



Refugees welcome!



Orientation



Dieser Leitfaden steht auch in weiteren Sprachen zur Verfügung:

- Englisch
- Französisch
- Arabisch
- Deutsch

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STADT LINGEN EMS

Fachbereich Jugend,
Arbeit und Soziales
Elisabethstraße 14-16
49808 Lingen (Ems)

Telefon 0591 9144-0
E-Mail info@lingen.de
Internet www.lingen.de



→ Welcome to Lingen!

We hope that you have arrived in good health, and we would like you to find your way in Lingen with the help of this brochure. Certainly you will have many questions regarding your stay and are worried about your family left behind and about living and working here.

A lot of things will be different from your home country here in Germany. The German way of living and German rules and laws are also different from those in other countries.

During the first days you will speak to many people and get a lot of information. You will find the most important information in this brochure.

→ Where is Lingen?

Lingen is in the north of Germany. Germany consists of 16 federal states. Lingen is situated in the federal state of Lower Saxony in the county of Emsland. Lingen is the biggest town in Emsland and has 56000 inhabitants.

After you had arrived in Lingen, you were welcomed in the town hall, Elisabethstraße 14-16.

→ Here you will find the following contacts

Office for foreigners

The first contact for foreign citizens is the Ausländeramt (office for foreigners) here you will find answers regarding your stay and work in Germany.

Ausländeramt
Telefon 0591 9144-371
E-Mail auslaenderamt@lingen.de

Office for youth, work and social aspects

In order to pay for your daily cost of living you have the possibility of applying for benefits according to the Asylbewerberleistungsgesetz (asylum seekers benefits act). These benefits are given for:

- food
- clothing
- leisure time
- educational material

Here you also get a medical voucher for a doctor's treatment.

Fachbereich Jugend, Arbeit u. Soziales
Telefon 0591 9144-506
E-Mail sozialamt@lingen.de

Social assistance

Shortly after your arrival in Lingen you have been taken care of by an assistant of the „SKM“ (A Catholic association for social services in Lingen) who has given you the first important information.

These people will help you with filling in forms. They also assist you, when you need advice and support concerning language courses, and registration of your children in kindergartens or schools.

The SKM will be at your disposal in all questions of daily life.

Opening Times:
Mo. - Th. 08.30 Uhr - 12.30 Uhr,
14.00 Uhr - 16.00 Uhr
Fr. 08.30 Uhr - 12.30 Uhr

SKM
Lindenstraße 13
49808 Lingen
Telefon 0591 912460



→ Health Service

In Germany there are many doctors, for example family physicians, children's physicians, gynaecologists or dentists. Many doctors have their own practice. Before you go to a doctor, you must make an appointment. When you are in pain, you can also go to a doctor without an appointment, but then you have to wait. The practices are normally open from 8.00 to 12.00 o'clock and from 14.30 to 18.00 o'clock. They are closed on Wednesday afternoons.

In Germany everybody needs health insurance. Every insured person owns a health insurance card which must be presented to the doctor.

You, as an asylum seeker who is not working, will get a medical voucher in the town hall. Before you visit a doctor, you must fetch such a voucher from the office for youth, work and social aspects.

Fachbereich Jugend, Arbeit und Soziales
Zimmer 220
Telefon 0591 9144-505



→ Doctors in Lingen

Family physicians

- L.K. Albers
Am Wall Süd 20, Telefon 0591 90111100
- U. Albers / Dr. Wahoff
Meppener Str. 7, Telefon 0591 6038
- Dr. Averkamp / Dr. Junge / Dr. Schäper / Dr. Telkemeier
Meppener Str. 22, Telefon 0591 62438
- Dr. H. Berning / Dr. Leifeld / Dr. Sinewe
Konrad-Adenauer-Ring 16a, Telefon 0591 4028
- Dr. Bonnekenes / Dr. Schubert
Rheiner Str. 109b, Telefon 0591 8075850
- Dr. Bork / Dr. Hagemann / Dr. Preußner
Am Treffpunkt 7, Telefon 05937 8267
- Dr. Brümmer / Dr. Dr. Hilling
Schiller Str. 6, Telefon 0591 76600,
Bramscher Str. 18, Telefon 05906 9669700
- Buderath
Pestalozzistraße 1, Telefon 0177 8334021
- Bußmann
Georgstraße 53, Telefon 0591 2146
- Dr. Hater / Dr. Schaub / Dr. Wobben
Antoniusstraße 23, Telefon 0591 5595
- Dr. Lutter
Brunnenstraße 38, Telefon 0591 2270
- Dr. Otte
Meppener Str. 22, Telefon 0591 66345
- Dr. Warkus
Deichstraße 10, Telefon 0591 14403143

Children's physicians

- Dr. Fließ / Dr. Schultes-Tönnis / Dr. Stiben
Konrad-Adenauer-Ring 16a, Telefon 0591 4272
- Dr. Harfousch / Dr. Löhmann
Schütterfor Str. 5, Telefon 0591 66277
- Dr. Lange
Am Wall Süd 20, Telefon 0591 90111130

Gynaecologists

- Dr. Lindemann
Raydtstraße 20, Telefon 0591 6041
- Dr. Regenbrecht-Stauff
Schütterfor Str. 5, Telefon 0591 4041
- Emsländische Frauenarztpraxis
Georgstraße 26, Telefon 05952 880
- Dr. Rosch
Klasingstraße 11, Telefon 0591 2310
- Dr. van Werde
Bernhard-Rosemeyer-Str. 1, Telefon 0591 1377
- Dr. Welling S.
Am Wall Süd 20, Telefon 0591 90111120

Dentists

- Dr. Allroggen-Schultz
Mühlenstiege 1, Telefon 0591 3897
- Dr. Bloms
Am Treffpunkt 12, Telefon 0591 6919
- Dr. Börsting / Dr. Wortmeier
Gymnasialstraße 1, Telefon 0591 3055
- Dr. Bröker
Mühlentorstraße 23, Telefon 0591 9154488
- Dr. Conen
Poststraße 18, Telefon 0591 3231
- Dr. Dietzel
Meppener Str. 124, Telefon 0591 96622452
- Dr. Goldschmidt
Burgstraße 24, Telefon 0591 916550
- Dr. Niemann / Dr. Haase
Kiesbergstr. 27, Telefon 0591 47146
- Dr. Hofschroer / Dr. Horrix
Castellstr. 13, Telefon 0591 62313
- Dr. Korves / Dr. Marbach
Neue Str. 7, Telefon 0591 912360
- Dr. Künkel
Mühlentorstr. 2, Telefon 0591 90115572
- Dr. Leuschner
Am Wall Süd 20, Telefon 0591 90111140
- Dr. Meyer
Wilhelmsstr. 53, Telefon 0591 58621
- Dr. Pollmeier
Kirchstr. 14, Telefon 0591 9152888
- Dr. Pulsfort / Dr. Rolfs
Rheiner Str. 7, Telefon 0591 4471
- Dr. Rasing
Klasingstr. 11, Telefon 0591 64480
- Dr. Ritter
Meppener Str. 18, Telefon 0591 62127
- Dr. Robben / Dr. Tuppek
Lengericher Str. 1, Telefon 0591 4149
- Dr. Scharn
Schillerstr. 2, Telefon 0591 4435
- Dr. Schauer
Poststr. 18, Telefon 0591 3231
- Dr. Schulz
Johannes-Meyer-Str. 8, Telefon 0591 53445
- Dr. Weber / Dr. Weeme
Georgstr. 26, Telefon 0591 9154410
- Dr. Zeitner
Horkelstr. 12, Telefon 0591 35 06

→ Emergencies

Emergency doctor/Fire brigade, Telefon 112
Police, Telefon 110

There is an emergency practice in the hospital Bonifatius-Hospital, Wilhelmstraße 13, www.notfallpraxis-lingen.de, Telefon 0591 5000

→ Housing

The city of Lingen provides housing for you. These rooms are equipped with the most necessary things. Treat these rooms with care and keep them clean. Electricity, water and heating are expensive and are paid for according to consumption. Use it sparingly.



→ Shopping

First shoppings can be done at the Second-Hand department store of the Reholand GmbH. There you will get used furniture, clothing and household goods.

- Reholand GmbH, Greiwehof 1-2, 49811 Lingen (Ems)

You can also get second-hand clothing:

- SkF-Fashion, Alter Pferdemarkt 2-4, 49808 Lingen
- DRK-Kleiderkammer, Werkstättenstraße 2, 49809 Lingen

Food

For little money you can get food at the Lingener Tafel. Here you will need a notice of performance according to the Asylbewerberleistungsgesetz. (asylum seekers benefits act)

- Lingener Tafel, Landschmidtweg 17a, 49808 Lingen, www.lingener-tafel.de

Further shopping possibilities for food are found on the city map.

→ Kindergarten

Your child can go to a kindergarten. The fees are paid for you by the Jugendamt. (Youth Welfare Office). Visiting the kindergarten will help your child to quickly learn the German language in games with other children.

The assistants at the SKM will help you to register your child.

→ School

School in Germany is compulsory for all children over 6 years of age. There are no fees. At first a child must visit an elementary school close to your place of residence. After that you can choose between different secondary schools. The assistants of the SKM will help you here.

→ Mobility

Lingen has a central station, where you can all information: Bahnhof, Bernhard-Rosemeyer-Straße or on the internet under: www.diebahn.de



The Lili-Bus serves the town every hour. You will find the stops on the city map. All lines end at the station. Information under: www.lili-bus.de.

When riding a bike you must observe traffic regulations. Bike lanes are marked red and are indicated by a blue and white traffic sign.



- Always ride on the right side of the street.
- Watch traffic lights. When GREEN you go, when RED you must wait.
- You must ride with your LIGHTS ON in the dark.
- You mustn't use your mobile when riding.

→ Values and rules














- Germany is a democratic constitutional state.
- Germany is a country of freedom and gender equality.
- In Germany everybody has the right to life and physical integrity.
- In Germany everybody is equal before the law.
- In Germany men and women have the same rights.
- In Germany everybody can practise his religion freely.
- In Germany everybody has the right of free expression.
- In Germany the enforcement of law is exclusively in the hands of the state, that is the police.

Further information and useful tips for a life in Germany under:

www.RefugeeGuide.de





-  Bahnhof / railway station / station /
/ станция / Stacion
-  Bushaltestelle / Bus stop /
Arrêt de bus / موقف الباص /
Автобусная остановка /
Stacion autobusi
-  Arzt / doctor / médecin /
طبيب / врач / mjek
-  Apotheke / pharmacy /
pharmacie / صيدلية /
аптека / farmaci
-  Supermarkt / supermarket /
supermarché / سوبرماركت /
супермаркет / dyqan
-  Zahnarzt / dentist / Dentiste /
طبيب أسنان / дантист / dentist
-  Schule / school / école /
مدرسة / школа / shkolle
-  Rathaus / town hall / mairie /
ادارة البلدية / администрация / bashki
-  Kindergarten / kindergaarten /
école maternelle / روضة أطفال /
детский сад / Korshiti i fëmijëve
-  Spielplatz / playground /
Aire de jeux / حديقة الأطفال /
детская площадка /
shesh lojëdash
-  gratis WLAN / free Wi-Fi /
WiFi gratuit / واي فاي مجاني /
бесплатный вай-фай /
WiFi pa pagesë
-  Polizei / police / police /
полиция / polici
-  VHS / Sprachlernricht /
language learning / تعليم اللغة /
преподавание / mësimi i gjuhës