

Freundeskreis für Flüchtlinge Ahrensburg e.V.



Welcome to Ahrensburg !

Freundeskreis für Flüchtlinge Ahrensburg e.V. (FKFA)

- We are a local NGO that wants to help refugees to successfully start a new life in Germany
- We were founded in the first refugee wave in 2015
- We are not religious, not political, not racist
- We are doing our work for free and do not receive any money for it.
We think integration is a give and take between German citizens and people that want to become German citizens.
- We expect respect towards all our members and volunteers
- We will not do this work when there is no friendly and respectful communication between us and the refugees

Who does what?

The Sozialamt of the Stadt Ahrensburg has the overall responsibility for the wellbeing of all people in Ahrensburg that need help. They offer help for everything that is needed to get around in Germany without a sufficient income.

Contact:



Birgit Krömer-Meyn
+49 176 19794929

Especially for: Education, university, German courses, motivation, general support for a new job start, work permit, company contacts, sports clubs or other NGOs



Aruna Pego-Stannieder
+49 176 19794936

Especially for: housing, medical and psychological support, appointments for everything around passports, doctors, schooling, job apprenticeship

All other NGOs like our Freundeskreis offer specific help for several topics that are not completely covered by the Stadt Ahrensburg. We are focussing on mentoring, government forms help, German courses and social activities of any kind to make you all feel welcome.

Our team



Nico Markward
Vorsitzender
nico@fkfa.de



Anke Ackermann
Stellv. Vorsitzende
Verwaltung, Sachspenden
anke@fkfa.de



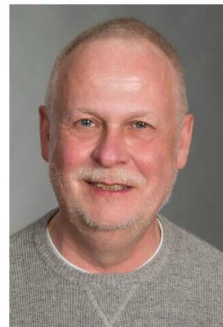
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Holger Scharre
Fahrradwerkstatt
rad@fkfa.de



Elena Schiemann
Projektarbeit
elena@fkfa.de

Services provided by the FKFA

We will help everyone during our consultation hours at our Ruki-office.
We try to understand the problem, mediate help and support

- We try to find the right mentors, who take care of refugees for a longer period of time on a voluntary basis
 - They can help you like good friends to get along in Germany
 - Do not ask too much from them
 - Be friendly and grateful, because it is a voluntary service
 - Have fun together
- German lessons
 - We have a group for special German lessons for mothers with small children.
 - We do not give lessons ourselves but help to find the right offer
- Homework help and tutoring for children at school
 - We are looking for suitable tutors
- Bicycle repair shop
 - We repair bicycles - gladly also together with you - and make them available for a reasonable price or even for free. Get a good bike for free!
- Sewing workshop
 - We sew beautiful things together and learn German at the same time.
- Friday mail – we share information every Friday



Sprechstunden des FKFA im Ruki

Sprechzeiten:

Di 9-11 Uhr

Di 17-19 Uhr

Mi 17-19 Uhr

Do 9-11 Uhr

Karin hat die Sprechzeiten
ausgeweitet

Formulare, Ärzte, Jobcenter,
Krankenkasse,



Ask for help: kontakt@fkfa.de or +491786810695 or find more information on www.fkfa.de

Wir veranstalten ein kleines Osterfest

Am Ostermontag, den 18.4.2022 ab 14:00



Buntes Osterfest

Lasst uns dieses Ostern Begegnungen schaffen.

Wann? Ostermontag, den 18.04.22, 14-17 Uhr

Wo? Rudolf-Kinau-Straße 11, 22926 Ahrensburg

**Bastel-
Tisch**





**Frische
Waffeln!**

Aktivitäten für Kinder:

Häschen-Suche
Ostereier-Lauf
Häschenschminken



Nachhaltiges Miteinander

An unserem **Tausch-Tisch** könnt ihr Gegenständen von Euch eine zweite Chance geben, sowohl wie selbst nach Neuem für Euch stöbern.

Bitte nur Gegenstände in gutem Zustand mitbringen!





Home
Instead.
Zuhause umsorgt

FREUNDESKREIS
FÜR FLÜCHTLINGE
Ahrensburg e.V.



Für Dich
Starmann e.V.

MARTIN GIENCKE
FACHBETRIEBE FÜR ENERGETISCHE SANIERUNG

*Icons von Flaticon.com

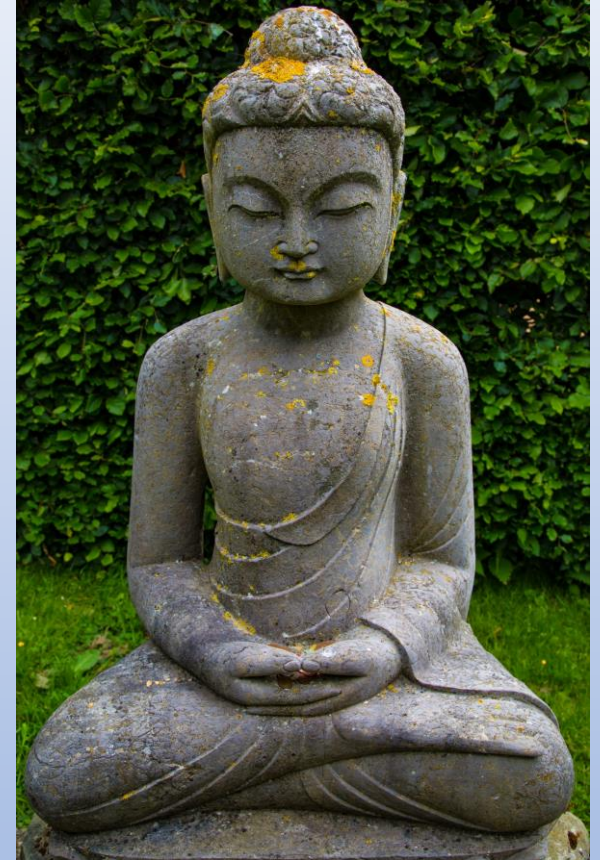
Deutschkurs in Ahrensburg

- Aktuell in Planung durch rainer@fkfa.de
- Freiwillige als Lehrer benötigt

What you need is.....patience

- First arrive, relax and explore the world around you. You are safe!
- There are others that arrived earlier and still need help
- We were not at all prepared for the arrival of so many of you
- There is a lack of appropriate housing, schools, Kita, doctors, teachers, etc. also for Germans
- Processes sometimes take long, but everybody is trying to help

Don't get frustrated if things don't happen as you want



One of our biggest problems: housing!

- Ahrensburg and its surroundings are a very attractive and costly place for living because of the good infrastructure connection to Hamburg.
- There are only very very few appropriate apartments or houses to rent. Even German families with an above average income do not manage to find a nice place to live in or around Ahrensburg.
- There are very limited offers from non-profit housing cooperatives.

Step 1: Check with city of Ahrensburg (Sozialamt) or Jobcenter how much money you and your family are allowed to spend for a flat. As long as you receive money from the state you are not allowed to rent a flat that is more expensive than permitted. You are only allowed to rent a flat in Stormarn.

Step 2a: Search the internet portals for housing:

[Wohnung mieten: Mietwohnungen bei ImmoScout24 \(immobilienscout24.de\)](https://www.immobilienscout24.de)

[Wohnung mieten, Mietwohnungen bei Immonet.de](https://www.immonet.de)

[▷ Wohnung mieten - Mietwohnungen - finden bei immowelt.de](https://www.immowelt.de)

[Wohnung mieten - Mietwohnungen finden auf Wohnungsmarkt24.de](https://www.wohnungsmarkt24.de)

Step2b: Talk to housing cooperatives and put your name on the waiting list (it might take years)

IF YOU ARE SUCCESSFUL: Let the Sozialamt check the rental contract before you sign!!

Hier hilft und unterstützt die **AWO Ahrensburg:**

AWO-Läden: Die Fundgrube und der Trödelmarkt bieten Kleidung, Schuhe, Textilien und Haushaltsgegenstände an.

Große Straße 8a

AWO Kinderkiste: Die Kinderkiste bietet Kleidung, Schuhe und Spielsachen an.

Manhagener Allee 14

**Terminabsprache über AWO-info Dienstag-Donnerstag unter
Telefon 04102-21 15 75 oder awoinfo@awo-ahrensburg.de**

Peter-Rantzau-Haus:

Das Peter-Rantzau-Haus bietet sich als Sammel – und Ausgabestelle für Spenden an:

Größere Gegenstände (Kinderbetten, Kinderwagen, etc)

Hygieneartikel, Windeln, Babynahrung, Corona-Schutzmasken und Tests, Verbandsmaterial.

Annahme Montag bis Donnerstag 9 bis 22 Uhr, Freitag bis 17 Uhr.

Anfragen: 04102-21 15 15,

E-Mail: info@peter-rantzau-haus.de

Manfred-Samus-Straße 9

AWO FamilienHaus:

Hilfe rund um Familienbedarfe. Raumangebot zur Kinderbetreuung oder Weitervermittlung, Gesprächsrunden und alle Informationen über Hilfsangebote durch die Stadt Ahrensburg, Freundeskreis Flüchtlinge, Netzwerk Migration und Integration.

Telefon: 04102-77 96 727, Montag bis Freitag 9-16 Uhr oder

E-Mail: familienhaus@awo-stormarn.de

Hamburger Straße 16a

AWOinfo und Geschäftsstelle:

Beratung, Weitervermittlung, Informationen

Telefon 04102-21 15 75/21 15 74, Montag bis Donnerstag 9-14 Uhr

E-Mail awoinfo@awo-ahrensburg.de

Manhagener Allee 17

We are collaborating with the AWO Ahrensburg



AWO - FamilienHaus

Hamburger Strasse 16a - 22926 Ahrensburg

Tel: 04102- 777 94 89

Mobil: 0170 - 37 58 613

famz-ahrensburg@awo-stormarn.de

familienhaus@awo-stormarn.de



AWO ("Workers Welfare") is an NGO operating throughout Germany with over 200,000 employees. It was founded in 1919 when many workers were in great need after World War 1.

The services provided in the AWO family house are:

- Advice for cooperation with authorities / How to fill out forms
Monday, Wednesday, Friday 11:00 – 17:00
- Parents-Child-Group as a preparation for school
Monday – Thursday 9:00 – 13:00 (register by telephone!) ☎
- Monday is fitness day / "Zumba" from 17:00-18:00
Fitness offerings for the whole family
- Monday from 18.30 - 19.30 Yoga for pregnant women.
(register by telephone!) ☎
- Friday 9.00 - 10.30 Uhr Babymassage with the crying-children-ambulance Stormarn. (register by phone!) ☎
- Friday from 10.30 - 11.45 „open breastfeeding group“

We are collaborating with the Diakonie




Diakonie the social service of the Protestant Church, which addresses all those in need of help, without distinguishing by origin or religion.

Migration consulting of the Diakonie:

Wednesday and Thursday in the Volkshochschule Ahrensburg (Bahnhofsstraße 24)
Wednesday and Thursday im Rathaus Ahrensburg, Room 32.

Schedule an appointment in advance!

Tel: 04531 - 12 79 0 

or via E-Mail migration@diakonie-ploe-se.de.

Consulting Services of the Diakonie

- Consulting how to apply for asylum
- Hardship provisions for refugees
- Integration



Help with government forms

- AWO – Family house, Hamburger Strasse 16, Michel Brehm:
Monday, Wednesday, Friday 11:00 – 17:00
- Peter-Rantzau-House, Manfred-Samus-Str. 5, 1. Level 018, Room 8
every last Thursday per month between 14:00 – 16:00
OR: special appointments under +49 4102 211511
aemterlotsen@awo-ahrensburg.de
- Freundeskreis für Flüchtlinge im Ruki (FKFA)
Tuesday and Wednesday 17:00 – 19:00



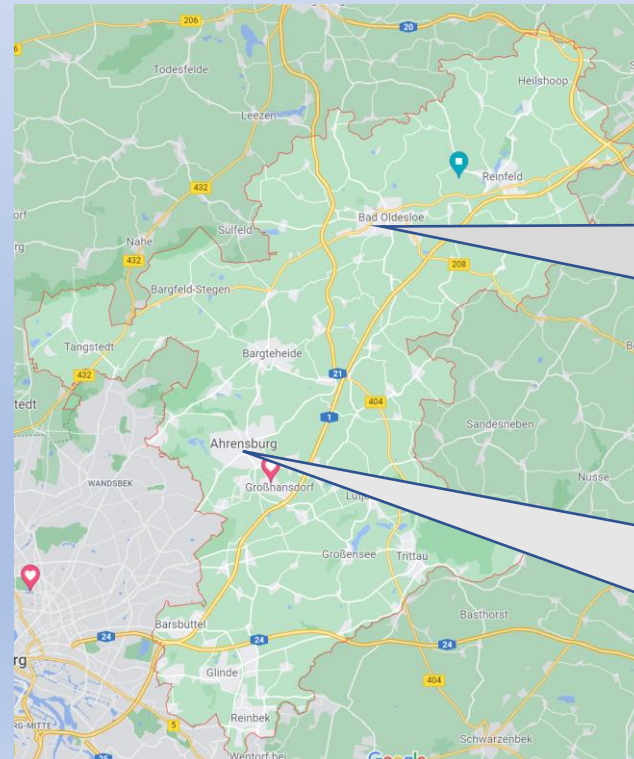
Please be very careful with all official letters. Don't just collect them. If you do not understand what you are asked to do please come to our office hours.



Where are we



Stormarn – our region
(Landkreis) in
Schleswig-Holstein



Bad Oldesloe, the
capital of Stormarn

- Ausländerbehörde

City of Ahrensburg

- Daily support from the Rathaus
- Housing
- Job-Center

Integration into Germany

Priority #1: Please learn German!
It's essential for you and your children

Without basic German language skills
you will not be able to find jobs.



Die Ankommen-App
Ein Wegbegleiter für Ihre ersten Wochen in Deutschland

Informationen zum Leben in Deutschland sowie zum Asylverfahren und den Themen Arbeit und Ausbildung finden Sie in der App „Ankommen“. Außerdem können Sie mit der App beginnen Deutsch zu lernen.

Kostenlose App downloaden:
www.ankommenapp.de



German learning App for
iPhone and Android

Online learning portal all levels:
VHS-Lernportal
<https://deutsch.vhs-lernportal.de/>



Deutschkurse

ABC-Deutschkurs (ABC)


A1-Deutschkurs (A1)

A2-Deutschkurs (A2)


B1-Deutschkurs (B1)

Learn German

On the PC or on your mobile

 Made for minds.

ВЧИМО НІМЕЦЬКУ



A1 Nicos Weg

Обнулити результати

Вітаємо у A1!	1 Знайомство	2 Контактні дані	3 У товаристві
Hallo! Привітання На «ти» чи на «Ви»?	Ich heiße Emma Знайомство Особові займенники: ich, du	Zahlen von 1 bis 100 Числа від 1 до 100 Числа від 11 до 19	Was machst du hier? Нові знайомства
Kein Problem! Перші слова німецькою	Das ist Nico Представляємо інших людей	Wichtige Nummern Важливі номери	Was trinkst du? Пропонуємо напої Рід іменників

<https://learngerman.dw.com/uk/nicos-weg/c-57366636#>

The best way to integrate: sports

All non-commercial sports clubs offer a free membership for refugees for at least half a year. **!! Please teach your kids how to swim !!**

Ahrensburger TSV v. 1874 e. V.

SSC Hagen Ahrensburg - Home / SSC Hagen Ahrensburg

Tennis- und Hockey-Club Ahrensburg e.V. (Anhockeln: 1.5.22)





Die DLRG in Ahrensburg (DLRG = German live saving society)

What we offer

- **Swimming for beginners aged 5+**
- **Swimming training for kids and teens**
- **Swimming for grown ups**

Under supervision of our experienced trainers



If you are interested get in touch with Annette:
Annette.Sarcinelli@ahrensburg.dlrg.de

If you need swim wear for kids, we can help you.

ahrensburg.dlrg.de

DLRG | Ausbildung

Ahrensburger Turn- und Sportverein von 1874 e.V.

- aktiv & sympathisch

All our sports courses are currently offered
for free to refugees

Our courses established freshly for kids:

Volleyball

Basic training (5-8Jahre), Mo 16:30-18:00 Uhr, SLG
(Contact: Chris Wetzel, 015111561586)

Gymnastics (starting 19.04.)

Di, 11:30 - 12:30 Uhr, Reeshoop-Sportplatz, age until 6
(come without prior notice - will not take place in case of rain)

For adult sports we still have free capacity in almost every kind
of sports. Just contact us.

Our courses:

Badminton

(Arno Petersen, 04102 / 53586, petarno@web.de)

Boxing

(Oliver Hausen, boxen@atsv.de)

Handball

(Lars Kiesbye, 0 41 02/67 93 05)

Volleyball

(Chris Wetzel, 015111561586)

Soccer

(Jana Kröpsch, 04102/604 357, jana@kroepsch.de)

Gymnastics

(Lisa Gebelein, l.gebelein@atsv.de)

Dance Gymnastics

(Sarah Johanson, sarah@rsg-atsv.de)

Inline Skating

(Andreas Otto, inlineskaten@atsv.de)

Chess

(Marc Duhn, 0157/37212354, marc.duhn@web.de)

Karate

(Monika Schneider, 0174/9225114)

Basketball

(Peter Dülsen, 04102/81050, peter.duelsen@gmx.de)

Dancing

(Tristan Hellwig, vorstand@atsv-tanzen.de)

Table Tennis

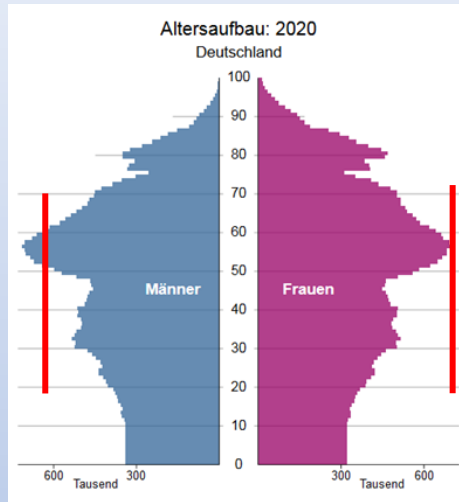
(Torben Günter, 01727061649, TTG207@gmail.com)

Vaccinations

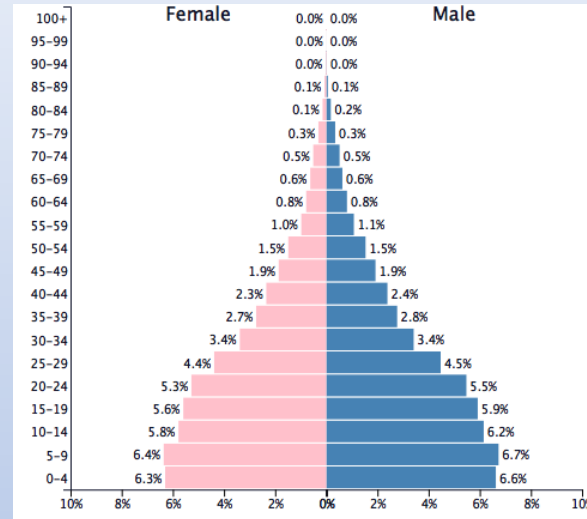
- Covid
 - Please get your appropriate Covid-vaccinations
 - It will help you to protect yourself and the whole society
 - There are vaccination centers to be visited without prior notice
 - Adler-Apotheke can do the vaccinations with prior appointment
- Measels
 - It is mandatory to vaccinate your children against measles if they are going to attend the Kindergarten or school
 - Make an appointment with a pediatrician (Kinderarzt) to get the necessary two vaccinations
→ when you are there check for other necessary vaccinations like polio, diphtheria and others

There is a good situation for you in Germany

Germany



e.g. Syria



Germany needs about 400,000 additional workers from abroad per year to have enough workers for the economy and to care for the elderly in the population.

→ There are good opportunities for qualified immigrants and children who are educated in Germany!!!

BUT:

- Many Germans are afraid of too many people coming from abroad who only cost money and do not integrate
- Immigrants need a good education to get good jobs in Germany
- Immigrants need to integrate well into German society to be able to work in teams

Integration into Germany

Respect our rules to be accepted

- We are usually friendly and respectful to others
- Contributing to the community in an integrative way is highly valued
- We are tolerant towards all religions that are tolerant towards us.
Religion is strictly separated from the state and the government.
- Sexual orientation is a private decision and has to be respected
- Respecting other people`s property is ensured by law – also towards the government

Integration into Germany

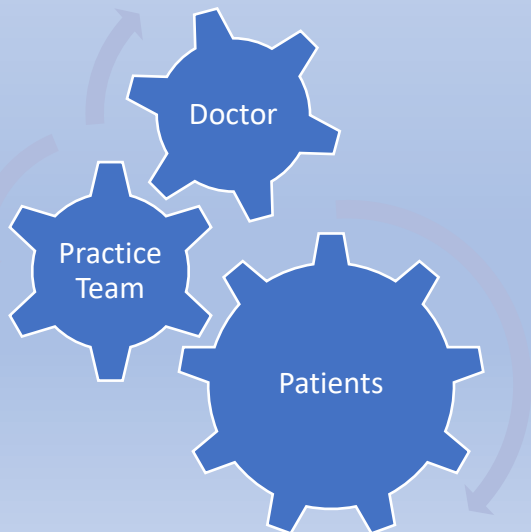
Respect our rules to be accepted

- Usually we try to keep what we promised
 - We inform in time if we cannot keep what we promised or that we will come too late
 - We inform immediately if we cannot go to work (e.g. due to own or kids illness)
- German business is results- and efficiency-oriented.
- We are very open (sometimes feels harsh)
- We care for our environment and try to keep it clean

Integration into Germany

We love to be in time 😊 → it increases the efficiency of collaboration

- Being in time for work is absolutely essential (better be 5 min early!)
 - 1 min too late is already too late
 - Coming too late to work will result in losing your job and receiving a bad reference
 - Coming too late for a job interview is an absolute NO GO: you will not get that job!
- Doctors, jobcenters and other organizations have a tight schedule
 - Coming too late is a problem for them, because the next person in the schedule will need to wait
 - Doctors have certain buffers for unexpected patients but their team plans according to schedules
 - Doctors will not give you an appointment any longer if you miss a meeting twice without prior notice



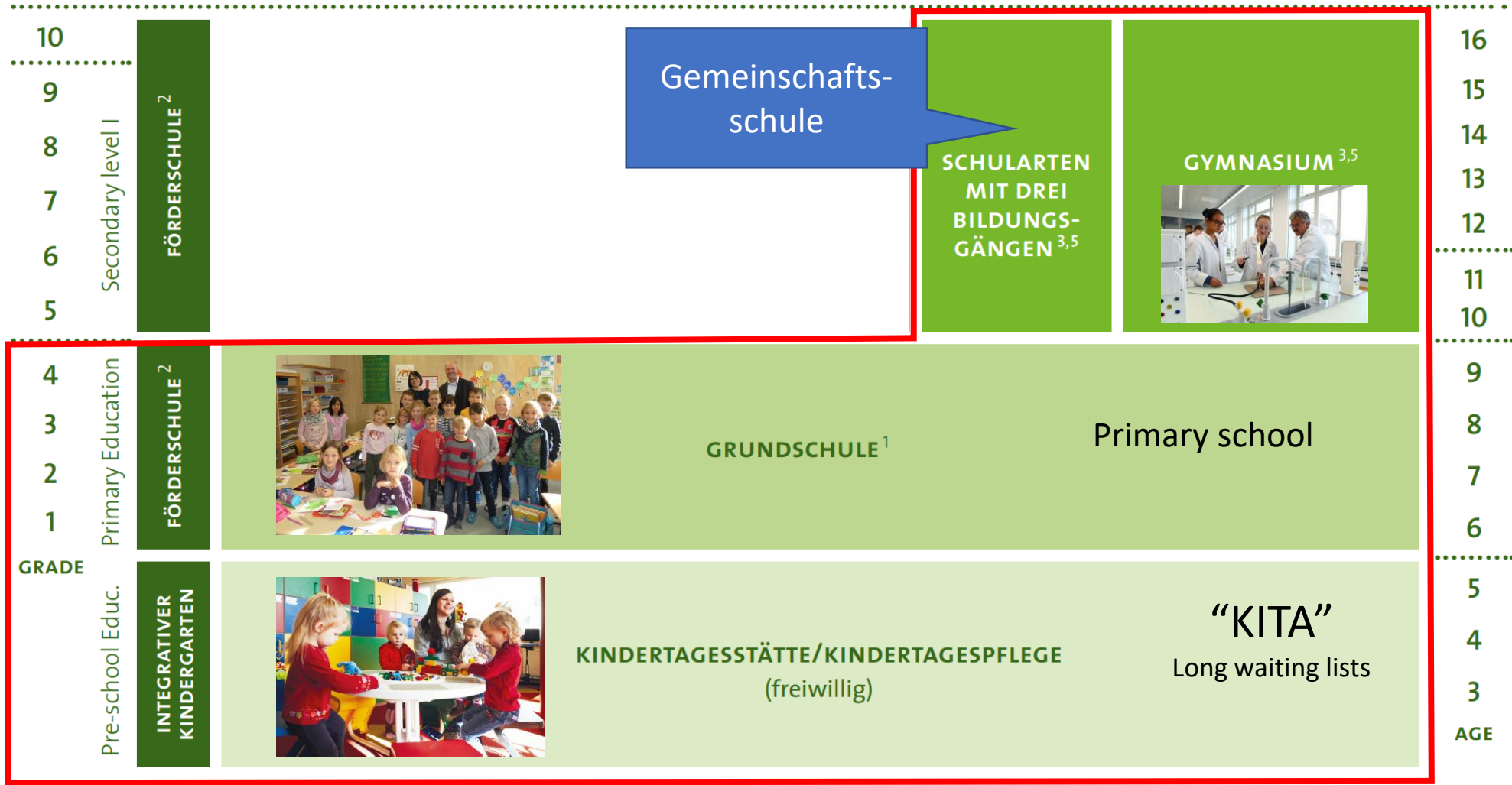
Integration into Germany

- Men and women are equal – in business and in private life
 - Every girl in Germany has the same chances as every boy
 - Every woman can decide how to live
 - Violence against women is generally punishable - even in marriage
 - We have a high standard of living because men and women work in qualified jobs
 - We learned that teams perform much better when they are mixed men and women

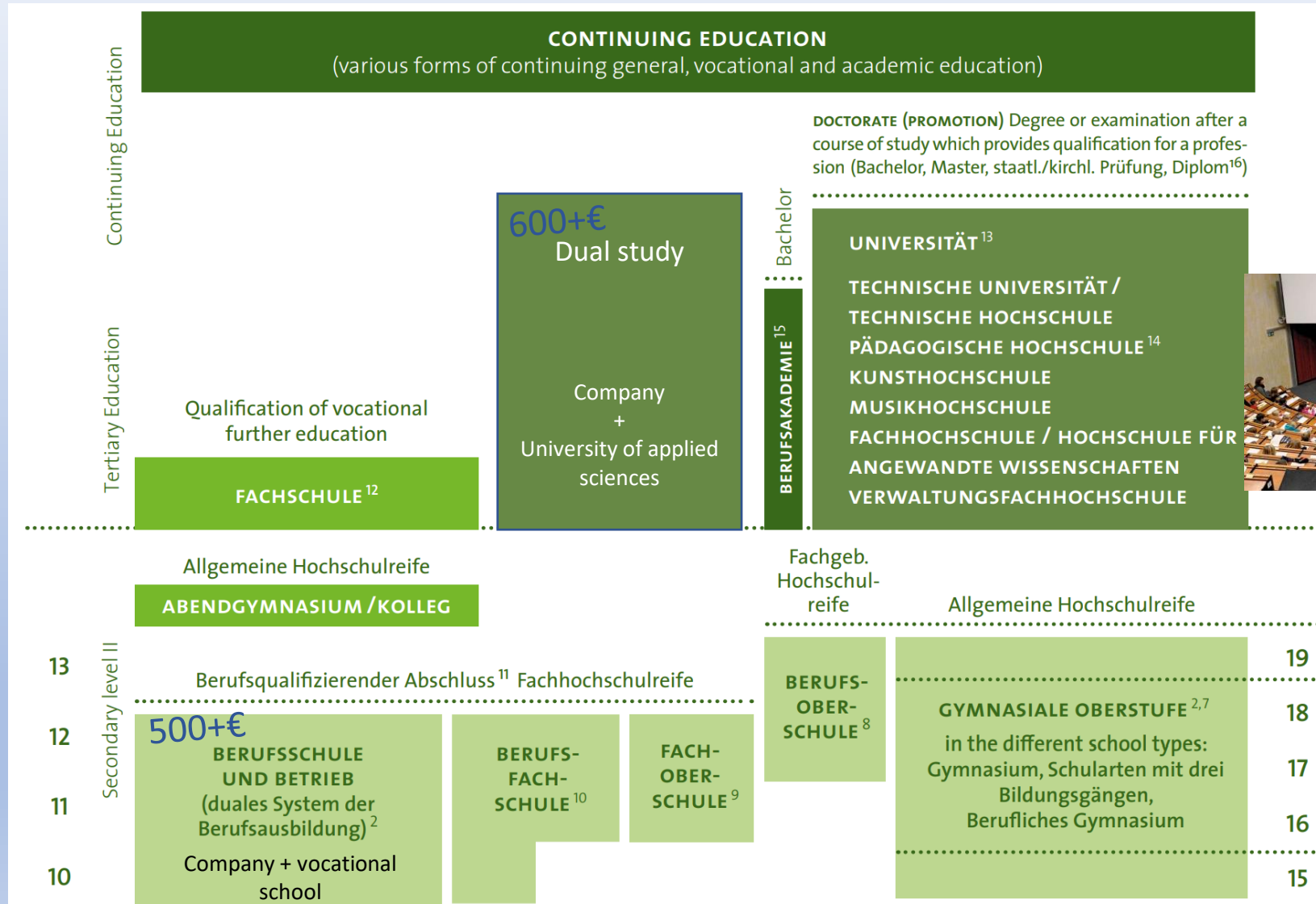


Schleswig-Holstein school system: Basic education

Mittlerer Schulabschluss (Realschule leaving certificate) after 10 years,
Erster allgemeinbildender Schulabschluss (Hauptschule leaving certificate) after 9 years⁶




Schleswig-Holstein school system: Higher education

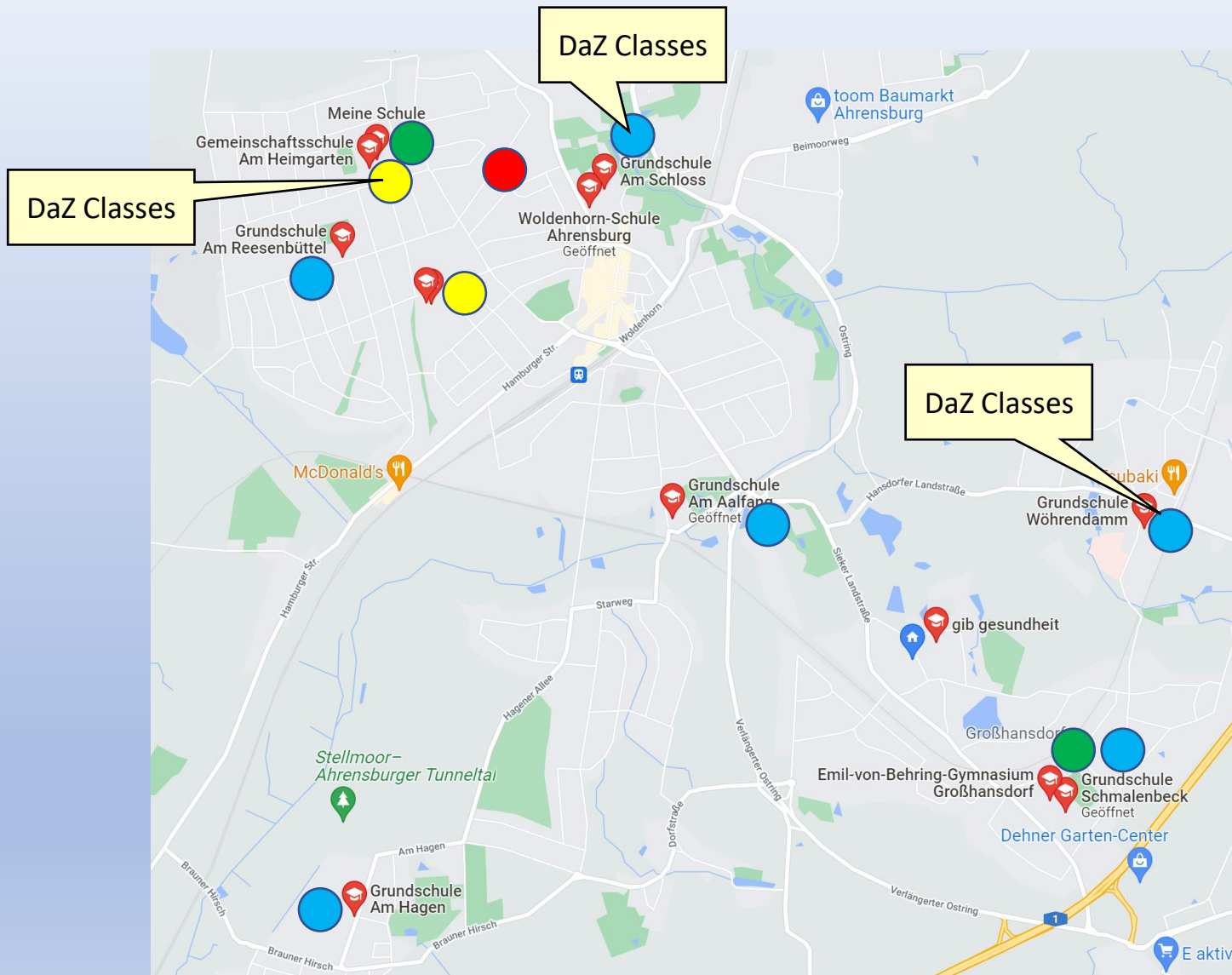


Levels of educational degrees

Allgemeine Hochschulreife („Abitur“)	After 13 years of school	Highest school degree → study at all universities (Many subjects of study require Numerus Clausus) + dual study + apprenticeship
Fachhochschulreife	After 12 years of school	Higher school degree → study at more practice oriented Fachhochschule („university of applied sciences“) + dual study + skilled apprenticeships
Mittlerer Schulabschluss	After 10 years of school	Regular degree → apprenticeship in craft-works or basic office jobs
Hauptschul-Abschluss	After 9 years of school	Basic degree → apprenticeship mainly in craft-works



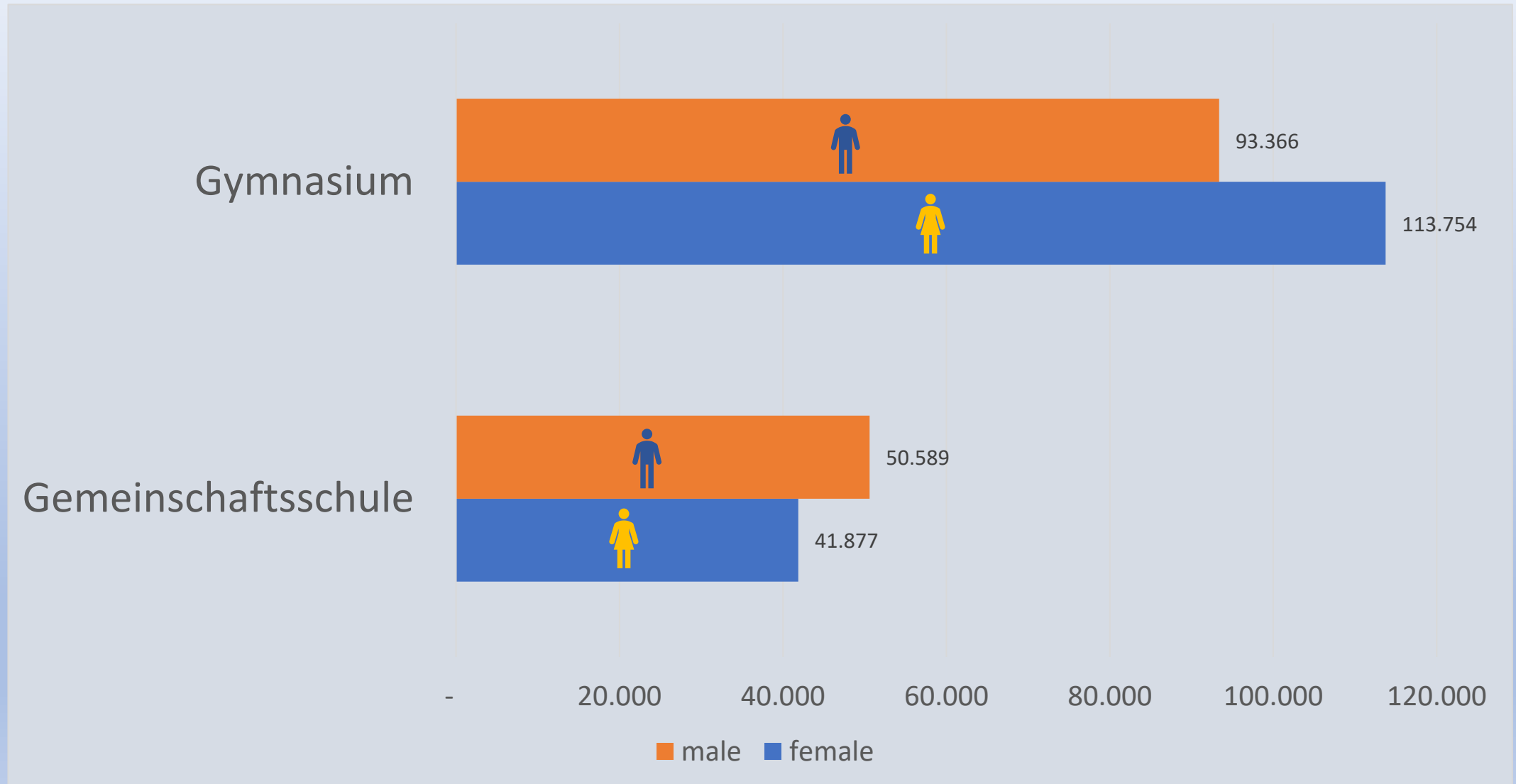
Schools around Ahrensburg



- Grundschule (primary school)
- Gemeinschaftsschule
- Gymnasium
- Berufliches Gymnasium

DaZ Classes – special classes for children that do not have German as their native language. After children learned German well enough they can change into regular classes.

Finished school



Students in Wintersemester 2020/2021



Rang	Studienfach	Total female students	Total female students in first semester
1	Business Administration	14 440	3 771
2	Law	6 672	1 650
3	Medicin	6 419	1 259
4	German	6 357	2 646
5	Economic Sciences	6 194	1 665
6	International Management	5 981	2 094
7	IT	4 689	1 034
8	Architecture	4 332	1 149
9	Psychology	4 086	867
10	Biology	3 952	951

Rang	Studienfach	Total male students	Total male students in first semester
1	Engineering	17 161	3 824
2	Electric Technologies	14 102	2 970
3	IT	13 303	2 825
4	Business Administration	11 195	2 966
5	Building Engineering	6 315	1 335
6	Business Engineering	5 772	1 214
7	Medicin	5 205	862
8	International Management	5 175	1 804
9	Economic Sciences	4 822	1 303
10	Business IT	4 588	816



3 different mobile network providers in Germany

1. Deutsche Telekom (gives SIM cards for free)

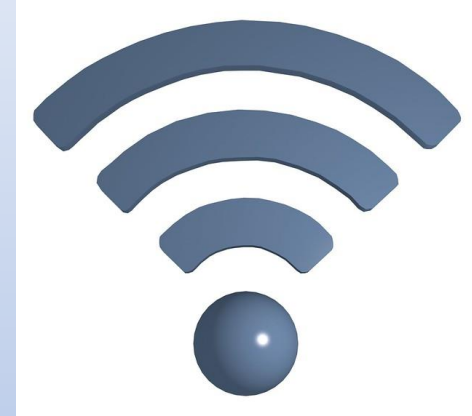
a) Congstar

2. Vodafone

3. Telefonica

a) O2

b) Aldi Talk



Check before you buy a SIM card

Earning money while receiving money from Jobcenter

- The first 100 EUR remain untouched
- From the money above 100 € up to 1.000 € 20% remain untouched
- From the money above 1.000 € up to 1.500 € 10% remain untouched

The other money is deducted from the Jobcenter money.

All income is always subject to German income tax

	Beispiel 1	Beispiel 2	Beispiel 3
Zuverdienst (Brutto)	165,00 €	450,00 €	1.050,00 €
<hr/>			
Davon bleiben zunächst anrechnungsfrei:	100,00 €	100,00 €	100,00 €
<hr/>			
vom Verdienst über 100 € bis 1.000 € bleiben zusätzlich 20% frei	13,00 €	70,00 €	180,00 €
<hr/>			
vom Verdienst über 1.000 € bis zur Verdienstobergrenze* bleiben nochmals 10% frei €	0 €	0 €	5,00 €
<hr/>			
zusammen bleiben anrechnungsfrei:	113,00 €	170,00 €	285,00 €

Mind the calculation gap !!

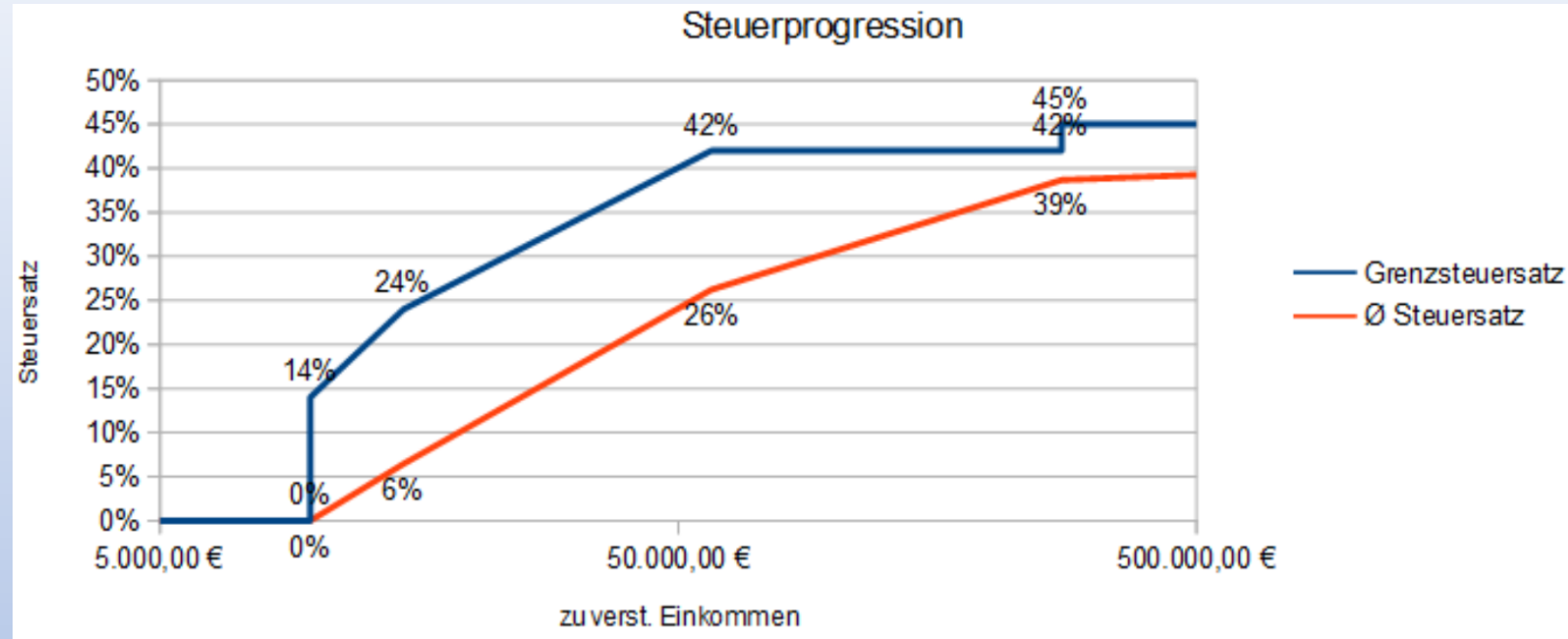
Many German and foreign employees do not start working to earn additional money because the calculation does not look attractive.

Unfortunately staying without a job for a longer time is not only frustrating but also leads to a lack of integration. Better work for little money than not work at all.

Do not start regular work without informing the Sozialamt or the Jobcenter. It is your duty to deliver that information, and they will realize it anyway by data-crosscheck.

Do not work without registration because no insurance will pay if you are injured during work.

German income tax



Progressionszonen 2021

Tarifzone / Grenzsteuersatz	Grundtarif	Splittingtarif
Existenzminimum 0%	0 Euro - 9.744 Euro	Bis 19.488 Euro
Progressionszone 1 14% - ca. 24%	9.744 Euro - 14.754 Euro	19.488 Euro - 29.508 Euro
Progressionszone 2 ca. 24% - 42%	14.754 Euro - 57.918 Euro	29.508 Euro - 115.836 Euro
Proportionalzone 1 42%	57.918 Euro - 274.613 Euro	115.836 Euro - 549.226 Euro
Proportionalzone 2 45%	Ab 274.613 Euro	Ab 549.226 Euro

Gross – net calculator (Brutto-Netto-Rechner)

Nettoeinkommen berechnen!

Ihr Bruttoeinkommen: €

Abrechnungszeitraum: ☐ Jahr ☒ Monat

Geldwerter Vorteil (monatlicher Wert): €
[zum Firmenwagenrechner](#)

Abrechnungsjahr: ▼

Jährl. Steuerfreibetrag: €

Steuerklasse: ▼

In der Kirche? ☒ ja ☐ nein

Ihr Bundesland: ▼

Ihr Alter: ▼ J

Haben Sie Kinder? ☒ ja ☐ nein

Kinderfreibetrag: ▼

Krankenversicherung: ▼

KV-Zusatzbeitrag: %

Rentenversicherung: ▼

Arbeitslosenversicherung: ▼

[Brutto Netto Rechner 2021](#)
[Gehaltsrechner 2021 Lohnrechner](#)
[Gehalt \(brutto-netto-rechner.info\)](#)

Important insurances for you in Germany

1. **Gesetzliche Krankenversicherung** (health insurance)

- Necessary for every visit to the doctor
- Pays for treatments at the doctor's office and in the hospital
- Pays for medicines from the pharmacy and necessary aids (e.g. crutches)

2. **Haftpflichtversicherung** (Private liability insurance)

- Assumes the costs if you cause damage to someone else
 - Your bicycle falls against a new car (>1.000 €)
 - Something breaks in your rented apartment → Costs borne by the tenant
 - Someone is injured by accident → doctor and treatment costs are borne by the causer
- Annual costs for the insurance are about 60 EUR per year for the whole family and is liable up to >20.000.000 €