people who are new to Munich: Participants can meet, exchange ideas and make friends here.

Who for: For immigrants and senior citizens aged 18 and over with at least A2.2 language level.

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled WC.

📍 Leb Bunt e.V., Kistlerhofstraße 70, 81379 München

Building 88, 4th floor

☎ [01713398766](tel:01713398766)

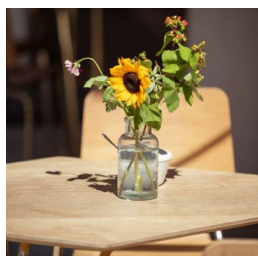
@ contact@leb-bunt.org

🌐 [Website](#)

**This text contains information on the following search terms:
Integration opportunity**

Aicha's breakfast meeting for women

Aicha's breakfast meeting for women



Would you like to get to know other women over a cosy breakfast? Here you can make new contacts.

Aicha is there so that you can do lots of things together:

- Have breakfast together
- Get into conversation
- Plan and go on excursions together

-
- Get information on various topics
 - Answer your questions

The programme is free of charge.

Who for: For women (and their children)

The meetings always take place at Bellevue di Monaco, unless other meeting places have been agreed. Would you like to join us? Register directly with Aicha via Whatsapp:



[017614939970](tel:017614939970)

 Every Tuesday 10:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [To the offer](#)

Lern- und Hausaufgabenhilfe

 [Müllerstr. 2, 80469 München](#)

 [@angebote@bellevuedimonaco.de](mailto:angebote@bellevuedimonaco.de)

 [+49 \(0\) 8955057751](tel:+49(0)8955057751)

 <https://bellevuedimonaco.de/>

**This text contains information on the following search terms:
women, women's meeting place, safe space, breakfast**

Music

Poetry and rap workshop at Bellevue di Monaco

Poetry and rap workshop at Bellevue di Monaco

In regular workshops, participants learn various writing techniques and lyrical stylistic devices in order to work together on their own poetry and rap texts, right through to performance.

The workshop is suitable for beginners as well as advanced learners, native speakers and people who are just learning German. Everyone writes in the language that is closest to them - (live) translations can be worked on in teams or multilingual performances can be practised.

We invite you to join us: Bring your friends, stories, experiences and ideas and write poems!

Who for: Refugees; Munich residents

[Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Registration required.

The offer is free of charge.

Müllerstraße 2 Ground floor

80469 München

[089/55057750](tel:08955057750)

workshop@bellevuedimonaco.de

Saturdays 14:00 - 16:00

Bunter Vogel - Intercultural choir for people learning German


Bunter Vogel - Intercultural choir for people learning German

The [Munich Adult Education Centre](#) offers a choir for people who are currently learning German and for anyone who would like to sing together. Whether young or old, beginner or advanced. It's about people coming together and the connection of music.

The programme is free of charge.

There is barrier-free access to the building and the rooms.

 Gasteig, Rosenheimer Straße 5, 81667 München

 Every Wednesday 19:00 - 20:30

To sign up, you need to register on the website:

 [Website](#)

For questions:

 [089/480066169](tel:089480066169)

 @deutsch@mvhs.de

Be creative!

Photography workshop with Paul Huf

Photography workshop with Paul Huf

The photography workshop for young people with a migration background makes it possible for them to discover the world of photography in a playful and creative way. It's not only learning about taking photographs but also about image presentation, image processing and technology.

[Find out more](#)

Who's it for: young people with a migration background

Registration required.

The service is free.

Cellar studio, Müllerstraße 6
80469 Munich
[089/55057750](tel:08955057750)
workshop@bellevuedimonaco.de
1st and 2nd Friday of every month, 3:00 PM - 7:00 PM

Drop-in art workshops

Drop-in art workshops

The drop-in art workshop is a creative space for young people with or without a migration background. There you can experiment with colours and materials, paint pictures and make sculptures. Art gives you the courage to see the world in a completely different way. We will support you in this!

Maria, Anja, Eva, Gregor, Jürgen and Paul (Munich artists).

[Find out more](#)

Who's it for: young people with or without a migration background

The service is free.

Müllerstraße 6, cellar studio
80469 Munich
[089/55057750](tel:08955057750)
kunst@bellevuedimonaco.de
the last two Fridays of the month, 15:00 - 18:00

Intercultural workshop at the Pinakothek der Moderne

KunstWerkRaum - an intercultural project at the Pinakothek der Moderne

Our intercultural workshop for people of different ages takes place once a month. The four museums of art, design, architecture and graphics at the Pinakothek der Moderne offer us many points of contact for discussions, joint discoveries and creative experiments. Enjoyment of art, shared experiences and intercultural exchange are at the centre of our activities.

■ Simple German or English

[You can find the next dates here](#)

For whom: everyone from 7 to 99 years

Children can be brought along, but may only take part in the programme if accompanied by an adult.

There is barrier-free access to the building and the rooms. There is a disabled toilet. One barrier-free entrance is at Barer Straße, another at Gabelsbergerstraße / corner of Türkenstraße.

Participation in the programme and admission to the museum are free of charge.

The number of places is limited to 25 participants.

Registration at ☎ [089/954115240](tel:089954115240) or @ kunstwerkraum@mpz.bayern.de

Pinakothek der Moderne
Barer Straße 40
80333 München

Build or repair something yourself: House of Self-Labour (HEi)

House of DIY (HEi)

The HEi offers space for everyone who enjoys doing things themselves: in terms of craftsmanship, culture and society!

The open workshops (e.g. wood, textile and metal workshops) can be used by anyone to realise their own projects. It doesn't matter whether you want to try something out for the first time or whether you already know your way around. You can work freely in various professionally equipped workshops, make use of the specialist advice or attend courses. There are also many opportunities for pupils and schools at HEi. The cultural and social aspect is not neglected either, with exhibitions and readings, counselling on many topics and in our workshop café.

Use of the workshops costs €8.80 per hour.

There are also various [courses](#). The number of places for the courses is limited.

[Find out more](#)

Who for: All Munich residents

Haus der Eigenarbeit
Wörthstraße 42
81667 München
[089/4480623](tel:0894480623)
welcome@hei-muenchen.de
Tuesday to Friday 15:00 - 21:00
Saturday 12:00 - 18:00

This text contains information on the following search terms:

Vocational orientation, crafts, wood, metal, ceramics, jewellery, textile, upholstery, community centre, art, culture, meeting place

Musenkuss München - Online portal for cultural education

Musenkuss München - Online portal for cultural education

Would you like to be creative? Would you like to learn photography? Would you like to paint, do handicrafts or take a theatre course?

Then 🌐 [Musenkuss](#) is just the thing for you! Here you will find many creative offers. You can experiment, write, programme, make music or take part in guided tours. There are also various online programmes.

Who it's for: For children, young people, adults and older people. For people with and without disabilities.

Our goal is: Culture for everyone! No matter how old you are, what gender or skin colour you are.

Some programmes cost something, others are free of charge. You can filter the offers by „kostenlos“. This is how you can find the  [free offers](#).

@muskuss@muenchen.de

**This text contains information on the following terms:
Music, theatre, literature, dance, media, art**

Volunteering / Honorary work

Volunteering with the Munich Refugee Council

Volunteering with the Munich Refugee Council

The Munich Refugee Council was founded over 30 years ago and is committed to helping refugees and migrants in Munich. Volunteering is a great way to get to know other people and make new contacts. Regardless of whether you have only been in Munich for a short time or for some time. Our team will help you find a suitable job and support you with any questions you may have.

There are various opportunities to volunteer in the "Gemeinsam Aktiv" project:

- Support with counselling
- Sponsorships for individuals or families
- Support in accommodation centres or at the [Infobus](#)
- Counselling in the [search for accommodation](#)
- Interpreting
- Support at information stands and events

 [Find out more](#)

If you are interested, please register [at](#)  [via this link](#) for the next free information evening.

You can contact us here:

 [Contact form](#)

 [089/12021716](tel:08912021716) ( Tuesday, Wednesday, Thursday 10:00 - 12:00)

 Münchner Flüchtlingsrat, Dachauerstraße 17, 80335 München

 [Website](#)

Munich Volunteer Fire Brigade

Munich Volunteer Fire Brigade

The fire brigade in Munich consists of the professional fire brigade and the volunteer fire brigade. The volunteer fire brigade has around 1,250 members.

Would you like to get involved with us? Then come and join us and we'll show you what we do!

Firefighters experience a lot together. Friendships often develop through the different situations during operations or exercises, events and joint activities. We are like a community - regardless of age, gender, origin and profession. We are different ages, come from different countries and have a lot of fun together. Cohesion and mutual trust are very important.

Who it's for: Anyone over the age of 18 who is mobile without assistance.

🗣️ We speak German so that we all understand each other well. It would therefore be good if you have at least [B1 knowledge](#).

If you join us, we will train you as part of the disaster control programme and you will take on a voluntary role.

📍 Freiwillige Feuerwehr, Heißstraße 120, 80797 München
There is a barrier-free entrance to the building and the rooms.

☎️ [01735261990](tel:01735261990)

✉️ @fuehrung.kats@ffw-muenchen.de

🌐 [Website](#)

**This text contains information on the following search terms:
Help, Self-help, Civil protection**

Find your voluntary position in sport

Find your volunteer position in sport

Would you like to volunteer in sport? And support one of the more than 400 Munich sports clubs with children and young people through your commitment?

You don't need to be a professional, because there are plenty of tasks for which our Munich clubs need support. So whether you are involved in sports on the pitch or in the hall or, for example, organising a tournament - we are grateful for every hour of your valuable time.

Check out the Munich Sports Youth's [database](#) at 🗺️ to find out about various volunteering opportunities in your area.

We already say THANK YOU very loudly! Your time for a good cause...

Leisure activities for children and adolescents

Financial support for sport for children

Financial support for sport for children

All children and young people in Munich should have the opportunity to take part in sport. Under certain conditions, the City of Munich pays the membership fee for a sports club and the necessary sports clothing and equipment as well as the cost of catering at a training

camp. The costs are only covered if they are not covered by the education and participation package (BuT).

 [Find out more](#)

Who for: Children and young people,


- who are under 18 years old
- who have the [Munich Pass](#)
- whose families have a low income (the income limit must be checked individually)
- whose families receive one of the following benefits
 - Subsistence assistance or basic income support (SGB XII)
 - citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or child supplement

What documents do I need?

Grant notice or proof of income, assets and rent.

Where can I submit the application?

You can submit the application at your [social welfare centre](#). If you receive benefits under the Asylum Seekers' Benefits Act, you can apply here:

 Amt für Wohnen und Migration
Wirtschaftliche Flüchtlingshilfe
Werinherstraße 89 Haus 34
81541 München

MIKADO - Youth culture and education

MIKADO - Youth culture and education

We offer many different programmes for young people:

- Tandem project for young people who have been living in Munich for a long time and young people with refugee backgrounds and / or recent immigrants
- Classes and workshops: Dancing, poetry slam, rapping, art or theatre
- Help with learning
- Programmes for girls only
- Leisure: for example hiking, excursions, cinema, sightseeing
- Sport: for example basketball, football, climbing
- Courses on political education
- Travelling at home and abroad

 [Find out more](#)

Costs:

Membership with us is free of charge. The costs for the programmes vary.

Children can be brought along.

There is barrier-free access to the building and the rooms.

IG - InitiativGruppe

Schertlinstraße 8

81379 München

In the basement

☎ [089/748088910](tel:089748088910)

@ mikado@initiativgruppe.de

🕒 From Monday to Friday 14:00 - 18:00

HEROES - Against oppression in the name of honour

HEROES - Against oppression in the name of honour

In the HEROES project, young men between the ages of 15 and 21 are trained as multipliers for equal rights. In the weekly training sessions, we critically question oppression in the name of honour. We sit together and discuss topics such as honour, identity, gender roles, racism, prejudice, human rights and equality.

The training sessions take place on Thursdays from 17:30 to 19:30.

After around nine months, you become a HERO. As a HERO, you can run workshops in schools and youth centres together with the group leaders. In these workshops, you bring the topics closer to other young people using role-playing games and discussions. The participants pass on the food for thought that they themselves have gained to others.

[Find out more](#)

Who for: Young men with a migration background aged between 16 and 23 with a good knowledge of German (at least B2 level).

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Anyone who organises a workshop will be paid an expense allowance.

HEROES München

Goethestraße 53

80336 München

☎ [089/544247-39/ -40](tel:08954424739)

heroes@awo-muenchen.de

Wednesday 10:00 - 14:00

Thursday 17:00 - 20:00

This text contains information on the following search terms:

boys, leisure, volunteering


Art workshop

Art workshop

Art is a great way to express yourself and tell your own story. We offer educational art group courses.

Who for: For children and young people who have experienced flight


The courses enable participants to better process stressful experiences. They discover their strengths and abilities, their courage and their imagination and are strengthened in their self-confidence.

The courses take place regularly. The list of courses and dates can be found [at](#)  [here](#). Topics include art, music and photography.

In addition to the courses, we also organise exhibitions, concerts, holiday programmes and joint projects with other children and young people.

All programmes are free of charge.

There is also a centre for advice for refugees.

 Refugio München Kunstwerkstatt
Kunstlabor 2
Dachauer Str. 90
80335 München

 [015734849999](tel:015734849999)

 [@luzi.finck@refugio-muenchen.de](mailto:luzi.finck@refugio-muenchen.de)

 [Website](#)

For children from 6 to 12 years: Playhouse at Westkreuz


Playhouse at Westkreuz

We have many programmes for children and their families. There is a playhouse with play and cultural education projects and an adjoining play area for all children in the neighbourhood. At the Tollplatz, we can create, work, build and experience nature together. The play area is used as an extended play area for projects and is further developed with the children.

There are activities in the afternoon and programmes for school classes in the morning.


Who for: For children aged 6 to 12

The programme is free of charge.


 From Monday to Friday and every first, third and last Saturday of the month. From May to October from 14:30 - 18:30. From November to April from 14:00 to 18:00.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Spielhaus am Westkreuz

 [Aubinger Straße 57, 81243 München](#)

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

 [+49 \(0\) 898344455](tel:+49(0)898344455)

 <https://spiellandschaft-westkreuz.de/>

For people from Aubing - Lochhausen - Langwied: Parent-child get-together for children up to 3 years old


Spielhaus am Westkreuz - parent-child centre for children up to the age of 3 and their parents


There is an open play area where parents can try out movement elements with their children and a crawling carpet for babies. We play and sing. This is helpful for learning the German language. The creative table offers a variety of craft activities with materials that the children can also use at home.

The teacher present is happy to answer questions about children's education, nutrition and health. Once a month, a midwife and a member of the Early Childhood Development team come in to provide targeted support and help.

Who for: For parents with their children aged 0 to 3 years from the Aubing - Lochhausen - Langwied district

The programme is free of charge.

 On Monday and Tuesday 10:00 - 12:00


 [About the offer](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Spielhaus am Westkreuz

 [Aubinger Straße 57, 81243 München](#)

 info@spiellandschaft.de

 [+49 \(0\) 898344455](tel:+49(0)898344455)

 <https://spiellandschaft-westkreuz.de/>

OLY children's club in the Olympic village

OLY children's centre in the Olympic Village

The OLY children's centre is an open leisure facility in the Olympic Village. All children are welcome, regardless of social background, religion, gender or nationality. There is no need to register, children can come and go as they please.

At OLY you can meet friends, play table football, romp around in the cushion room, play billiards or Wii, listen to music, do arts and crafts, read and much more. On Friday afternoons, we cook or bake together.

During the school holidays, excursions are offered (some for a fee).

Who for: For children aged between 6 and 13

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Helene-Mayer-Ring 9, Eingang G

80809 München

☎ [089/230695722](tel:089230695722)

@ kindertreff@diakonie-moosach.de

🌐 [Website](#)

🕒 From Monday to Friday 14:30 - 18:30

**This text contains information on the following search terms:
open youth work, media work, low-threshold**

Open children's café

Open children's café

The children's café is a meeting place for children and families.

There are games and craft activities, a reading corner and theatre for children aged 4 and over. You can build something yourself in our carpentry workshop.

Who for: Children aged 6 and over and families.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The programme is free of charge. Only the theatre events cost something. Free tickets are available [here](#).

The children's café is closed during the school holidays.

Pasinger Fabrik

August-Exter-Straße 1

81245 München

☎ [089/8888806](tel:0898888806)

@ kjwpasing@kulturundspielraum.de

🌐 www.kulturundspielraum.de

🕒 On Wednesday, Thursday and Friday 15:00 - 18:00 and on Saturday 14:00 - 18:00

**This text contains information for the following search terms:
play, family friendly**

Youth leisure centre Treff 21

Treff 21 youth centre

Treff 21 is a youth leisure centre in the Blumenau district of Munich for girls* and young women* as well as for boys* and young men*.

Who it's for: People aged between 10 and 18. There are also special programmes for children aged 6 and over and people aged 18 and over.


There are many different programmes. For example:

- creative activities
- Listening to and making music, dancing, cooking and baking, playing football, basketball, table tennis, billiards or table football
- Meeting friends
- Support with applications, presentations and other school requirements
- Joint excursions, for example to the amusement park or swimming pools

Treff 21 is a non-violent safe space for everyone, where the educational staff actively oppose racism and sexism and are committed to working together in solidarity. Interested people can drop in unannounced during the opening hours of Treff 21.

The service is free of charge.

Gender-conscious work is very important to us. Girls* and boys* with their respective special needs and wishes are given appropriate support. Every week there is a girls* day and a boys* day for gender-specific work.

 **Girls* day, 9 - 18 years:**

Tuesday 14:00 - 18:00

 **Open day for girls* and boys*, 10 - 18 years:**

Thursday 15:00 - 17:30


Friday 14:00 - 18:00

Saturday every 14 days 14:00 - 18:00

 **Open centre for girls* and boys*, 14 - 21 years:**

Thursday 18:00 - 20:30

Friday every 14 days 18:30 - 21:30

 **Boys* day, 10 - 18 years:**

Wednesday 15:00 - 19:00


*: This symbol means that not only girls and women or boys and men are addressed with the respective word, but also transgender and intersex people.

The centre is partially barrier-free. A disabled toilet is available.

Treff 21

 [Terofalstraße 68, 80689 München](#)

 [@treff21@schuleberuf.de](mailto:treff21@schuleberuf.de)

 [+49 \(0\) 897003031](tel:+49(0)897003031)

 <http://www.treff-21.de/>

ClubIn – International meeting point for young people from 17 to 27

ClubIn - International meeting place for young people from 17 to 27

ClubIn is an organisation for international youth work. We offer various interesting programmes:

- Contact and meeting point for people from all over the world
- Information and advice on the topics of training, studying, au pair, voluntary service in Germany
- Culture and leisure, for example discovering Munich and the surrounding area together
- Education, for example tutoring in German

 [Find out more](#)

 Interpreters are available in Arabic, Spanish, English and French.

The service is free of charge.

Verein für Internationale Jugendarbeit – ClubIn

Friedrich-Loy Straße 16

80796 München

 [089/306686913](tel:089306686913)

 @clubbuero@vij-muenchen.de

 **Office**

On Monday 14:00 - 16:00

On Tuesday 10:00 - 12:00

On Thursday 14:30 - 16:30

 **Open meeting:**

On Thursday 19:30 - 22:00

On Friday 19:30 - 24:00

**This text contains information on the following terms:
get to know people, youth club**

Children's and youth culture workshop


Children's and youth culture workshop

A workshop for children, teenagers and young adults. Various artists and craftspeople will guide you in the use of materials and tools. They impart their knowledge of the materials and tools and encourage visitors to experiment on their own.

There is also a workshop for bicycles and a project room. Specific topics are dealt with there. You can work independently and develop your own topics, questions, possible functions and activities.

There are also programmes for classes and groups.

Who for: For children aged 7 - 15 years.

 German, English

Seidlvilla children's and youth culture workshop

📍 Seidlvilla, Nikolaiplatz 1b, 80802 München

The workshop is on the first floor.

📅 From Thursday to Saturday (except during [holidays](#)) 14:30 - 18:00 (please enquire)

☎️ [089/341676](tel:089341676)

✉️ [@kjwseidlvilla@kulturundspielraum.de](mailto:kjwseidlvilla@kulturundspielraum.de)

🌐 www.kjw-seidlvilla.de

Children's and youth culture workshop Pasinger Fabrik

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Pasinger Fabrik, August-Exter-Str. 1, 81245 München

📅 From Monday to Saturday (except during [holidays](#)) 14:30 - 18:00 (please enquire)

☎️ [089-8888806](tel:089-8888806)

✉️ [@kjwpasing@kulturundspielraum.de](mailto:kjwpasing@kulturundspielraum.de)

🌐 www.kulturundspielraum.de

CultureClouds e. V.: Art and play projects

CultureClouds e. V.

CultureClouds e. V. organises art and play projects for children and young people. We create mobile art, play and open spaces in Munich almost every day of the year. And especially where they are lacking and for those who lack them. We believe in diversity and inclusion and are committed to enabling as many different young people as possible to experience participation and co-determination.

👥 Who it's for: All children and young people, regardless of their physical, mental or linguistic abilities.

We organise various open projects in different public places in Munich. For example, our mobile pop-ups:

- [Tanz. Die. Invasion](#) for everyone
- [Zirkus Pumpernudl](#) for everyone aged 6 and over
- [StrasseOase](#) for everyone aged 3 and over

You can find all the current dates and where the events are taking place in our 🌐 [calendar](#), on 📱 [facebook](#) and 📷 [instagram](#).

The offer is free of charge and without registration. Just drop by!

Culture Clouds e. V.

📍 [Saarstr. 7, 80797 München](#)

✉️ [@info@culture-clouds.de](mailto:info@culture-clouds.de)

☎️ [+49 \(0\) 8952300695](tel:+49(0)8952300695)

🌐 <https://culture-clouds.de/>

**This text contains information on the following search terms:
culture, fun, discovery, join in, youth**

Projekt-Laden International Haidhausen

Project Shop International Haidhausen

Our door is open to families, women and children of all nationalities - and to anyone who is interested in intercultural exchange or would like to attend a group or event.

Our group programme:

- The **International Women's Group** is an open group. Here you can socialise, exchange ideas and practise speaking German. Lectures are held on various topics and parties and excursions are organised.
- **International sewing group:** for sewing or learning to sew.
- In spring and summer we offer **cycling courses** for women.
- The **international children's group** with homework supervision is open to primary school children (with registration).
- The **International Girls' Group** and the **International Boys' Group** are open groups for children aged 7 to 12.

💡 **There are no groups during the [school holidays](#).**

🌐 [Find out more](#)

Who for: For women of different origins, including those with small children. For children from 6 to 12 years.

🗣️ There are interpreters for English, Turkish, Farsi and Russian.

You can bring your children with you. There is also childcare.

The open meetings for women, children, girls and boys and the sewing group are free of charge. The bicycle course costs 40 euros.

Verein für Internationale Jugendarbeit – Projekt-Laden International

Metzstraße 37

81667 München

☎️ [089/67973438](tel:08967973438)

✉️ [@info@projekt-laden.de](mailto:info@projekt-laden.de)

🕒 **Office:** from Monday to Friday 10:00 - 16:00

🕒 **Women's group:** on Wednesday 09:30 - 11:30 am

🕒 **Sewing group:** on Monday 17:00 - 19:00

**This text contains information for the following search terms:
leisure, handicraft, tailoring, care, support for children**

Leisure facilities of the KJR

Leisure facilities of the KJR

There are a total of 50 leisure facilities run by the Kreisjugendring in Munich. Here, children and young people can spend time with their peers. They can do what they enjoy: try out table tennis, table football, billiards and other games, listen to music and make music, do handicrafts, sports, dance, go on the internet ... or just talk and laugh with others. The KJR is there for all children and young people.

One of these centres is bound to be near you!

Who's it for: Children, adolescents, young adults

All the services are free.

[To the individual facilities](#)

**This text contains information about the following search terms:
Leisure activities, children's club, youth club**

KulturRaum München e.V.

KulturRaum München e.V.

All people in Munich should have the opportunity to participate in the cultural life of the city. Regardless of origin, age or education. That's why we give donated tickets for cultural events free of charge to people with little money. Our employees then call you personally and offer tickets for events. The tickets are deposited in your name at the box office. You will always receive a second ticket for an accompanying person, who you can take with you to the event. Children can attend an event with their family.


Who for: People who have little or no income. For example, people who have the [Munich Pass](#).

The offer is free of charge.

After registering, you will be sent an email to „KulturGast“. Young people can register as „KulturKicker:in“ and book tickets of their choice online.


 [Registration for adults and families](#)

 [Registration for young people aged between 14 and 23](#)

 KulturRaum München e.V., Zenettistraße 2, 80337 München

Our office is on the 1st floor. The building is accessible via a ramp. A lift (width: 90 cm) is located to the left of the main entrance behind the glass door. This is usually locked. If you need help opening the doors, please call us.

Children can be brought along.

 [08955267183](tel:08955267183)

 German, English, Russian, Ukrainian and Arabic

 [@gast@kulturraum-muenchen.de](mailto:gast@kulturraum-muenchen.de)

 [Website hours](#)

 Monday, Tuesday, Thursday, Friday 10:00 to 16:00

**This text contains information on the following search terms:
Culture, Participation, Theatre, Concert, Cinema**

Offers for girls and women


Open meeting place for girls* aged 6 to 17

Open meeting place for girls* aged 6 to 17

Girls* can spend their free time here and meet up with other girls*. There are computers and internet, Switch, table football, help with homework and craft activities.

* The asterisk means that trans women, intersex women and non-binary people are also welcome.

The programme is free of charge. A small fee is charged for food and handicrafts.

 From Tuesday to Thursday 15:30 - 19:30 and on Friday 14:30 - 19:30

Giesinger Mädchen*Treff

 [Rotwandstraße 28, 81539 München](#)

 info@giesinger-maedchen-treff.de

 [+49 896913362](tel:+49896913362)

 <http://www.giesinger-maedchen-treff.de/>

**This text contains information on the following search terms:
socialising**

Blumenau girls' centre

Blumenau girls' centre

We offer a safe and free space for everyone who identifies as female and is between the ages of 9 and 21. We offer great leisure activities and organise excursions.

What you'll find here:

Meeting friends*, dancing, playing sports and music, baking, cooking, creative activities, film afternoons, parties, projects and much more.

It's also about discussing, helping to shape politics, realising your own wishes and contributing your strengths. It is important to talk about problems and find solutions together, to plan one's own future and to strive for an exchange on important topics for girls* and young

women* from Blumenau.

We advocate equal rights for all genders, solidarity and diversity and stand up against sexism, racism and other forms of discrimination.

Who for: Girls* and young women* aged between 8 and 18.

There is partial barrier-free access to the building and the rooms.

The open programmes are free of charge. There is a small charge for excursions.

Gelbfhofstraße 16

81375 München

 [089/57954661](tel:08957954661)

 [@maedchentreff blumenau@schuleberuf.de](mailto:maedchentreff_blumenau@schuleberuf.de)

 [Website](#)

 **Open meeting and projects (just drop by!):**

From Wednesday to Friday 14:00 - 18:00

*: This symbol means that not only girls and women are addressed with the respective word, but also transgender and intersex people.

Drop-in sewing workshop

Drop-in sewing workshop

Welcome! We meet every Wednesday in the cellar studio of the Bellevue di Monaco to sew, exchange ideas, have fun and practise German. Here you can get tips and expert support, use our machines and our sewing material. The workshop is only for women.

[Find out more](#)

Who's it for: female refugees who enjoy sewing; seamstresses

You can bring your children with you.

The service is free.

Bellevue di Monaco

Müllerstraße 6, cellar studio

80469 Munich

[089/55057750](tel:08955057750)

naehwerkstatt@bellevuedimonaco.de

Wednesday 16:00 - 18:00

Women's café

Women's café


Welcome to the intercultural women's café! Here, women of all backgrounds meet with Munich women to talk, dance, laugh, eat, network, plan activities and much more. Why don't you drop by, we look forward to meeting new faces!

Children can be brought along.


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 every Tuesday 18:00 - 21:00

Interkulturelles Frauencafé

 [Müllerstr. 2, 80469 München](#)

 welcome@juno-munich.org

 [+49 \(0\) 1622976474](tel:+49(0)1622976474)

 [+49 \(0\) 17634647785](tel:+49(0)17634647785)

 <https://bellevuedimonaco.de/veranstaltungen/kateg...>

Café Glanz for women - siaf e. V.

Café Glanz for women - siaf e. V.

The Café Glanz für Frauen is a contact point and meeting place for women and children. It offers space for self-initiative, contact and encounters or simply for relaxing, chatting, drinking coffee or having lunch. The café offers affordable culinary delights such as freshly cooked lunches, home-baked cakes and drinks. There is also a café with an open children's room and the terrace is open when the weather is nice.

The café is also the venue for the numerous events organised by the association siaf e. V. Lectures, vernissages, workshops, group meetings, parties and seminars, exhibitions, discussions, film evenings and celebrations take place here. Room hire is possible.

Who for: The programme is aimed at all women.

The café can accommodate around 30 adults and 20 children. Please book in advance for larger groups (10 adults or more)!

No admission, no obligation to consume, the prices on the menu apply.


Children can be brought along.

There is a disabled toilet.

Café Glanz


Sedanstraße 37


81667 München

 [089/4580250](tel:0894580250)

 info@siaf.de

 [Website](#)

 From Tuesday to Thursday 09:30 - 16:00

 On Friday 10:00 - 14:00

Open children's room with pedagogical supervision (2 Euro donation):

On Tuesday 09:00 - 12:00
On Thursday 14:00 - 17:00

**This text contains information on the following search terms:
Meeting place for women, leisure, mums**

Intercultural exchange for women from all over the world

**Intercultural exchange for women from all over the world -
"Fremd-Vertraut", life in Germany**

Would you like to practise German in a small, informal group and find out more about life in Germany? We offer women from all over the world the opportunity to overcome their fear of speaking German in a friendly and relaxed atmosphere. In small groups, we expand our language and cultural skills together with the help of a variety of topics. We exchange ideas, learn from and with each other and go on excursions in the city. We are happy to welcome new participants!

Who for: Women from all over the world with a basic knowledge of German
Entry requirements: Only for female readers

The programme is free of charge.

The number of places is limited. Registration by WhatsApp / phone or e-mail.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

📅 "Fremd-Vertraut" offers two courses a year: In spring and autumn, 6 weeks each
Mondays and Wednesdays from 9.30 am - 12.30 pm

fremd - vertraut | Verein für Fraueninteressen e.V.

📍 [Schwanthalerstr. 80, 80336 München](#)

✉️ [@fremdvertraut@fraueninteressen.de](mailto:fremdvertraut@fraueninteressen.de)

☎️ [+49 \(0\) 15906146627](tel:+49015906146627)

🌐 <https://www.fraueninteressen.de/einrichtungen/fre...>

**This text contains information on the following search terms:
Learn German**

Bewegt – exercise for women


Moved - gymnastics for women

The low-threshold open programme takes place in a room that cannot be seen from outside. The multilingual group leader has a migration background. There is one hour of gymnastics for women followed by 30 minutes of gymnastics for children.

Who for: Mothers and children with a migration background

There is barrier-free access to the building and the rooms. There is a disabled toilet.


The programme is free of charge, donations are welcome.

 Tuesdays 09:15 - 10:15, not during holidays.

Verein Stadtteilarbeit

 [Moosacher Straße 11a, 80809 München](#)

 c.schmidt@verein-stadtteilarbeit.de

 [+49 \(0\) 899901650](tel:+49(0)899901650)

 <https://www.verein-stadtteilarbeit.de/>

**This text contains information on the following search terms:
movement, health, sport, exercises**


Drop-in meeting point for women from all over the world

Open meeting for women from all over the world

Welcome to the Open Meeting Centre! Here, women from all over the world have the opportunity to exchange ideas in a relaxed atmosphere, practise their German and get to know other women. We talk about many topics and offer an open space for your wishes and ideas.

For whom: for women / female readers from all over the world

Children can be brought along.

 Every Friday from 10:00 - 12:00

The offer is free of charge.

Bellevue di Monaco (Cellar studio)

Müllerstr. 2

80469 München

 [0176/34647785](tel:017634647785)

 laura.zimmer@juno-munich.org

 <https://www.fraueninteressen.de/einrichtungen/off...>

This text contains information on the following search terms:

Learn German

Self-assertion and self-defence for girls and women

Self-assertion and self-defence courses for girls aged 4 and over, adolescent girls and women

"Wildwasser München" is a specialist centre to support women in cases of sexual violence and to protect women and girls from sexual violence.

We also offer self-assertion and self-defence courses in refugee shelters, residential facilities, youth centres, schools, kindergartens and many other places.

- Women and girls learn to set boundaries: "Leave me alone!", "Go away!", "Don't touch me!"
- Women and girls learn to defend themselves - with words, but also with hitting, kicking and more.
- Women and girls learn how and where they can get help.
- Women and girls learn what their rights are.

[Learn more](#)

Who for: Girls aged 4 and over, adolescent girls and women, including those with disabilities

■ Interpreters are available.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

We adjust the price individually so that everyone can take part. The offer costs between 0 and 80 euros.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

☎ [089/61466286](tel:08961466286)

✉ @praevention@wildwasser-muenchen.de

**This text contains information on the following search terms:
training, prevention, safety, emancipation, self-determination**

Offers for LGBTI*

refugees@diversity - Buddy Programme

refugees@diversity - Buddy programme

Are you lesbian, bisexual, gay or trans*? Have you fled to Munich from your home country and would like to get to know other like-minded people or offers within the Munich scene? Then you've come to the right place!

We will provide you with a buddy who will accompany you to events in Munich's queer scene. So you don't have to go anywhere on your own and always have someone at your side who can answer all your questions about queer offers and organisations in and around Munich.

You can also visit the [youth groups](#) and events at diversity together with your buddy. This makes access to our community easier.

Who for: LGBTIQ* people with a refugee background aged between 14 and 27.

The programme is free of charge. Some events cost something.

Please make an appointment.

diversity München e. V.

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

✉ @beratung@diversity-muenchen.de

🌐 [Website](#)

**This text contains information on the following search terms:
youth group, hiv, aids**

JUNGS - leisure group for gay and bisexual boys

JUNGS - Leisure group for gay and bisexual boys

The JUNGS is a leisure group for gay and bisexual boys (and people who are questioning their sexual orientation) between the ages of 18 and 27.

If you would like to do something together and get to know new people, you are very welcome.

If you are unsure before attending for the first time or have questions about the group, you can contact us at any time.

Our meetings are a safe space. Therefore, no photos or videos are taken.

The programme is open to trans men and non-binary people.

The programme is free of charge. There is a small charge for some activities.

📅 The meetings usually take place on Fridays at 19:00. You can find the exact dates [here](#).

diversity e.V. | JUNGS

📍 [Blumenstraße 11, 80331 München](#)

✉ @jungs@diversity-muenchen.de

☎ [+49 8955266986](tel:+498955266986)

🌐 <https://diversity-muenchen.de/gruppen/jungs/>

**This text contains information on the following search terms:
Lgbt, youth group, queer**

JuLes - Leisure group for lesbian and bisexual girls

JuLes - Leisure group for lesbian and bisexual girls

JuLes is a leisure group for young lesbian and bisexual girls (and people who are questioning their sexual orientation) aged between 14 and 19 who would like to do something and meet new people.

If you are unsure about joining for the first time or have any questions about the group, please feel free to contact us at any time.

Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

The programme is open to trans women and non-binary people.

The programme is free of charge. There is a small charge for some activities.

📅 Every first Saturday of the month at 15:00. On all other weekends on Sundays at 15:00, together with the [youngsters](#).

diversity e.V. | JuLes

📍 [Blumenstraße 11, 80331 München](#)

✉️ [@jules@diversity-muenchen.de](mailto:jules@diversity-muenchen.de)

☎️ [+49 8955266986](tel:+498955266986)

🌐 <https://diversity-muenchen.de/de/gruppen/jules/>

This text contains information for the following search terms:

Lgbt, youth group, queer

JuLeZ - open offer for young LBT*

JuLeZ - open programme for young LBT*

JuLeZ is an offer for girls* and young women* aged 12 to 27 who define themselves as lesbian, bi, a, non-binary, trans*, queer or inter*. JuLeZ offers the opportunity to get to know girls* and young women* who feel the same way. The group is led and supervised by two social pedagogues. We cook together and then have a varied programme of activities:

- being creative
- games evenings
- Picnics on the Isar
- Excursions, for example to the cinema or a bike ride

The aim of the programme is to create a safe space to discuss important topics of the clients* if necessary and generally to create an opportunity for exchange.

📅 Every Thursday from 5 pm to 9.30 pm. Not on public holidays or during school holidays.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge. There is the possibility to pay a small, voluntary amount for dinner, but this can also be done according to individual possibilities.

IMMA Café | JuleZ

[📍 Jahnstraße 38, 80469 München](#)

@julez@imma.de

[☎ +49 8923889143](tel:+498923889143)

[🌐 https://imma.de/infos-für-euch/julez/](https://imma.de/infos-für-euch/julez/)

enBees - Leisure group for young non-binary people

enBees - Leisure group for young non-binary people

enBees is a group for non-binary people (and people who are questioning their gender identity) between the ages of 14 and 27.

Would you like to meet new people and do something together? Then you've come to the right place!

If you are unsure before the first meeting or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space, so no photos or videos are taken. This ensures your anonymity.

Who for: For non-binary people between the ages of 14 and 27

The term "non-binary" describes people whose gender identity is neither male nor female or does not correspond to the two labels male and female.

The offer is free of charge. There is a small charge for some activities, for example when we go on excursions.

📅 The meetings take place on the 2nd Thursday of the month at 18:00 and on the 4th Saturday of the month at 15:00.

diversity e.V. | enBees

[📍 Blumenstraße 11, 80331 München](#)

@enbees@diversity-muenchen.de

[☎ +49 8955266986](tel:+498955266986)

[🌐 https://diversity-muenchen.de/de/gruppen/enbees/](https://diversity-muenchen.de/de/gruppen/enbees/)

**This text contains information on the following terms:
Lgbt, bisexual, queer, lesbian, gay, youth group, non-binary**


frients - leisure group for young trans* people

frients - leisure group for young trans* people


frients is a leisure group for young trans* people aged between 14 and 27 who would like to do something together and meet new people. If you are unsure about joining the group for the first time or have any questions about the group, you are welcome to contact our social education workers at any time. Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

Who for: Trans* women and men aged between 14 and 27, regardless of whether you are still at the beginning of your journey or have already reached your personal goal.

The programme is free of charge. There is a small charge for some activities.

 Every second Saturday of the month at 2 pm.

diversity e.V. | frients

 [Blumenstraße 11, 80331 München](#)

 [@frients@diversity-muenchen.de](mailto:frients@diversity-muenchen.de)

 [+49 8955266986](tel:+498955266986)

 <https://diversity-muenchen.de/de/gruppen/frients/>

This text contains information on the following search terms:


Lgbt, queer, youth group


diversity Café

diversity Café

The diversity Café is the second location of the queer youth centre diversity München. The diversity Café welcomes all young LGBTIQ* people and their friends. You can meet new people and chat over drinks and snacks.

diversity Café:

 On Tuesday and Thursday 16:00 - 20:00

 On Sunday 15:00 - 19:00

diversity Bar:

 On Wednesday 19:00 - 24:00

If you are unsure before attending for the first time or have any questions, please feel free to contact us.

Who for: For young LGBTIQ* people and their friends up to the age of 27.

The offer costs a contribution towards expenses for some activities.

diversity München e. V.

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

@ info@diversity-muenchen.de

🌐 www.diversity-muenchen.de

This text contains information on the following search terms:

Lgbt, trans, bisexual, gay, lesbian, queer, non-binary, cafe, leisure time

bi.yourself - leisure group for young bisexual people

bi.yourself - leisure group for young bisexual people

bi.yourself is a leisure group for all bisexual and pansexual people (as well as people who are questioning their sexual orientation) between the ages of 14 and 27 who enjoy doing things together and meeting new people.

If you are unsure before joining for the first time or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space. Therefore, no photos or videos are taken. This ensures the anonymity of the participants.

The programme is open to trans and non-binary people.

The programme is free of charge. There is a small charge for some activities.

diversity e.V. | bi.yourself

📍 [Blumenstraße 11, 80331 München](#)

@ bi.yourself@diversity-muenchen.de

☎ [+49 8955266986](tel:+498955266986)

🌐 <https://diversity-muenchen.de/de/gruppen/biyourese...>

This text contains information on the following search terms:

Lgbt, youth group, queer

youngsters - leisure group for young gay, bisexual boys between the ages of 14 and 19

youngsters


The youngsters are a leisure group for young gay and bisexual boys (and people who are questioning their sexual orientation) aged between 14 and 19 who would like to do something

together and meet new people.

If you are unsure about attending for the first time or have any questions about the group, you are welcome to contact us at any time.


Our meetings are a safe space, so no photos or videos will be taken to protect your anonymity.

The programme is open to trans boys and non-binary people.

 Always on Sundays from 15:00

The programme is free of charge. There is a small charge for some activities.

diversity e.V. | youngsters

 [Blumenstraße 11, 80331 München](#)

 [@youngsters@diversity-muenchen.de](mailto:youngsters@diversity-muenchen.de)

 [+49 8955266986](tel:+498955266986)

 <https://diversity-muenchen.de/de/gruppen/youngste...>

This text contains information on the following search terms:

Lgbt, youth group, queer

WILMA - Leisure group for lesbian and bisexual women

WILMA - Leisure group for lesbian and bisexual women



WILMA is a leisure group for young lesbian and bisexual women (and people who are questioning their sexual orientation) aged between 18 and 27 who would like to do something together and meet new people.

If you are unsure about attending for the first time or have any questions about the group, you are welcome to contact us at any time.


Our meetings are a safe space: To protect your anonymity, no photos or videos are taken.

The programme is open to trans women and non-binary people.

The programme is free of charge. There is a small charge for some activities.

 The meeting takes place twice a month, usually from 19:00 - 22:00. The exact dates can be found at  [here](#).

diversity e.V. | Wilma

 [Blumenstraße 11, 80331 München](#)

 [@wilma@diversity-muenchen.de](mailto:wilma@diversity-muenchen.de)

 [+49 8955266986](tel:+498955266986)

 <https://diversity-muenchen.de/de/gruppen/wilma/>

This text contains information on the following search terms:

LGBT, youth group

AroSpAce - Leisure group for young aromantic & asexual people

AroSpAce

AroSpAce is a leisure group for young people between the ages of 14 and 27 who are on the aromantic and/or asexual spectrum (i.e. also demi, grey etc.) or who are questioning their identity in this respect and who would like to meet new people and do something with like-minded people.


If you are unsure before attending for the first time or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

The programme is free of charge. There is a small charge for some activities.

 Always on the 2nd Tuesday of the month at 19:00.

diversity e.V. | AroSpAce

 [Blumenstraße 11, 80331 München](#)

 [@arospace@diversity-muenchen.de](mailto:arospace@diversity-muenchen.de)

 [+49 8955266986](tel:+498955266986)

 <https://diversity-muenchen.de/de/gruppen/arospace/>

This text contains information on the following search terms:

Lgbt, youth group, queer

Munich Kyiv Queer

Munich Kyiv Queer

Fight for Global Rights - Solidarity knows no borders.

Lesbians, gays, bi, trans* and Inter* (LGBTI) suffer from disenfranchisement, persecution and attacks in many places around the world. We stand by their side in solidarity.

The Munich Kyiv Queer contact group was founded in 2012. We campaign specifically for the human rights of homo-, bi-, trans* and inter* people in Ukraine. The partnership between Kyiv and Munich is the basis for this. Since then, a lively cooperation has developed between the lesbian, gay and trans* groups of both cities, which are linked by friendship. The joint projects have long since extended beyond Kyiv to the whole of Ukraine.

Currently, we mainly offer help for LGBTIQ* refugees from Ukraine who come to

Bavaria/Munich, but we also support queer people locally.

What we offer: Counselling, accommodation, group meetings with refugees and helpers, paperwork, German courses

For whom: LGBTIQ*

The offer is free of charge. Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

🗣️ German, English, Ukrainian, Russian

📍 Munich Kyiv Queer c/o Sub e.V., Müllerstraße 14, 80469 München

✉️ info@MunichKyivQueer.org

🌐 [Website](#)

Forum Queeres Archiv München e.V. - LesBiSchwulTransInter* in Geschichte und Kultur

Forum Queeres Archiv München e.V. - LesBiSchwulTransInter* in Geschichte und Kultur

The association has set itself the goal of promoting, collecting and making accessible contributions and findings on the everyday life, culture and history of lesbians and gays.

[Find out more](#)

Who for: LGBTIQ* people and anyone interested in the topic.

Children can be brought along.

The programme is free of charge.

Forum Queeres Archiv München e.V.

Bayerstraße 77c (in the rear building on the 3rd floor)

80335 München

☎️ [089/23269794](tel:08923269794)

✉️ info@forummuenchen.org

🕒 Tuesday 12:00 - 18:00

🕒 Wednesday 10:00 - 16:00

🕒 Thursday 10:00 - 16:00

Housing

Flight / Asylum

Housing - Flight / Asylum

Unaccompanied minors

If you are under 18 years old, you will usually find out within the first two weeks in which city in Germany you can live permanently in the future. This decision is regulated by law and is not determined by you, but by the government. If you have illnesses or someone from your family already lives here, you may be able to stay in Munich. If you have relatives in Germany, tell your counsellor. They will help you to make contact with your relatives and the local youth welfare office.

At your new place of residence, you will live in a house with other young people. Adult carers are there for you around the clock.



Accommodation for unaccompanied adolescents

The Department for the Care and Accommodation of Unaccompanied Adolescents at the Office for Housing and Migration looks after single young refugees. They should be placed in training and employment and move into permanent accommodation. There is also the option of temporary accommodation in housing projects, flats or shared flats. The aim is to create good conditions for life in Munich.

 [Find out more](#)

Who for: For young people and young adults up to the age of 27 who are in training or at school. Young people with a tolerated stay or a permit can also register with us.

There is barrier-free access to the building and the rooms. There is also a disabled toilet.

Amt für Wohnen und Migration
Werinherstraße 89, Haus 34
81541 München
@info.warteliste.soz@muenchen.de
 [0152/56651081](tel:0152/56651081)
 [0152/54850830](tel:0152/54850830)

Adults / families in the asylum procedure

During the asylum procedure, you - and your family, if applicable - are generally obliged to live in asylum accommodation. After your arrival, you will first be accommodated in a so-called initial reception centre. You should stay there for a maximum of six months. During this time, it will be decided where your asylum procedure will be carried out and where you will later reside during the asylum procedure. In the initial reception centre, you will receive benefits in kind (food, clothing, etc.). A health examination will also take place there. The initial reception centre in Munich is run by the government of Upper Bavaria.

From the initial reception centre, all persons are distributed from the government reception centre (RASt) to other cities and municipalities in Germany. The distribution takes place according to a fixed key. The accommodation centre will inform you of this.

If you are "transferred" to Munich, you will live there either in shared accommodation (run by the government of Upper Bavaria) or in decentralised accommodation (run by the city of Munich). You will usually stay in this accommodation until the end of your asylum procedure.

During the asylum procedure, further conditions apply, such as „Wohnsitzauflage“ or „Residenzpflicht“. This means that you are obliged to live in a certain place and may only leave the place with permission. You can obtain information on this from the advice centre in your accommodation or from the foreigners authority.

If your asylum procedure ends with recognition, you are obliged to look for accommodation and leave the asylum centre. However, as long as you are looking for accommodation, you can continue to live in the asylum centre.

House hunting

Flat search

Find a flat

You can find flats for sale in the local newspapers as well as on internet property platforms or on ebay, for example. There are local groups on facebook on the subject of finding accommodation and there are e-mail newsletters in which flats are advertised.

JIZ - Housing counselling for young people

The housing advice service at the [Youth Information Centre \(JIZ\)](#) provides tips and information on finding a room or flat in Munich every Monday from 14:00 to 18:00.

The JIZ itself does not have any flats and CANNOT help you look for accommodation on the private housing market or apply for social housing (SOWON)! You can get addresses of student residences and internet portals for young people in school, training or studying. We will talk to you individually about opportunities and possibilities.

In an acute emergency, those affected can also go there on the other opening days (Tuesday to Friday from 13:00 to 18:00).

There is a list of useful addresses and websites for finding accommodation. You can pick up the list at the JIZ or download it as a PDF: www.wohnen.jiz-m.de (also in "simple" or English).

Who for: For teenagers and young adults up to the age of 26 (but not families).

Access to the building and the rooms is barrier-free.

The programme is free of charge.

Jugendinformationszentrum München
Sendlinger Straße 7 (in the inner courtyard)
80331 München

☎ [089/55052150](tel:08955052150)

@ info@jiz-muenchen.de

🕒 Monday 14:00 - 18:00

🕒 Counselling in acute emergencies also Tuesday to Friday 13:00-18:00

🌐 www.jiz-muenchen.de

This text contains information on the following search terms:

Housing, room search, shared flat search, counselling, information, help, youth counselling, youth information, youth, problems

WG - shared flat

Shared flats (WG) are a special form of living together. Especially if you are a single person looking for a flat, a shared flat can be a good alternative to your own flat. Living in a shared flat means that you share a flat with mostly young people. Each person has their own room. You only share the communal areas such as the bathroom, kitchen or living room.

The best place to find available rooms in shared flats is on the website  [WG-Gesucht](#).




Viewing a flat

Before a flat is allocated for rent, there is often a flat viewing. Several people are often invited to view a flat.

As it is very difficult to find a reasonably priced flat in Munich, many people often apply for a flat. Obtaining important documents, such as Schufa information or tenant self-disclosure, at an early stage is therefore very important and can increase your chances of getting a flat.

It is advisable to summarise the documents in an "application folder" and take it with you to the viewing appointment.

The application folder should contain the following documents:

- Cover letter (who am I/we are, what do I do for a living, how old are my children, why would I like to rent the flat)
-  [Tenant self-disclosure](#)
- Copy of ID/residence permit (note: copy front and back)
- Copy of the notice from the job centre/social welfare office if you are not working
- Proof of salary for the last three months if you are working
- Copy of the Schufa report (you can obtain a Schufa report [here](#) )
- A copy of the certificate of no rental debt (you will receive this from your previous landlord/landlady, you can use this  [template](#))
- Proof of liability insurance

House hunting: counselling and preparation

Finding accommodation: advice and preparation

It is often very difficult for refugees in particular to find affordable accommodation in Bavaria and especially in Munich. We can help you to prepare specifically for your flat search.

The counsellors at the Munich Refugee Council will go through your documents with you, explain how you can present yourself in the best light using your personal documents and give you tips on where to find accommodation.

- We will help you to put together a good application portfolio for your flat search.
- We advise you on which documents you need.
- We will help you prepare the necessary documents.
- We will show you how to search for accommodation on the "free housing market".

-
- We give you tips on how to prepare for flat viewings.

We cannot arrange flats!

📺 Every Thursday, 7 pm: open consultation hour for topics related to finding accommodation.

📍 Online via Zoom: <https://us06web.zoom.us/j/81706383773> (a laptop, tablet or PC is best, but you can also use your mobile phone).

[Further information](#)

📺 Once a month, 6.30 pm: Information evening "Finding accommodation in Munich"

[Dates](#): 14.02.2023, 14.03.2023, 11.04.2023, 09.05.2023, 13.06.2023

📍 Jugendinformationszentrum (JIZ), Sendlinger Straße 7, 80331 München

[Directions here](#)

For whom: Refugees

Please arrive 5-10 minutes before the start.

What you need:

- Have existing documents on the subject of housing ready.
- Think about what you want to ask: What do you need help with? Where are there problems?

The offer is free of charge. No registration required - just drop in!

📧 [@aktiv@muenchner-fluechtlingsrat.de](mailto:aktiv@muenchner-fluechtlingsrat.de)

☎ [089/12021716](tel:08912021716)

Rent a flat

Rent a flat

Tenancy agreement

The amount of rent is agreed in the tenancy agreement. If the tenant signs the contract, he/she also agrees to pay the rent. The rent is made up of basic rent (basic amount), ancillary costs (rubbish collection, operating costs) and heating costs.

The following points must be included in the tenancy agreement:

- Name and address of the landlord/landlady
- Address of the rented property
- Living space in m²
- Number of rooms
- Amount of the net rent
- Amount of operating costs
- Amount of heating costs
- Total rent
- Amount of the deposit

The tenancy agreement stipulates when the rent is to be paid. If the rent is increasingly not paid on time, this can lead to cancellation of the tenancy agreement.

If you are unemployed and receive benefits from the job centre, please note the [benefits provided by the job centre](#).

Security deposit

The security deposit is a guarantee for the landlord/landlady. The maximum amount for the deposit is 3 basic rents (basic rent excluding ancillary and heating costs). If you move out of the flat, you will get the money back.

Important: You must not leave any damage behind when you move out of the flat. In the event of damage, the repayment of the deposit will be reduced.

Important abbreviations

1. OG = First floor
App. = Apartment
DB/D'bad = Shower room
EG = Ground floor
EBK = Fitted kitchen
HK = heating costs
inkl. = included
Kaut. = Deposit
MM = Rent per month
NK = additional costs
sof. frei = available immediately
teilmbf. = partly furnished
WG = shared flat
Whg. = flat
Wohnfl. = living space
Zi. = room
ZKB = room-kitchen-bathroom

Rental advice centres

Rental advice centres

Municipal tenancy advice centre

The advice centre helps with all questions relating to residential tenancy law. On request, we can also support you in your search for a lawyer specialising in tenancy law.

We can advise you on the following topics, for example

- Increase in rent / rent price
- Operating costs / heating costs
- deposit
- Terminations

-
- Cosmetic repairs
 - Conflicts between tenant and landlord/landlady
 - Rights and obligations of tenants and landlords

Counselling is free of charge.


Sozialreferat - Amt für Wohnen und Migration
Mietberatung
Franziskanerstraße 8
81669 München

Telephone counselling:


If you have a general tenancy law question and there are no documents to check, you can obtain advice by telephone:


 [089/23340057](tel:08923340057)


 Monday, Tuesday, Wednesday 13:30 - 15:00


 Thursday 10:00 - 12:00


Please make an appointment for a personal consultation:


 [089/23340200](tel:08923340200)

 Monday 08:30 - 12:00 and 13:30 - 15:00

 Tuesday 10:00 - 12:00 and 13:30 - 15:00

 Wednesday 08:30 - 12:00 and 13:30 - 17:00

 Thursday 10:00 - 12:00

 Friday 08:30 - 12:00

Further ways to contact us:

 @mietberatung.soz@muenchen.de

Fax: 089/23340442

If you have any questions about renting **social housing**, please contact us here:

Referat für Stadtplanung und Bauordnung (Planungsreferat)
Sachgebiet Mietpreisangelegenheiten im Sozialen Wohnungsbau
Blumenstraße 31-35
80331 München

 [Website](#)

 @plan.ha3-12-mf@muenchen.de

 [089/23326662](tel:08923326662)

 [089/23326170](tel:08923326170)

 [089/23326628](tel:08923326628)

 [089/23326168](tel:08923326168)

 [089/23325324](tel:08923325324)

Register / re-register residence


Register / re-register your place of residence


If you are moving to Munich, you must register as soon as possible. This also applies if you are moving within the city. You should register within the first two weeks. If you do not register, you

are committing an offence. It is possible that you will have to pay a fine.


 [Find out more](#)

How does it work?

To register or re-register, you must visit the  [citizens' office](#) in person. It is also possible for you to be represented by another person. In this case, this person needs a power of attorney.

If you already have an online ID card, you can register [online](#) at  from home.

Do I need an appointment?


Yes, you need an appointment to visit the Citizens' Office. You can make an appointment [online](#) at :

What documents do I need?

- ID card
- ID of all persons moving into the flat
- Confirmation from your landlord or landlady (e.g. tenancy agreement) with the following information
 - Address of the flat
 - Name and address of the landlord/landlady
 - The date on which you moved in
 - The names of all persons moving into the flat
- If you are represented by a person: Power of attorney and ID of the authorised person

If you have any questions:

Service telephone Bürgerbüro:

 [089/23396000](tel:08923396000)

Broadcasting licence fee (GEZ)

Broadcasting licence fee (GEZ)

Television and radio broadcasters can be divided into two groups: private broadcasting and public broadcasting. Private broadcasting is financed by advertising. Public service broadcasting is largely financed by the licence fee.

Further information at  [Arabic](#),  [Chinese](#),  [German](#),  [English](#),  [French](#),  [Russian](#),  [Spanish](#),  [Ukrainian](#).


Who has to pay the contribution?

The contribution must be paid for each flat. If several people live in one flat, only one person has to pay.

The contribution must be paid even if the service is not used. It does not matter whether or not you have a television or radio in your household.

Please note: If you live in an asylum centre, you do not have to pay the fee. If you still receive a letter, please contact the counselling service in your asylum accommodation.

Who does not have to pay the contribution?

Some people have to pay less or no contribution at all. People who receive social benefits such as citizens' allowance (SGB II), asylum benefits or basic income support can be exempted from paying the licence fee. You can find more information at  [here](#).

You must complete a  [application](#) for exemption or reduction.

If you have any questions:

 [Contact form](#)

 [0180699955510](tel:0180699955510) ( from Monday to Friday 7:00 - 19:00; costs: 20 cent per call)


Financial support for housing

Benefits from the job centre

Benefits from the job centre

Who for: Households that receive financial support from the Jobcentre.

Rent and heating

If the costs for rent and heating are not too high, they will be covered (§22 SGB II). To assess this, there are fixed  [upper rent limits](#). These may not be exceeded. The more people living in a household, the larger the flat may be and the higher the rent may be.


The rent cap amounts refer to the gross rent. A gross rent is made up as follows:

- Net cold rent = basic rent without operating costs
plus
- cold operating costs = for example, the costs for rubbish collection, (cold) water, stairwell lighting, street cleaning and property tax

The costs for heating and hot water are taken into account separately.

Your case officer will explain to you how to proceed in the event of unreasonable rental costs.

The [Office for Housing and Migration](#) can advise you on all questions relating to housing in Munich.

If you are threatened with homelessness, we will look for a solution with you at  [Sozialbürgerhaus](#).

Relocation


If you want to move, your case worker must check whether the move is necessary and the costs of the new flat are reasonable before signing the tenancy agreement.

The following evidence and documents are required for the assessment:

1. A written justification as to why you wish to move (if necessary, appropriate evidence proving an important reason)
2. Unsigned tenancy agreement or an offer of accommodation in which all costs are listed. For example, basic rent, deposit, ancillary costs and heating costs.

Good cause exists, for example, if:

- the move will eliminate imminent or existing homelessness
- you no longer need help from the job centre as a result of the move
- you want to start work at a greater distance (journey to work, depending on working hours, more than 2 hours travelling time)

 **Please note:** If you rent a flat without the Job Centre's consent, you may suffer financial disadvantages.

Housing benefit

Housing benefit

The state helps citizens with low incomes who do not receive benefits from the job centre. Housing benefit means financial support for your housing costs. For example, if you pay rent for a flat or room or for a residential home. If you own a house, a flat or a part-time farm, you can also apply for housing benefit.

Prerequisites

The entitlement to housing benefit and the amount depend on three factors:

- the number of household members
- the amount of total income
- the amount of rent or monthly charges

In addition to the person receiving housing benefit, other household members can also be taken into account, for example spouses, partners, children, parents or siblings.


If you are already receiving support for housing costs, for example if you are receiving citizen's allowance and basic income support in old age or reduced earning capacity, you are already receiving support for housing costs. In this case, you cannot receive additional housing benefit. People who receive benefits under the Asylum Seekers' Benefits Act are also not eligible for housing benefit.


Application and proof


In order to receive housing benefit, you must submit an application and various supporting documents:

- The income per year of all household members. This also includes your pension.

-
- the rent or the costs. Expenses may also include repayments and interest, as well as maintenance or administration costs.

You can obtain more detailed information and application forms from our information desk or  [here](#).

Landeshauptstadt München
Sozialreferat
Bewilligungsstelle für Wohngeld
Werinherstraße 87
81541 München
 [089/23349250](tel:08923349250)

 Info centre:

Monday 08:30 - 12:00

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

Friday 08:30 - 12:00

Waiting numbers are issued until 11.30 a.m. (until 11.00 a.m. if there are a lot of people); on Wednesday afternoons until 4.30 p.m.

You can send your application and supporting documents by post to the following address:

Landeshauptstadt München
Sozialreferat
Bewilligungsstelle für Wohngeld
Werinherstraße 89
81541 München

Access to subsidised housing (social housing)

Access to subsidised housing (social housing)

Social housing is for people with little money. These flats are subsidised by the state. This means that the rent in these flats is cheaper than in normal flats. There are only a few subsidised flats, but many people apply for one. This is why it often takes a long time to get a flat.



Who can get social housing?

There are special regulations and requirements for the application:

- You must be a permanent resident in Germany (EU nationality, settlement permit or residence permit)
- You have your main residence in Germany
- You do not exceed a certain income limit




What documents do I need?

- Proof of income (e.g. salary/wage slips for the last 3 months, SGB II/ SGB XII notice (all pages), last tax assessment notice)
- Identity card, passport or residence permit
- Tenancy agreement or proof of current housing situation

-
- If applicable, confirmation of pregnancy (maternity record or medical certificate)
 - If applicable,  [medical certificate](#)
 - If applicable, proof of custody or  [declaration of child\(ren\) in separate households](#)

How do I submit the application?

You can either submit the application online or fill it out on paper.


- Online: Via the platform  [SOWON](#) (Soziales Wohnen Online)
In the last step, you can see which documents you need. You can upload the documents directly to SOWON.
Here you can find an explanatory video about the  "[Sowon Wohnungsantrag online](#)".
- Paper form: You can obtain the form at  [Internet](#) or at these locations:
 - 📍 Infothek im Amt für Wohnen und Migration, Werinherstraße 87, 81541 München (House 24)
 - 📍 Information centres of the [social community centres](#)
 - 📍 Stadtinformation im Rathaus, Marienplatz 8, 80331 München
 - 📍 Town hall gate

You can send the completed application form by post or drop it in the letterbox in person. This is the address:

Amt für Wohnen und Migration, Soziale Wohnraumversorgung
Werinherstraße 89
81541 München

The application will then be checked and you will receive a decision. The decision will state how many rooms will be allocated and how urgent the housing need is.




How do I look for a flat?

Once you have the decision, you can search for flats on  [SOWON](#) to search for flats. There you will see offers that match your household (for example, in terms of flat size and income level). In the offer you will find all the important information about the flat (size, location, rent amount). The offers are usually available online for 14 days. You can apply for up to three flats at the same time.

What are the costs?

Processing the application is free of charge. If a flat is successfully found, it costs 25 euros.

Contact & further information:

Further information can be found on the  [website](#) of the Office for Housing and Migration. The most frequently asked questions about the application process are answered at  [SOWON-Hilfe](#). You can [contact](#) the Housing Customer Centre via the  [contact form](#).

Help with the threat of losing your home

Help with the threat of losing your home

We will advise and support you if you are at risk of losing your home. It is important that you contact us as soon as possible. Otherwise, you may not be able to meet any deadlines or incur additional costs.

What do we do?


- We check whether it is possible for the rent debts to be taken over
- We check whether the eviction action is lawful
- We advise you on possible financial assistance
- We check whether you are entitled to housing benefit or other housing assistance
- We advise on personal assistance ([debt counselling](#), socio-educational assistance)

 [Find out more](#)

What documents do I need?

- Passport or identity card of all persons living in the flat
- Tenancy agreement, if you have the letter in which the rent was increased
- Monthly costs of the flat
- Reminders, notices of termination and eviction notices with envelopes as proof of delivery
- Proof of income
- Proof of the last rent paid
- Complete bank statements for the last three months
- Proof of assets if available (e.g. car, life insurance, building society savings contract)
- if you have: Proof of debts, loans, maintenance payments or other liabilities
- if you have: Divorce decree, proof of custody
- if you have: Mother's passport

The service is free of charge.

You can find us in the [social welfare centres \(SBH\)](#). To find out which SBH is responsible for you, enter your address  in [the search field](#).

Please make an appointment with us: "Fachstelle zur Vermeidung von Wohnungslosigkeit"

**This text contains information on the following search terms:
notice of termination, eviction action, eviction judgement**

Women's shelters - anonymous accommodation for women

Women's shelters - anonymous accommodation for women

There are several women's shelters in Munich for women affected by domestic violence. There the women and their children find protection from further violence. They also receive counselling and support to help them overcome the situation. They can stay there for as long as they need protection and intensive, specialised counselling.

Who for: Women and their children who are looking for a safe place due to domestic violence

To ensure anonymity, the addresses of the women's shelters are not published. It is possible to contact them by telephone:

-
- Frauenhaus der Frauenhilfe München gGmbH
☎ [089/354830](tel:089354830)
✉ [@frauenhaus@frauenhilfe-muenchen.de](mailto:frauenhaus@frauenhilfe-muenchen.de)
 - Frauenhaus des Frauen helfen Frauen e. V.
☎ [089/645169](tel:089645169)
 - Haus Hagar
☎ [089/74441222](tel:08974441222)
✉ haushagar@guterhirte.de
 - IN VIA e.V. "Haus TAHANAN"
☎ [089/54888950](tel:08954888950)

**This text contains information on the following search terms:
help, housing, safety, marriage, domestic violence**

Support in the event of homelessness

Support in the event of homelessness

Centralised assistance for homeless people of the City of Munich

We offer accommodation:

In a municipal emergency shelter, a boarding house or a lodging establishment or in a homeless assistance centre.

Which type of accommodation is suitable for you depends on your personal situation. If certain requirements are met and a place is available, you can also be placed in a [women's shelter](#) or a clearing house.

We will advise and support you:

In the shelters, we support you in finding suitable permanent accommodation. We can also advise you on many other problems. For example, on the following topics:

- Conflicts in the family and partnership
- Difficulties with parenting
- Life crises
- Problems in old age
- Illness

We provide help with parenting, debt counselling and voluntary benefits. We provide homework supervision, leisure activities and counselling for parents in family shelters.

We provide financial assistance:

If you fulfil the legal requirements, you will receive financial assistance:

- Bürgergeld (SGB II) or
- Grundsicherung (SGB XII)


The Munich Job Centre provides support and assistance to help you find your way back into the world of work. The Munich Job Centre's Market and Integration department advises and places employable people on an individual basis.

If you need more than one form of assistance, the staff will coordinate with you as a team with your consent.

 [Find out more](#)

Who for: For people with a stable residence status (no tolerated stay / residence permit).

Amt für Wohnen und Migration
Abteilung Wohnungslosenhilfe und Prävention
Franziskanerstraße 8
81669 München
@zentralewohnungslosenhilfe.soz@muenchen.de
[089/23340105](tel:089/23340105)

 Infothek (rooms 003, 004, 005, 006 and 007 on the ground floor):

Monday 08:00 - 12:00 and 13:00 - 15:00

Tuesday 08:00 - 12:00 and 13:00 - 15:00

Wednesday 08:00 - 12:00 and 13:00 - 15:00

Thursday 08:00 - 12:00 and 13:00 - 15:00

Friday 08:00 - 12:00

 [Social centres](#) (for applications to ALG II and Grundsicherung)

Cold protection programme and summer overnight protection

Cold protection programme and summer overnight protection

Are you looking for emergency accommodation? There are safe places to stay for all homeless men, women and families. You can contact one of the contact points below. They will tell you where you can find a free place to sleep. You will also be given a ticket to travel there by public transport.

Who for: For all homeless people with regular residence in Munich or Germany.

Single people

If you are alone, you can contact the advice centre "Schiller 25". Here you can get a place to sleep and, if you wish, social counselling in various languages. For people from third countries outside the EU, accommodation options must be clarified individually.

Schiller 25

Schillerstraße 25

80336 München

[089/54594140](tel:089/54594140)

schiller-25@hilfswerk-muenchen.de

Summer (1 May to 31 October)
Monday - Friday 09:00 - 12:00
Monday, Tuesday, Thursday 14:00 - 17:00
Saturday, Sunday and public holidays closed
Winter (1 November to 30 April)
Monday to Sunday 13:00 - 21:00

Families

If you are a family, you can contact the advice centre at FamAra. As well as being accepted for overnight accommodation, you can also receive social counselling and daily offers for your family here. For people from third countries outside the EU, accommodation options must be clarified individually.

FamAra

Rosenheimer Straße 125
81667 München
[089/45029639](tel:08945029639)
famara@hilfswerk-muenchen.de
[Website hours](#)

Monday to Friday 09:30 - 15:00

IMPORTANT: You can contact Schiller 25 on Saturday and Sunday.

Refugees, persons during the asylum procedure, persons with tolerated status

If you belong to this group, the BAMF (Federal Office for Migration and Refugees) is responsible for you. The following rule may apply: "Wohnsitznahme". This means that you are obliged to live in a centre for asylum seekers.

Further contact points

Bahnhofsmision München

The station mission helps with accommodation for people in need. There is someone there at all times. If you are in an emergency situation, you can stay here and fortify yourself with tea and sandwiches. There is also a night shelter for women. From 2020 there will also be a free toilet.

Bahnhofsmision München
Hauptbahnhof, Gleis 11
Bayerstraße 10
80335 München
[☎089/594576](tel:089594576)
@muenchen@bahnhofsmision.de
[🌐Website](#)

 Daily around the clock

Tea and bread available every day

from 08:00 - 09:30, 10:30 - 12:00, 14:00 - 15:30, 16:30 - 18:00, 19:30 - 21:00

Heilsarmee -Emergency sleeping places

A place to stay overnight for men in need. Someone is available at any time.

William-Booth-Zentrum
Steinerstraße 20
81369 München
[089/267149](tel:089267149)
muenchen@heilsarmee.de
Daily around the clock

Advice on electricity, water and heating consumption - how to save money!

Advice on electricity, water and heating consumption - how to save money!

Every household is different. An energy consultation will provide you with individual answers to your energy-related questions:

- How can I save electricity and energy?
- Is my energy consumption too high and how can I reduce it?
- Which windows are the right ones?
- What subsidies can I get?
- How can I avoid mould?

Counselling is free of charge. There are several options for counselling:

Energy advice from Stadtwerke München

The consultation takes place at your home. You will find out how you can save costs for electricity, water and heating. You will receive valuable tips on how you can reduce your consumption.

For whom:

- Holders of the [Munich Pass](#)
- Citizens (and their relatives) who receive one of the following benefits
 - Subsistence assistance or basic income support (SGB XII)
 - Citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or supplementary child allowance
- People with a low income

Please make an appointment.

 [089/23612361](tel:08923612361) ( From Monday to Friday 09:00 - 12:30)

 [@Energieberatung@swm.de](mailto:Energieberatung@swm.de)

 [Website](#)

The energy-saving check: advice and financial support for the purchase of more efficient appliances

The consultation takes place in your home. You will be given tips on how you can save costs for electricity, water and heating in your household.

During a second visit, small energy-saving aids worth up to € 70.00 will be installed in your home free of charge. These can be, for example, shower heads that save water or energy-saving light bulbs.

We also check your appliances, for example how much electricity your fridge uses. If it turns out that your fridge, for example, is using a lot of electricity, you can get up to €600 towards the purchase of a new appliance. In some cases, it is also possible to replace up to two large household appliances free of charge (🌐 "[Weiße Ware](#)").

Who for: For all low-income households in the city and district of Munich.

☎ [089/67820270](tel:08967820270)

✉ @stromspar-check@caritasmuenchen.org

🌐 [Website](#)

House regulations

House regulations

House regulations list specific rules about living together with others. They apply to all people living in group accommodation or an apartment. The most important ones are:

Noise: Everyone living in the building is responsible for keeping noise levels as low as possible. You must take special care from 12:00 to 15:00 and from 22:00 to 07:00: These are known as the quiet times.

Ventilation: You should open the windows frequently to let in fresh air. This prevents mould from developing.

Ask Integreat

- **Frag Integreat** is a new function in Integreat.
- **Frag Integreat** It works like a chat. You ask your question and receive a helpful answer within a few seconds.
- **Frag Integreat** is currently only available on the integreat.app website. It is not yet available in the apps installed via the Google Play Store or Apple App Store.
- You can find the chat from **Frag Integreat** by clicking on the speech bubble icon at the bottom right of your screen:



How it works Frag Integreat:

Ask your question. **Frag Integreat** Integreat will then search through all the content in the Integreat app and provide you with the best answer. This can take up to a minute. **Please be patient.**

The answers from **Frag Integreat** are based exclusively on the official information of the respective region. This way you will always receive reliable and correct answers.



The robot next to the answer indicates that **Frag Integreat** has automatically found a suitable answer for you in the Integreat content. You are welcome to ask further questions. If there is no suitable answer, you will also be informed of this.

Make sure you select the right language and your selected region

Frag Integreat can speak all languages of the Integreat app. It is important that the language in which you ask your question is also currently set - otherwise it will not work properly. **Frag Integreat** will not work properly.

If this happens, proceed as follows:

- Close the chat window
- Select your desired language from the language selection at the top
- Open **Frag Integreat** and ask your question

Frag Integreat can only access the content of the region you have selected. If you need information from another region, please select this region first and then ask your question. The chatbot is not yet available in all regions.

Your data is also Frag Integreat secure.

You do not need to log in to **Frag Integreat** to use it. No personal data is stored. However, please do not enter any sensitive information in the chat. If your question is very specific, we will **Frag Integreat** will try to recommend a suitable counselling centre. You can then safely discuss your personal concerns and documents there.

We protect your data and privacy and never pass it on. We have compiled all the information on data protection on this website: [Website with information on data protection](#). After 6 months we delete your chat data completely from our servers.

Help us, Frag Integreat better!

Frag Integreat is constantly being improved. If an answer is incomprehensible or you discover an error, we look forward to your feedback. If you have any ideas on how to make the chat even more helpful, please let us know. You can write a message using the feedback function. You can also reach us via info@integreat-app.de.

Thank you for using **Frag Integreat** use the chat!