



Federal Office
for Migration
and Refugees

Get the Right Advice

Migration counselling
for immigrants

ENGLISCH



Integration



Utilize the free individual counselling service for immigrants:

Migration counselling for adult immigrants (MBE) and Youth Migration Services (JMD)

Individual counselling can help

Many things in Germany will be strange and unfamiliar for you at first. Even if you have been living in Germany for some time, there may be questions you want to ask.

It can be helpful to have access to personal counselling and support from the very beginning. Specific advice can be obtained for almost all situations in daily life, giving you the tools you need to be able to manage your affairs and make decisions on your own.



Counselling services for teenage and adult immigrants

The migration counselling service for adults offers advice and support for immigrants over the age of 27.

The youth migration counsellors work with young people with a migrant background between the ages of 12 and 27.

As a general principle, you can contact both the migration counselling service for adult immigrants and the youth counselling services. After your first meeting, the counselling centres will discuss and agree the best way to proceed, taking account of your personal situation and that of your family members.

Improving opportunities through individual counselling

The staff at the counselling centres usually also understand the language spoken in your country of origin. They also know the social, cultural and religious attitudes and ways of life that are familiar to you. They will sit down with you and work out a plan to guide you through your first steps in Germany. The counselling session will focus on your personal skills and knowledge. You will learn what support services are available to make it easier for you to settle in Germany.

In the counselling session you can raise any issues which crop up in daily life, including the following examples:

- ✎ Legal questions about residence
- ✎ Learning the German language (e.g. participating in an integration course)
- ✎ Education and vocational training (e.g. schooling, training, career paths, recognition of professional qualifications)
- ✎ Employment (e.g. writing job applications, looking for jobs)
- ✎ Financial situation (e.g. income, loans, debts)
- ✎ Housing (e.g. looking for a place to live, financing an apartment)
- ✎ Health (e.g. health insurance, medical care)
- ✎ Personal health situation (e.g. health problems)
- ✎ Marriage, family and upbringing (e.g. pregnancy)
- ✎ Mobility and transport (e.g. driving licence, public transport)
- ✎ Recreation, sports and leisure (e.g. accessible facilities, club memberships)
- ✎ Everyday activities (e.g. shopping, contact with local authorities)

Special migration counselling services for young people with a migrant background

The first time in a foreign country is exciting for young people but it is also stressful. They have to cope with special challenges at school, in training, at work and in establishing new social contacts. The youth counselling services offer one-on-one advice, mentoring input, and group sessions geared to your specific problems and questions.

They cover various issues, including the following topics:

- ✚ Education and training system
- ✚ Personal training and career planning (in cooperation with the local employment agencies)
- ✚ Involvement in all areas of social, cultural and political life
- ✚ Understanding new media, especially German language learning programs



Online counselling

In addition to attending counselling sessions in person, you can opt to receive online counselling in both programmes. The “mbeon” online counselling service and the “jmd4you” counselling portal are there to help you and answer your questions on short notice!

You can use the chat facility on mbeon to get individual guidance and support and ask your questions around the clock. The advice is provided through the mbeon app and is available in a variety of languages. You will find advisers at mbeon who speak your language and are there for you.

- ✚ www.mbeon.de

Online counselling services are available for young migrants up to the age of 27. Questions can be asked on a public chat forum or on an individual basis. Answers will be given by experienced JMD staff.

- German www.jmd4you.de
- English www.your-way-in-germany.org
- Russian www.putjwgermaniju.org
- Turkish www.almanyayolu.org
- Arabic www.bousaletuk-fi-almanya.org
- Albanian www.udherrefyesi-gjermani.org

It is also always advisable to ask family members, friends, work colleagues, classmates, house community or members of your sports club about specific counselling services.

Find out more and utilize the free counselling services!

Where to get more information about the counselling services

You can obtain information about specific counselling services from the following organisations in your area in particular:

- Municipal, city or district administration offices (Gemeinde-, Stadt- oder Kreisverwaltungen)
- National non-statutory welfare organisations (Workers' Welfare Association (Arbeiterwohlfahrt), German Caritas Association (Deutscher Caritasverband), German Protestant Agency for Diakonie and Development (Diakonie Deutschland-Evangelisches Werk für Diakonie und Entwicklung), German Red Cross (Deutsches Rotes Kreuz), German Parity Welfare Association (Deutscher Paritätischer Wohlfahrtsverband), Central Welfare Board of Jews in Germany (Zentralwohlfahrtsstelle der Juden in Deutschland))
- Federation of Expellees (Bund der Vertriebenen)
- International Federation (Internationaler Bund)
- Providers of social work with youth (Träger der Jugendsozialarbeit)
- Providers of integration courses (Träger der Integrationskurse)

Information is available on the Internet on the following websites:



- www.bamf.de/DE/Themen/Integration/ZugewanderteTeilnehmende/Beratung/Erwachsene/beratung-erwachsene-node.html



- www.mbeon.de and



- www.facebook.com/mbeon.chat



- www.jugendmigrationsdienste.de

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