



Netzwerk
Integration durch
Qualifizierung



Know Your Rights!

Information for Female Refugees



The „Integration through Qualification (iQ)“ Funding Programme

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The „Integration through Qualification“ funding programme aims at sustainable labour market integration improvement for adults with a migration background. The programme is sponsored by the Federal Ministry for Labour and Social Affairs (BMAS). Partners in the realisation are the Federal Ministry for Education and Research (BMBF) and the Federal Employment Agency (BA).

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Federal Ministry of Labour
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In cooperation with:



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Information for Female Refugees

The current impression of a refugee is predominantly male, although almost one third of refugees in Germany are women. During the migration process, women are increasingly affected by violent experiences, sexual assaults, traumatisations and physical separation from their families. Many women are leaving their countries because of gender-specific persecutions. Unfortunately, multiple discrimination and violent experiences do not stop at any border. Even in Germany, the women are exposed to violence and discrimination. That is why it is even more important for women to know their rights and to be informed where they can seek the necessary support.

The Refugee Council for Lower Saxony stands for an equal society and protection of all refugees.

The intention of the IQ Subproject „Focus Migration“ of the Refugee Council for Lower Saxony is to support particularly women refugees with their new lives in Germany. Qualification and knowledge are important conditions for an independent and self-determined life.

We offer:

- Workshops for women refugees on the working world in Germany
- Open workshops for women with a migration background (for example, women's rights, asylum procedures, children's rights etc.)
- Workshops on recognising vocational qualifications obtained abroad
- Endorsement of self-organisation of women refugees

Contact:

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Do you need help?

Contact a local counselling centre. The counselling centres for Lower Saxony can be reached here:

www.nds-fluerat.org/beratungsstellen

General information for women refugees from the Refugee Council for Lower Saxony: **www.refugee-women.de**

Phone support for women:

0800/0 116 016 (free, anonymous, in many languages)

The Lower Saxony crisis support line AGAINST forced marriage:

0800/0 667 888 (free, anonymous)

The Federal Government helpline „Pregnant Women in Need“:

0800/40 40 020 (free, anonymous, in many languages)

The Asylum Procedures

The most important part of the asylum procedure is the interview. It is often hard to talk about the reasons of fleeing. But even if it hurts and feels uncomfortable, it is important that you report about all your reasons. You can request that your statement is not forwarded to a third person – not even to your family members!

Before the interview or hearing at the Federal Office for Migration and Refugees (BAMF), it is helpful to visit a counselling centre. In the counselling session, you can prepare yourself for the interview. You can choose to be accompanied by an assistant at the hearing at the BAMF.

You have the right to submit the request for asylum for yourself, for your own reasons – even if you have fled your country together with your family. In case of the mutual application for the asylum, you will be heard alone.

You can request to be heard by a woman and to have a female interpreter at the hearing.



A gender-specific persecution can be a reason for the positive outcome of your application. Cases of family violence and force can also be a reason for asylum granting.

Pregnant women, single parents with children under the age of 18 years, persons that have suffered tortures, rape or other extreme forms of physical, emotional or sexual violence are entitled to special targeted support. (Unaccompanied) children under the age of 18, disabled and elderly persons can also request targeted support (EU-Directives 2013/33/EU und 2011/95/EU)

Contact a local counselling centre. The counselling centres can be found here:

www.nds-fluerat.org/beratungsstellen

What Are the Legal Rights of My Children?



After being allocated to a municipality, your children who have reached the age of 1, have the right to a place in a day care. After the 3rd year your kids are entitled to a place in a kindergarten. Every child – boy or girl – after the age of 6, has the right and the obligation to go to school.

You can request help with childcare and free time activities for your children. Single mothers or fathers can seek additional help.

Contact a local counselling centre. The counselling centres can be found here:

www.nds-fluerat.org/beratungsstellen

Or contact the MigrantParentsNetwork for Lower Saxony (MEN)

www.men-nds.de

What Can I Do In Case of Violence Against Me or My Children?

- No act of violence should be committed against anyone – regardless if you are a man, a woman or a child. No one should be forced to sexual intercourse.
- Violence in the shelter, marriage, family or between friends is forbidden.
- Violence at work or in public is forbidden.
- Genital mutilation of women and girls is prosecuted and punished in Germany.
- No one can force a woman, a man or a child into prostitution.

You can get help here:

Phone support for women: **0800/0 116 016** (free, anonymous, in many languages) Nothing is shared with anyone else, you do not have to say your name and nothing will happen without your approval. The persons on the phone speak many languages. There are also support shelters for maltreated women.

Are You In a Forced Marriage?

- In Germany, there is no obligation to a forced marriage
- You do not have to marry anyone if you do not want to.
- Are you not allowed to choose when and whom you marry?
- Do you wish to end your marriage, but you do not know how?

You can get help here:

The Lower Saxony crisis support line AGAINST forced marriage: **0800/0 667 888** (free, anonymous) German and Turkish, if required also Persian, Arabic and Kurdish.

What Happens With My Permit of Residence in Case of a Separation?

If you personally got the refugee protection, you hold the permit of residence yourself, independently from your spouse. The fact whether you live together or separately does not matter for the permit of residence. Further, relatives of people with recognized refugee status often get their own independent right of residence based on the family asylum.

Did You Come to Germany on Your Husbands Permit and Now Want to Get Separated?



Basically, the spouse that migrated later on – male or female – gets his/her own permit of residence after separation if they were married and lived together for at least three years.

If the spouses separate before the three year period, the personal permit of residence can be granted for serious reasons only. For example, some of the reasons can be that you and your children are experiencing domestic violence, or that as a divorced woman you could expect prosecution back in your country of origin.

WContact a local counselling centre.

The counselling centres can be found here:

www.nds-fluerat.org/beratungsstellen

Same Sex Relationships and Transgender People

- In Germany it is allowed to enter a relationship with a person of the same sex.
- Cases of serious prosecution due to homosexuality are particularly considered during the asylum procedure.
- Are you discriminated because of your sexuality?
- Do you need further support as a homosexual or transsexual person?

You can get support here:

www.queer-refugees.de

www.queer-refugees-niedersachsen.de

Health and Diseases

In case of emergency, you always have the right to be cared by a female or male physician – even without documents. Emergency number: **112**. You have the right to a medical treatment in case of physical or mental illness. Your social workers – also male or female - can help you to find the physician. Extra services have to be applied for separately.

If you don't have residence documents, you can get help here: www.medibueros.m-bient.com or with the Malteser Migration Medicine in Hannover, www.malteser-hannover.de, 0511/169 54 30

In case of traumatisation, you can contact the Network for traumatised refugees for Lower Saxony: www.ntfn.de, 0511/856 44 510

Pregnancy

Pregnant women need extra protection. Ask for support and adequate accommodation and care. During and after the pregnancy you are entitled to special medical care. After the birth, you have the right to assistance of a midwife. You are pregnant and have questions? Do you have problems or fears regarding your pregnancy?

The Federal Government helpline „Pregnant Women in Need“:

0800/40 40 020

(free, anonymous, in many languages)



Working in Germany

It is important to attend a language course. German skills will be helpful for your work, education or studies. Language courses in Lower Saxony are listed here: **www.fluechtlinge.niedersachsen.de**

During the asylum procedure or if you have a "Duldung", you are only allowed to work with the approval of the foreigners authority. You do not need your husband's permission to work. Women can have their own bank account, just like men.



Have you completed vocational training abroad? You can have your qualifications recognized in Germany. Have you studied at a university back in your country of origin? Do you want to continue or did you have to interrupt your studies? There are possibilities to attend universities in Germany. Information: **www.migrationsportal.de/studieren-in-niedersachsen** or **www.migrationsportal.de/arbeiten-in-niedersachsen**

You can work in Germany even if you have no education. There are counselling centres, where you can get help finding a job or an apprenticeship. If you do not have a school diploma, you can attend a school or a course to earn one.

If you work, you have the right to a salary and protection at work – even without a written employment contract. **www.faire-mobilitaet.de**

Contact a local counselling centre. The counselling centres can be found here: **www.nds-fluerat.org/beratungsstellen/**

Where Can I Meet Other Women?

In Germany, there are places only for women. There are also courses or sport programs exclusively for women. There you can meet and talk to other women. Ask for a local café or neighbourhood meeting place for women.



There are also women groups for refugee women, held by refugee women themselves. They are engaged in activities to improve lives of displaced women here and in other countries, for example, Women in Exile or international women's space. Information: **www.women-in-exile.net**; **www.iwspace.wordpress.com**

Der Flüchtlingsrat Niedersachsen e.V. (Refugee Council for Lower Saxony)

Who we are

The Refugee Council for Lower Saxony is a non-profit association, founded in 1984. We are an independent network of refugee initiatives, welfare organisations, churches, trade unions and individuals.

What we are asking for

The Refugee Council for Lower Saxony advocates residence rights and legal equalisation for all people who's centre of live is in Germany.

We stand up for fair asylum procedures and campaign for possibilities for social participation, education and work for all

refugees, right from the beginning.

We support refugees regardless their statuses. Together with them, we are actively committed to the expansion of their rights.

Since 2016, the Refugee Council for Lower Saxony operates as the carrier of the subproject of the IQ Network Lower Saxony in the „Integration through Qualification (IQ)“ Funding Programme.





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