

IMPORTANT CONTACT POINTS IN ROTTAL-INN

Introduction:

Here is a list displaying important contact people and places in the area. The list is a starting point for students to find resources if they find themselves in difficult circumstances in everyday life. This self-help tool can get you started and the contact people can refer you to further resources should you request it.

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Immediate Attention Emergency Numbers

- Police Phone: 110
- Rescue service and fire brigade / Rettungsdienst und Feuerwehr Phone: 112
- Medical on-call service / Ärztlicher Bereitschaftsdienst Phone: 116117
- Emergency poison control centers (Bayern) Phone: 089 19240
- Pharmacy emergency call Phone: 0800 0022833 (free of charge) / Mobile: 22833 (69 Cent/Minute)

When do you call the emergency services?

Phone: 112 (equivalent to 911 in USA/MX/CA) (144 in CH/AT, 999 UAE)

With the number 112, you can call the ambulance service. It is reserved for acute or possibly even life-threatening emergencies. These include, among others:

- Signs of a heart attack (severe chest pain, shortness of breath, cold sweats),
- Signs of a stroke (visual and speech disorders, paralysis),
- Accidents with serious injuries/high blood loss,
- Powerlessness/unconsciousness,
- Allergic shock (anaphylaxis),
- Intense pain,
- Severe burns,
- Asthma attack (sudden shortness of breath).

If you are not sure whether the condition is or could become life-threatening, dial 112!

The emergency call expert on the phone decides which emergency vehicle is needed for which case and whether an emergency doctor should be on board. In principle however, an ambulance is sent to the scene in almost every emergency.



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If there is no acute emergency, but the person concerned needs transport to the nearest hospital and cannot drive himself, the emergency service center will send an ambulance. If it is medically necessary, the health insurance company will cover the costs of the ambulance and the patient transport.

When do you call the medical on-call service?

Phone: 116117

In urgent but not life-threatening cases, you dial 116117 - the nationwide number for on-call service, also known as emergency service. This is the on-call centre for the on-call medical service, which will direct you to on-call practices that you can visit if necessary. In some cases, a doctor on call will come to your home if your health does not allow you to go to a doctor.

The medical on-call service provides care for both statutory and private patients, and the costs are covered.

Pharmacy emergency call Phone: 0800 0022833 / Mobile: 22833

If you need urgent medication during the night, at the weekend or on a holiday, you can call the pharmacy emergency number to find out which pharmacy is open in your area.

Covid-19 related information's and important contacts. (22.10.2021)

Disclaimer: Information regarding the global Covid-19 pandemic are constantly changing please take special care of the social distancing measures, and directions given by your local authorities. Keep in mind, that the following information might change constantly and might not be completely accurate at to point it reaches you. The use of the following information's are responsibility of the user, the university so as its staff are not responsible for the accurateness and information's actuality of the following information's.

Please inform the university about positive covid-19 test results

Current information by Landkreis Rottal-Inn regarding Covid-19 / Contact to Health Office



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the contact information of the health office Pfarrkirchen can be reached from Monday to Thursday between 08:00 and 16:00 o'clock and Friday between 08:00 and 13:00 o'clock by phone at 08561/20-497.

On weekends, the contact tracing service cannot be reached by telephone.

You can also send your request by e-mail to **kontaktermittlung@rottal-inn.de**

Note:

The use of the above-mentioned extension or the e-mail address from the contact determination serves for the clarification of questions with positively tested persons, with contact persons to positively tested persons, for the notification of travel returnees incl. negative findings, transmission for the purpose of ending the quarantine in accordance with the valid general decree on the entry quarantine regulation and for the allocation of appointments for a test at the test center Pfarrkirchen, if no independent online reservation via the homepage of the district Rottal-Inn is possible.

We ask you **not to block the lines unnecessarily regarding the request of your outstanding results**. When using the Bavarian test offer, the results will be sent directly to your specified e-mail address from the online reservation or, in the case of contact persons of category I, a telephone message will be sent as soon as possible by the contact determination staff after receipt of the results.

Link:

<https://www.rottal-inn.de/buergerservice-formulare/gesundheitsamt/coronavirus-aktuelle-informationen/>

Information in different languages

German, English, Albanian, Arabic, Bulgarian, Chinese, Farsi, French, Greek, Italian, Croatian, Kurdish, Portuguese, Romanian, Russian, Somali, Spanish, Tigrinya, Cesky, Turkish, Hungarian, Vietnamese

Link:

https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus?fbclid=IwAR1uCc8Jh5XYrdKvWW5WNA8dYQsi7DP_ns0RKE7nBw34tjoXGIro84QBkY

Information for travel returnees in the district of Rottal-Inn

For persons who have been in a **virus variant area or high-risk** area within ten days prior to entry, the **obligation to register** and the obligation to have current proof of testing upon



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entry apply without any exception. The **Egypt, Albania, Antigua Barbuda, Armenia, Ethiopia, Barbados, Belarus, Belize, Bosnia, Brunei, Bulgaria, Burundi, Costa Rica, Dominica, El Salvador, Estonia, France (only oversea regions), Gabon, Georgia, Granada, Guyana, Guatemala, Haiti, Ireland, Iran, Israel, Jamaica, Yemen, Kameron, Congo, Croatia, Cuba, Leetonia, Libya, Malaysia, Mexico, Moldavia, Mongolia, Montenegro, Myanmar, Nicaragua, Netherlands (oversea regions), North Macedonia, Papua nee guinea, Philippines, Rumania, Russia, St Kitts and Nevis, St Lucia, St Vincent, Sao Tome, Serbia, Singapore, Slovenia, Sudan, Suriname, Tadzhiistan, Tanzania, Thailand, Turkmenistan, Ukraine, Uzbekistan, Venezuela, United Kingdom, USA, Vietnam** have been designated as high risk areas. For more information visit the following link:

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html

Persons who enter the Free State of Bavaria and who have stayed in a risk area within 14 days prior to entry are obliged to go directly to their own apartment or other suitable accommodation immediately after entry and to stay there permanently for a period of 10 days after entry. These persons are not permitted to receive visits from persons who do not belong to their household during this period.

Quarantine, test or nothing? On the Web:

<https://www.eqv-check.bayern/>

of the Bavarian Ministry of Health, these questions can be answered with a few clicks.

High risk area:

Isolation period 10 days.

Ends for recovered/vaccinated persons if they submit the corresponding proof to the responsible KVB via the entry portal or by other means. For all other persons, quarantine can be ended by means of a test, which can be carried out on the fifth day after entry at the earliest. Quarantine ends with the transmission of the negative test certificate.

A registration on

<https://www.einreiseanmeldung.de>

has to be made. A test must be presented that was carried out at the earliest 48 hours before entry or at the latest 48 hours after entry. This test has to be presented to the district administration within 72h after entry via e-mail: einreise@rottal-inn.de.



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Exemption from quarantine for fully vaccinated persons and recovered persons.

According to § 4 para. 1, 2 sentence 1 of the CoronaEinreiseV (replaces the EQV), one is in principle subject to the 10-day segregation after entry from a normal risk area. Persons who are considered to be recovered or fully vaccinated are not subject to this obligation if the corresponding proof is transmitted to the competent authority via the portal www.einreiseanmeldung.de. The segregation ends only when the proof is sent. If the proof is sent before entry into the country, the person is not subject to segregation at all. The same applies to tested persons in this case. The test must not exceed 48 hours. (antigen rapid test) or 72 hrs. (PCR-, PoC-PCR-Test) before entry.

Recovered, tested and vaccinated persons must also be asymptomatic.

In the case of re-entry from a high incidence area, free testing from isolation can occur no earlier than the fifth day after entry. Again, segregation does not end until the detection is transmitted.

For virus variant areas, one is subject to the 14-day segregation. There are no special regulations for vaccinated/recovered persons. It is not possible to shorten the isolation period.

Accepted Vaccination in the EU:

-BioNTech / Pfizer

- Only 14 days after completion of the second dosage.

-Moderna

- Only 14 days after completion of the second dosage.

-AstraZeneca

- Only 14 days after completion of the second dosage.

-Johnson & Johnson / Janssen Pharmaceuticals

- Only 14 days after completion first dosage. An extra dosage with BioNTech/Pfizer is recommended but no obligatory

In Process of acceptance (currently not accepted):

-CureVac

-Sanofi-GSK

-Novavax



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Link:

https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans_de

The contact office must be **informed** immediately if symptoms occur during the quarantine period: 08561 20-49

You are obliged to contact the district administrative authority responsible for them without delay (= contact determination of the health office Pfarrkirchen; Tel.: 08561/20-497; Email: kontaktermittlung@rottal-inn.de) and to inform them about your return from a risk area.

In case of symptoms that indicate a Covid-19 disease, these persons are obliged to immediately inform the contact tracing service at the district administrative office.

The notification (e.g. email) to the district administrative office responsible for you should include the following information:

Surname, first name, address, telephone, cell phone, email, origin from which risk area, period of stay in the risk area, means of transport used upon entry, information whether symptoms (fever, respiratory distress, cough, odor or taste disorders, other) are present

Risk area is a state or region outside of Germany for which there is an increased risk of infection with the coronavirus SARS-CoV-2 at the time of entry into Germany; the latest publication of the RKI:

(https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html)
on the classification as a risk area is decisive.

Quarantine duration and interruptions:

Basically: 10 days (in case you are free of symptoms and had any contact to a infected patient)

Interruption: only for the execution of a test (exception previous appointment is required)

Shortening: Quarantine can be shortened to 5 days.

- Requirements: negative test result, no symptoms of disease

Obligation: Consult a doctor or test center if symptoms of illness occur within 10 days

Persons who are able to present a negative result in German or English to the District Office are exempt from the quarantine obligation.

The validity of the negative result has two conditions:

Smear test at most 48 hours before entry



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Molecular biological testing in an approved country (according to RKI, see link)
https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Tests.html

If a medical certificate (negative result) is submitted to the responsible district administrative authority after the 5 day of quarantine (5 days after entry), the obligation of the 10-day domestic quarantine ends. The contact person of the health office Pfarrkirchen will confirm the receipt of the negative result either verbally or in writing and will actively inform you about the end of your quarantine obligation. The medical certificate must be kept for at least 10 days after entry.

Please look at the following link for extra information regarding quarantine exceptions:
<https://www.gesetze-bayern.de/Content/Document/BayEQV-2?AspxAutoDetectCookieSupport=1>

Special rules for Pfarrkirchen and the Free State of Bavaria.

- Ban on alcohol in some public places:
- Compulsory masks in public places: Train and Bus stations, Supermarkets and so on.
 - Surgical Masks are sufficient, but a **FFP2** or equivalent (**FFP3, KN95**) is **recommended in** public spaces.
- Contact restrictions
 - Corona rules in Bavaria according to the traffic light level in the hospital system.
 - **Green:**
 - No contact restrictions
 - Medical mask (no FFP2 mask requirement).
 - Events are unrestricted outdoors, but 3G applies above an incidence of 35
 - No restrictions in body-related services, sports facilities and gyms - but 3G applies above an incidence of 35
 - In nursing homes, the 3G rule applies regardless of incidence
 - In zoos, cultural and leisure facilities, the 3G rule applies from 35, before which there are no restrictions
 - Gastronomy also has the 3G rule from an incidence of 35, not before
 - **Yellow:** The extent to which the Corona rules will be tightened if the incidence of hospitalization and new infections increases - and the traffic light is on yellow



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or red - has not yet been determined for Bavaria. In general, however, it is likely that the 3G rule will apply in more areas and that restrictions will come.

- **Red:** The extent to which the Corona rules will be tightened if the incidence of hospitalization and new infections increases - and the traffic light is on yellow or red - has not yet been determined for Bavaria. In general, however, it is likely that the 3G rule will apply in more areas and that restrictions will come.

Current state Green

You can always look the current state of the traffic light here:

<https://www.stmgp.bayern.de/coronavirus/>

You can always look at the **Incidence in Rottal Inn under this link:**

https://experience.arcgis.com/experience/478220a4c454480e823b17327b2bf1d4/page/page_1/

We highly Encourage you to Download the CORONA WARN APP

Here you can download the Corona warning app (just Click on the Hyperlink)

Corona-Warn-App für iOS

Corona-Warn-App für Android

More information about the corona APP:

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/WarnApp/Warn_App.html

What does 3G mean?

Geimpft / Vaccinated:

Full vaccination protection is assumed when persons have been vaccinated with a vaccine licensed in the European Union and at least 14 days have passed since the final vaccination.

For the Biontech, Astrazeneca and Moderna vaccines, two doses of vaccine are required. For the Johnson & Johnson vaccine, only one vaccine dose is required.

Anyone who has had a Corona infection through a proven PCR test and has received a single vaccination dose ("booster vaccination"), since which at least 14 days have passed, is also considered to have been vaccinated.



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Proof of vaccination is required in English, French, German, Italian or Spanish or in an electronic document.

Genesen / Convalescent:

Convalescents require proof of the presence of a previous Covid 19 infection at least 28 days and no more than six months ago.

The proof must show the result of a personalised PCR test or rapid antigen test in English, French, German, Italian or Spanish.

A certificate of segregation from the public health department, for example, also counts as proof.

Getestet / Tested:

Tested persons require a personalised, negative PCR test or rapid antigen test, the swab of which must have been taken, for example, a maximum of 24 hours or 48 hours ago, depending on the requirement of the control time.

Corona rapid tests in the district of Rottal-Inn

For a rapid antigen test at the four rapid test stations in Pfarrkirchen, Eggenfelden, and Simbach am Inn, an appointment must be booked in advance at www.novidatest.de. Appointments can only be made 5 days in advance (location selection when booking appointment)!

Pfarrkirchen

Park & Ride
Neuwiesenweg
84347 Pfarrkirchen
Monday - Saturday
08:00 - 18:00

Simbach am Inn

Am Sportgelände
Gollinger Straße 4
84359 Simbach a. Inn
Monday - Saturday
08:00 - 18:00



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Eggenfelden

Zentraler Omnibusbahnhof (ZOB)
Öttinger Straße
84307 Eggenfelden

Vaccination in the district of Rottal-Inn

Note: The allocation of vaccination appointments is strictly based on the belonging to the respective prioritization group. If you yourself do not belong to the highest priority group, registrations via the online registration portal are of course still possible at any time

Registration Web:

<https://impfzentren.bayern/citizen/>

Directions: The vaccination centre in the district of Rottal-Inn is located in the Rottgauhalle in Eggenfelden, Grafenweg 11, 84307 Eggenfelden

(From the 7th of June 2021 the priority is lifted, meaning everyone is eligible to get vaccinated. This does **not** mean you will get a vaccine immediately, it means that you have the possibility to getting it depending on availability)

Vacation and vacation time starts

In order to be able to travel safely and well prepared despite the pandemic situation, you will find the most important information here at a glance:

Rules of the federal states: <http://bpaq.de/Coronaregeln-Bundeslaender>

- Classification of risk areas: https://bpaq.de/RKI_Risikogebiete

- Travel advice from the German Foreign Office: <https://bpaq.de/AA-Reisehinweise>

- EU map: <https://reopen.europa.eu/>

- Entry Germany: <https://bpaq.de/Reisen-und-Corona>

Administrative offences of any kind regarding the order or quarantine can be punished with fines up to 25,000€



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Police Stations

Especially in acute cases the police can help you quickly!

Pfarrkirchen Police Station

Arnstorfer Str. 4
84347 Pfarrkirchen
Phone: 08561 96040

Eggenfelden Police Station

Pfarrer-Findl-Straße 1
84307 Eggenfelden
Phone: 08721 96050

Simbach am Inn Police Station

Innstraße 63-65
84359 Simbach am Inn
Phone: 08571 91390

Violence (If you are experiencing any kind of Violence)

Violence against women

Help phone violence against women
Phone: 0800 0116016
Web: <https://www.hilfetelefon.de/en.html>

Frauen gegen Gewalt e.V.

Organization of Women against Violence (English, Turk, Arabic)
Web: <https://www.frauen-gegen-gewalt.de/en/>

Sexual abuse help number and portal

(anonymous), 6 different languages
Phone: 0800 2255530
Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>



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Equal Opportunities Office

District office Passau, Services: guidance confidential, impartial counseling

Ms. Wagner

Phone: 0851 397476 City of Passau,

Ms. Schmied-Recha

Phone: 0851 396282

Women Shelter – Frauenhaus

What is a Women´s shelter?

How does it "work" there?

In an anonymous woman´s shelter, women find shelter and protection for a limited time, possibly also with their child or children. Our offer is aimed at Women of full age who are affected by domestic violence (physical as well as psychological), violence in their social environment (workplace, family and circle of friends etc.) as well as sexual and sexualized violence, and other kinds of violence.

Frauenhaus Passau

Phone: 0851 / 89272

Violence against Men

Domestic violence, violence at work, sexualized violence, stalking or bullying - men are also victims of violence.

However, tabooing, stigmatization or an outdated understanding of roles prevent men from seeking protection and help.

Help Phone violence against men

Help with any kind of abuse – (no matter if for affected persons or relatives)

Phone: 0800 1239900

Monday-Thursday 9:00-13:00 / 16:00-20:00

Friday: 9:00 -15:00

Web: <https://www.maennerhilfetelefon.de/>

Digital counselling

Web: <https://bayern-gegen-gewalt.de/hilfe-bei-gewalt/gegen-maenner.php>

Web: <https://www.maennerhilfetelefon.de/>



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man-o-mann männerberatung

The man-o-mann männerberatung in Bielefeld is a contact point for men seeking help and provides support for a wide range of difficulties related to violence, partnership, paternity, sexual, psychosomatic or identity problems in the form of individual counselling or group therapy.

Phone: 0521 68676

Mondays and Wednesdays 10:00- 12:00. Thursdays: 15:00-17:00. Thursdays: 16:00-18:00

Web: <https://man-o-mann.de/>

E-Mail: maennerberatung@web.de

Schwules Kommunikations- und Kulturzentrum München e.V.

Strong! LGBTI Fachstelle gegen Diskriminierung und Gewalt

Online, by telephone and personal consultation for queer men, who from domestic and/or sexualized violence were/are affected.

Email: strong@subonline.org

Hotline: +49 89 856346427

Web: <https://www.subonline.org/beratung/strong/>

Address: Müllerstraße 14, 80469 München

Monday - Friday: 19:00 - 22:00

Saturday: closed

Sunday: 15:00 - 19:00 hr

MIM – Das Münchner Informationszentrum für Männer e.V.

The MIM center offers services for men who want to renounce the use of violence in the future.

On the other hand, men who are affected by violence find support and help in the MIM center.

Phone: 089 / 543 95 56

Monday / Wednesday 10:00 – 12:00 Uhr,

Tuesday / Thursday 12:00 – 14:00 Uhr

Address: Feldmochinger Str. 6, 80992 München

info@maennerzentrum.de

Web: <https://www.maennerzentrum.de/>



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Trauma Hilfe Zentrum München e.V.

Trauma – sensitive counseling for men who suffer from trauma consequences due to domestic and / or sexual violence

Web: <https://www.thzm.de/maennerberatung/>

Adress: Horemansstraße 8 (Rgb) 80636 München Deutschland

Telephone: 0 89 41 32 79 50

Fax: 0 89 12 02 79 01

Bundesfach und Koordinierungstelle Männergewaltschutz

Here you will find all Männerschutzwohnungen (men shelter across Germany)

Phone: 0351 27566889

mail: info@maennergewaltschutz.de

Web: <https://www.maennergewaltschutz.de/hilfe/maennerschutz-und-beratung/>

KATHOLISCHER VERBAND FÜR SOZIALE DIENSTE e.V Augsburg

(Nearest Men Shelter to Pfarrkirchen)

Klinkertorstrasse 12, 86152 Augsburg

Tel: 0821 51 65 69 / 0821 15 51 52

Fax: 0821 5708 7389

E-mail: infopoint@skm-augsburg.info

Opening Times: Mo - Fr: 09:00 - 15:00

Regionales Männerbüro Landshut

Seepointweg 8, 84036 Landshut

Telefon 08 71/27 60 500 or 27 49 60

Telefax 08 71/27 60 105

E-Mail: info@maennerbuero-landshut.de

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Men Shelter

What is a men's shelter?

How does it "work" there?

In an anonymous men's shelter, men find shelter and protection for a limited time, possibly also with their child or children. Our offer is aimed at men of full age who are affected by domestic violence (physical as well as psychological), violence in their social environment (workplace, family and circle of friends etc.) as well as sexual and sexualized violence, and other kinds of violence.

Victims Service (If you are a victim of injustice, violence or crime)

Weißer Ring e.V.

Assistance and counselling for victims of crimes

Mr Wagner

Mobile: 0151 55164647

E-Mail: wr_wagner@web.de

Web: rottal-inn-bayern-sued.weisser-ring.de

Services include:

- accompanying you to appointments with the police,
- the public prosecutor's office and at court,
- assistance in dealing with the authorities,
- support during financial hardships in connection with the criminal offense.

Violence against women national hotline

Help available in 17 languages

Phone: 08000 116 016

Rights for victims - Polizeiliche Kriminalprävention

Here you can find out what rights you have as a victim of a crime and what you can do yourself.

This Web informs you about:

- How and where injured parties can report a crime
- How a police investigation is conducted
- What happens to it afterwards



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- How you can obtain compensation if necessary, and
- Where you can get further support and information

Web: <https://www.polizei-beratung.de/opferinformationen/opferrechte/>

Counseling and help in crisis situations (Also if you just need someone who listens to you)

STUCOS (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: stucos-ecri@th-deg.de

TELEFONSEELSORGE (Phone Counselling)

24 hours anonymous consultation, free of charge (also via Mobile Phone)

Phone: 0 800 1110111 or 0 800 1110222

TELEFONSEELSORGE APP "KrissenKimpass App"

It is a kind of emergency case for crisis situations. It includes multiple functionalities and informations so as calming techniques. It also enables direct contact possibilities to the TelefonSeelsorge so as other professional contact points.



Apple Store.



Google play.

Kreis-Caritasverband Rottal-Inn e.V.

Help for all kinds of stress situations, including violence, drugs, financial crisis, Services up to the age of 27

Streetwork Pfarrkirchen

Pflegstraße 15



19

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84347 Pfarrkirchen
Mobile: 0151 12188825
E-Mail: streetwork@caritas-rottal-inn.de
Counseling per chat is available

Streetwork Simbach

Kreis-Caritasverband Rottal-Inn e.V.
Kirchenplatz 3
84359 Simbach
Mobil: 0152 33796686
E-Mail: streetwork-simbach@caritas-rottal-inn.de

Streetwork Eggenfelden

Katholische Jugendfürsorge der Diözese Regensburg e.V.
Landshuter Straße 34
84037 Eggenfelden
Mobil: 0151 46711561
E-Mail: s.wasner@streetwork-eggenfelden.de

Kath. Jugendfürsorge Regensburg

Counselling centre for children, young people and parents
Rottal-Inn Landshuter Straße 34
84307 Eggenfelden
Phone: 08721 125330
E-Mail: info@beratungsstelle-eggenfelden.de / Counseling per chat available

Depression

Sozialpsychiatrischer Dienst des BRK (socio-psychiatric service)

When you experience mental stress and for relatives of mentally ill in Pfarrkirchen and Eggenfelden
Pfarrkirchen, Simbach u. Eggenfelden
Phone.: 08561 238990
E-Mail: spdi@kvrottal-inn.brk.de



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STUCOS (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: stucos-ecri@th-deg.de

Bündnis gegen Depression Rottal-Inn (Organization against depression)

Rottal-Inn Kliniken Pfarrkirchen

Am Griesberg 1

84347 Pfarrkirchen

Phone: 08561 9810

E-Mail: info@rottalinnkliniken.de

Sexual Abuse

Sexual abuse Help number and portal (anonymous), 6 different languages

Phone: 0800 2255530

Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>

STUCOS (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: stucos-ecri@th-deg.de

Violence against women national hotline

Help available in 17 languages

Phone: 08000 116 016

Weißer Ring e.V.

Assistance and counselling for victims of crimes

Mr Wagner

Mobile: 0151 55164647

E-Mail: wr_wagner@web.de

Web: rottal-inn-bayern-sued.weisser-ring.de



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Services include:

- accompanying you to appointments with the police,
- the public prosecutor's office and at court,
- assistance in dealing with the authorities,
- support during financial hardships in connection with the criminal offense.

Violence against women national hotline

Help available in 17 languages

Phone: 08000 116 016

Trauma Hilfe Zentrum München e.V.

Trauma – sensitive counseling for men who suffer from trauma consequences due to domestic and / or sexual violence

Web: <https://www.thzm.de/maennerberatung/>

Adress: Horemansstraße 8 (Rgb) 80636 München Deutschland

Telephone: 0 89 41 32 79 50

Fax: 0 89 12 02 79 01

Rights for victims - Polizeiliche Kriminalprävention

Here you can find out what rights you have as a victim of a crime and what you can do yourself.

This Web informs you about:

- How and where injured parties can report a crime
- How a police investigation is conducted
- What happens to it afterwards
- How you can obtain compensation if necessary, and
- Where you can get further support and information

Web: <https://www.polizei-beratung.de/opferinformationen/opferrechte/>



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Religious Organizations (For religious Oriented Counseling)

Central Welfare Office of the Jews in Germany (ZWST)

Web: <https://www.zwst.org/>

Catholic Parish of Pfarrkirchen

Pflegstr. 22 .D-84347 Pfarrkirchen

Tel.: 08561 98 77 920

Fax: 08561 98 77 929

E-mail: pfarramt.pfarrkirchen@bistum-passau.de

Internet: www.pfarrverband-pfarrkirchen.de

DITIB - Türkisch-Islamische Union der Anstalt für Religion e.V.

DITIB - Islamische Seelsorge

Venloer Str. 160, 50823 Köln

Telefon: +49 221 50 800 210

Telefax: +49 221 50 800 100

E-Mail: seelsorge@ditib.de



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University Related (Problems related to the University)

STUCOS (Student Counselling Service)

Possibility to talk coincidentally about problems and general issues of daily life and social integration, conflicts with students, professors or live in general. Psychological stress related to study.

Email: stucos-ecri@th-deg.de

Studentenwerke (Student Associations)

Studentenwerk Niederbayern

Student Association for universities in Niederbayern and Oberpfalz:

„We are the prime address for **catering on campus, student accommodation, the financing of studies, cultural support** and **consultation** in all matters regarding studies. Additionally we support KITAs that look after students' children and help international students to feel at home in their university city. “

Dieter Görnitz-Platz 1 (Building F) Room: F101

94469 Deggendorf

Person of contact: Esra Koch

Phone: 0991 3615601

E-Mail: info-punkt-deg@stwno.de

Web: <https://stwno.de/en/>

Deutsches Studentenwerk

General topics about living in Germany as a Student

<https://www.studentenwerke.de/en/content/work-studentenwerke>

Studentisches Konvent

(General Problems Related to the University)

studentischevertretung@th-deg.de



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Renter rights and help

Information in English online:

Webside: <https://www.mieterverein-muenchen.de/englische-informationen/>

Mieterschutzverein Burghausen und Umgebung e.V.

Tittmoninger Str. 4

84489 Burghausen

Phone: 08677 912110

Fax: 08677 912111

E-Mail: info@mieterschutz-bgh.de

Social and debt counselling

Caritas in Pfarrkirchen and Simbach am Inn

Phone: 08561 960715

Caritas Social Counselling Eggenfelden

Phone: 08721 911105

Social Counselling Diakonie Eggenfelden

Mobile: 0151-17 48153808721/ 125330

Deutscher Mieterbund

Website: <https://www.mieterbund.de/startseite.html>



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Health Related

Health Emergency

Ambulance Service:

Phone 112 (equivalent to 911 in USA/MX/CA) (144 in CH/AT, 999 UAE)

Medical on-call service / Ärztlicher Bereitschaftsdienst Phone:

116117

Emergency poison control centers (Bayern) Phone:

089 19240

Pharmacy emergency call Phone:

0800 0022833 (free of charge) / Mobile: 22833 (69 Cent/Minute)

Dental emergency service

Bavaria's dental emergency service is available 24 hours on all weekends, holidays and single days between holidays and weekends

Please look on the following link: <https://www.notdienst-zahn.de/index.php?id=7&L=1>

Red Cross Pfarrkirchen

Phone: 08561 23390

Arno-Jacoby- Str.7

Social Psychiatric Service

Phone: 08561 238990

Arno-Jacoby- Str.7



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Krankenkassen with local offices

Disclaimer: This list of contacts does not promote any of the named non private insurance companies, every individual living in the Federal Republic of Germany has the freedom to choose or change to the insurance company of their preference.

AOK Bayern

Service & Consulting

Mrs Hase

Phone: 089 228424171

AOK Bayern Direktion Pfarrkirchen

Schäfflerstraße 16

84347 Pfarrkirchen

Phone: 08561 230

BARMER

Ringstr. 20

84347 Pfarrkirchen

Mr J. Damböck

Phone: 0800 333004 205618

E-Mail: josef.damboeck@barmer.de

Techniker Krankenkasse (TK)

Nibelungpl. 1-2,

94032, Passau

Phone: 0800 2858585

Web: <https://www.tk.de/en>

DAK

Stadtplatz 44,

84453, Mühldorf

Phone: 08631 / 167550

Email: service735200@dak.de

Web: <https://www.dak.de/dak/beste-krankenkasse-fuer-familien-2082046.html#/>



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Doctors in Pfarrkirchen

Disclaimer: This list of contacts does not promote any of the named non private insurance companies, every individual living in the Federal Republic of Germany has the freedom to choose or change to the insurance company of their preference.

List created by the city of Pfarrkirchen.

In this page you can find doctors in the region so as specialist.

Web: <https://pfarrkirchen.de/leben-wohnen/gesundheitswesen.html>

General browser of the AOK.

In this page you can find doctors in the region so as specialist

Web:

https://weisse-liste.arzt.aok-arztnavi.de/de/arzt/arztsuche/ergebnisliste/?&searchPlz=84347+Pfarrkirchen+%28Zentrum%29&searchDistance=KM_10&offset=0&limit=50

General browser of the TK.

In this page you can find doctors or psychologists in the region, able to communicate in English, German and other languages.

Web: <https://www.tk-aerztfuehrer.de/TK/englische-suche.htm>

Local Hospitals

Rottal-Inn Kliniken Pfarrkirchen

Am Griesberg 1

84347 Pfarrkirchen

Phone: 08561 9810

Web: https://www.rottalinnkliniken.de/rottal_inn_kliniken/rottal-inn-kliniken.php

Rottal-Inn Kliniken Eggenfelden

Simonsöder Allee 20

84307 Eggenfelden

Phone: 08721 9830

E-Mail: <https://www.rottalinnkliniken.de/>



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Klinikum Passau

Innstraße 76

94032 Passau

Phone: 0851 53000

Web: <https://www.klinikum-passau.de/index.php?id=665>

Donauisar Klinikum Deggendorf

Perlasberger Str. 41

94469 Deggendorf

Phone: 0991 3800

Web: <https://www.donau-isar-klinikum.de/unser-klinikum/standort-deggendorf/?ss=degg>

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Marriage Family and life counselling

Family Planning and Sex Education

Pfarrkirchen

For questions about life planning, advice for injured parties and offenders in Pfarrkirchen and Simbach

Phone: 08671 1862

Pro Familia

German Society for Family Planning, Sex Education and Sexual Counselling

Phone: 0851 53121

E-Mail: passau@profamilia.de

Web: www.profamilia-niederbayern.de

Single Parents

Web: https://www.stmas.bayern.de/fibel/sf_a027.php

Families with children with disabilities

Web: <https://www.stmas.bayern.de/erziehungsberatung/behinderung/index.php>

(financial) help for pregnant women, families and children

Web: <https://www.stmas.bayern.de/finanziell-entlasten/index.php>

Landratsamt

Rottal-Inn

Ringstraße 4-7

84347 Pfarrkirchen

Phone: 08561 200

Web: <https://www.rottal-inn.de/buergerservice-formulare/soziales-soziale-angelegenheiten/schwangerschaftsberatung/>



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Beratungstlle für Kinder, Jugendliche und Eltern Rottal-Inn

Kath. Jugendfürsorge Regensburg
Beratungsstelle für Kinder, Jugendliche und Eltern
Rottal-Inn
Landshuter Straße 34
84307 Eggenfelden
Telefon: 08721/125330

Pfarrkirchen

Lindnerstraße 1
84347 Pfarrkirchen

Simbach

Münchener Str. 2a
84359 Simbach/Inn

Pregnancy & Unwanted Pregnancy

Beratung & Geburt Vertraulich

Pregnancy counselling anonymous and safe from the federal Ministry of Family Affairs, Senior Citizens, Women and Youth.

Phone: 0800 4040020

Web: <https://www.geburt-vertraulich.de/en/home/>

Pregnant in Bayern (Pregnancy counselling)

Web: <https://www.schwanger-in-bayern.de/index.php>

Pregnant Woman in Danger

Phone: 0800 4040020

Everything about pregnancy

Web: <https://www.schwanger-in-bayern.de/>

Unwanted pregnancy

Web: <https://www.schwanger-in-bayern.de/kein-kind/ungewollt/index.php>

Single Parents

Web: https://www.stmas.bayern.de/fibel/sf_a027.php



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Preventive medical checkups: Safety for mother and child

Web: <https://www.familienplanung.de/schwangerschaft/schwangerschaftsvorsorge/vorsorge-zur-sicherheit/>

(financial) help for pregnant women, families and children

Web: <https://www.stmas.bayern.de/finanziell-entlasten/index.php>

Landratsamt

Rottal-Inn

Ringstraße 4-7

84347 Pfarrkirchen

Phone: 08561 200

Web:

<https://www.rottal-inn.de/buergerservice-formulare/soziales-soziale-angelegenheiten/schwangerschaftsberatung/>

Staatlich anerkannte Beratungsstelle

für Schwangerschaftsfragen am

Gesundheitsamt / Landratsamt Passau

Passauer Straße 33

94081 Fürstenzell

Tel.: 0851 397800

Web: <https://www.schwanger-in-passau.de//cu.htm>

Schwanger in Deggendorf

Pater-Fink-Straße 8

94469 Deggendorf

Phone: 0991 3100311

Fax: 0991 310041313

E-Mail: schwangerenberatung@lra-deg.bayern.de

Web: www.schwanger-in-deggendorf.de



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DONUM VITAE in Bayern

Am Stadtpark 12

94469 Deggendorf

Phone: 0991 371966

E-Mail: deggendorf@donum-vitae-bayern.de

Web: <https://deggendorf.donum-vitae-bayern.de/>

Sexual abuse help number and portal

(anonymous), 6 different languages

Phone: 0800 2255530

Web: <https://www.hilfeportal-missbrauch.de/en/homepage.html>

Addiction counselling

Deutsche Hauptstelle für Suchtanfragen e.V.

In this webpage you can look for contacts that can provide you help regarding eating disorders, tobacco addiction, alcohol problems, illegal drug addiction, medication addiction (ex Xanax), and gambling problems. This webpage provides with a list of all institutions and contacts in 14 different languages in Germany.

Web: <http://www.suchthilfeverzeichnis.de/>

Psychosocial counselling and treatment, Addiction counselling

Bahnhofstraße 23 (in the station building, 1st floor)

84347 Pfarrkirchen

Phone: 08561 984180

Fax: 08561 9841820

Email: verwaltung@psbb-pan.de

Suchthotline München (Help for Bulimia Anorexia, and eating disorders)

Web:

<http://www.suchthotline.info/essstoerungen-hilfe-beratung-information-muenchen-bulimie-magersucht-adipositas.php>



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Selbsthilfe Gruppen/Support Groups

Diverse Groups

Web: <https://www.seko-bayern.de/>

Selbsthilfe-Kontaktstelle Deggendorf/Niederbayern des Diakonischen Werk Landshut e.V.

Am Stadtpark 12 / Erdgeschoss

94469 Deggendorf

Kornelia Thomanek-Kotios

Phone: 0991 29795541

E-Mail: kthomanek@diakonie-landshut.de

Addiction

Runder Tisch Niederbayern

Ulrike Pleintinger

Phone: 0991 29795542

E-Mail: upleintinger@diakonie-landshut.de

Anonyme Alkoholiker (Pfarrkirchen)

AOK-Haus

Schäfflerstr 16.

84347, Pfarrkirchen

Phone: Wolfgang: 08532/8838 Horst: 08532-3411

Fridays 19:00



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Anonyme Alkoholiker (Eggenfelden)

Kloster Eggenfelden

Fanziskanerplatz 1

84307, Eggenfelden

Phone: Hans: 08721-782208 Mathilde:08721-4817

Health related

CA Selbsthilfegruppe Krebs (Cancer)

For people living with cancer in Rotall-inn

Stadplatz

84307 Eggenfelden

Every second Friday.

Monika Buhl

Phone : 08721 126705

Christina Schmelzer

Phone: 0170/5428047

Depression

AOK Eggenfelden

Karl-Rolle-Str 4

84307, Eggenfelden

Phone: Marion 0175/8835118

Every Thursday 19:00

Diabetes

Wohnstift Pater Weiß

Pater-Viktrizius-Weiß-Straße 64-66

84307 Eggenfelden

Contact:

Peter Schmidt

Phone: 08721 3000

Email: info@marienapoeg.de



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People with disabilities

Offene Behindertenarbeit Rottal-Inn

Landshuter Str 34

84347, Eggenfelden

Contact: Gerlinde Fechter

Phone: 08721 125310

Email: info@oba-rottal-inn.de

Web:

<https://www.oba-rottal-inn.de/start;jsessionid=68382CA7C39D152C3F0C5027D54E4D97>

Help groups for multiple sclerosis

Web:

<https://www.dmsg-bayern.de/wir-helfen/selbsthilfe-gruppen/selbsthilfegruppen-niederbayern/>

Help for multiple sclerosis

Haus der Pfarrgemeinde

Kirchenplatz 3,

84307, Eggenfelden

Phone: 08721 1812

Email: info@pfarrei-eggenfelden.de

Web: <http://www.pfarrei-eggenfelden.de/>

Anita Hölzl: 08721 4395

Every last Thursday of the month on 14:00



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Sexual Transmitted diseases STDs

Web: <https://en.aidshilfe.de/sexually-transmitted-infections>

The counselors are available to answer any questions you may have about HIV/AIDS and other sexually transmitted infections. They are also happy to give you information about:

- finding personal counseling in your area
- where you can have an HIV test
- treatment called post-exposure prophylaxis, or PEP, if you think you have been exposed to HIV (see also In case of emergency)
- AIDS service organizations, self-help groups, HIV specialist doctors and other help in your city or region.

General STDs

All STDs

Web: <https://www.liebesleben.de/>

Web: <https://www.liebesleben.de/en/>

Web: <https://www.liebesleben.de/fuer-alle/online-beratung/> (online counseling)

Bundeszentrale für Aufklärung BzGA (National Center for advice)

Questions related to STDs, HIV and Drug prevention

Phone: 0221 892031

Landratsamt FB Gesundheit

Ringstr. 6

84347 Pfarrkirchen

Phone: 08561 20412

E-Mail: ludwig.mueller@rottal-inn.de

Web: <https://www.aidshilfe.de/adresse/pfarrkirchen>



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Health Office

Gesundheitsamt im Landkreis Passau

Passauer Straße 33

94081 Fürstenzell

Phone: 0851 397800

E-Mail: gabriele.bareuther@landkreis-passau.de

Web: <https://www.landkreis-passau.de/senioren-gesundheit-soziales/gesundheitsamt-passau/uebertragbare-krankheiten/>

HIV/AIDS

German AIDS Help

AIDS Hilfe.e.V

Web: <https://en.aidshilfe.de/>

Bayerische AIDS-Stiftung e. V.

Bidersteiner Str.29,

80802 München

Phone: 089 349394 / 089 349962

E-Mail: beratungstelle@aid-stiftung-bayern.de

Web: <https://www.aids-stiftung-bayern.de/>

Health Office

Gesundheitsamt im Landkreis Passau

Passauer Straße 33

94081 Fürstenzell

Phone: 0851 397800

E-Mail: gabriele.bareuther@landkreis-passau.de

Web: <https://www.landkreis-passau.de/senioren-gesundheit-soziales/gesundheitsamt-passau/uebertragbare-krankheiten/>



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Landratsamt FB Gesundheit

Ringstr. 6

84347 Pfarrkirchen

Phone: 08561 20412

E-Mail: ludwig.mueller@rottal-inn.de

Web: <https://www.aidshilfe.de/adresse/pfarrkirchen>

Bundeszentrale für Aufklärung BzGA (National Center for advice)

Questions related to STDs, HIV and Drug prevention

Phone: 0221 892031

Important Insurances in Germany besides the Health Insurance (Liability & Legal Protection)

In addition to health insurance, which is mandatory for studying in Germany, it can also be useful to take out liability and a legal protection insurance.

What is liability insurance?

In Germany, there is a law that states that everyone is liable for the damage they cause to others. The person causing the damage is liable with his salary, his savings or even his property. Liability insurance covers such damages as long as they are not caused willfully

What is a legal protection insurance?

Your reliable back-up in the event of legal disputes. For example, if you are in a dispute with your landlord, boss or accident opponent.

Deutsches Studentenwerk

Insurances for Students

<https://www.studentenwerke.de/en/content/insurances-students>



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