

**I. Short information on Corona virus/COVID-19****Multilingual COVID-19-Hotline of the City Administration of Cottbus:**

- ☀ Mon – Fri: 10 am -12 pm and 2 - 4 pm call 0355 / 612 40 00
- ☀ Languages: Persian, Arabic, Russian, and English

**Multilingual Information on COVID-19:**

- ☀ <https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus>

**Video for Kids:**

- ☀ <https://www.youtube.com/watch?v=MVvVTDhGqaA>

**II. Short information on the administrative bodies of the city of Cottbus****Sozialamt (Department for Social Services)**

- ☀ Confirmation for the authorization for a mobility ticket (Mobilitätsticket): Please contact your responsible clerk in the department for social services via mail or phone to make an appointment
- ☀ New applicants please call 0355/ 612 4801 (photograph required)

**Jobcenter:**

- ☀ The authorization for a mobility ticket will be provided at the service point / reception during regular office hours

**Jugendamt (Department for Child Protection and Youth Welfare)**

No personal appointments – To be reached via mail:

- ☀ [unterhaltsvorschuss@cottbus.de](mailto:unterhaltsvorschuss@cottbus.de) (Aliment advance)
- ☀ [elterngeld@cottbus.de](mailto:elterngeld@cottbus.de) (Parental Allowance)
- ☀ [bafoeg@cottbus.de](mailto:bafoeg@cottbus.de) (Student Loan BAföG)
- ☀ [kindertagesbetreuung@cottbus.de](mailto:kindertagesbetreuung@cottbus.de) (Child daycare)
- ☀ [SozialeDienste@cottbus.de](mailto:SozialeDienste@cottbus.de) (Social Services) in emergencies please call 0355 / 612 35 15

**Ausländerbehörde (Foreigners' Registration Office) / For extension of residence papers:**

- ☀ [https://www.cottbus.de/verwaltung/gb\\_ii/buergerservice/auslaenderbehoerde/index.html](https://www.cottbus.de/verwaltung/gb_ii/buergerservice/auslaenderbehoerde/index.html)
- ☀ [https://www.cottbus.de/verwaltung/gb\\_ii/buergerservice/](https://www.cottbus.de/verwaltung/gb_ii/buergerservice/)

**III. Tips for Kids at Home****Daily PE at 9 am:**

- ☀ <https://www.youtube.com/albaberlin> (in German)

**Music:**

- ☀ [https://www.youtube.com/channel/UC9X\\_hrkGra3xBgCd048ML4Q](https://www.youtube.com/channel/UC9X_hrkGra3xBgCd048ML4Q) (in German)
- ☀ <https://www.youtube.com/channel/UCjZo5FZLamKq6fuwb1hHdwQ> (in German)

**Movement:**

- ☀ <https://www.youtube.com/user/SingKinderlieder/videos> (in German)
- ☀ <https://www.youtube.com/user/kinderlieder/videos> (in German)

**Experiments:**

- ☀ <https://www.haus-der-kleinen-forscher.de/de/praxisanregungen/experimente-fuer-kinder> (in German)
- ☀ <https://www.geo.de/geolino/basteln/15225-thma-experimente> (in German)

**Reading:**

- ☀ App for Reading Aloud, [einfachvorlesen.de](http://einfachvorlesen.de) – Short stories for Kids starting from 1yo

**IV. School - Tips and Tricks for Home schooling**

- ☀ Apps: *StudySmart*, *Anton App*, and *Trollo- Lernapp* for pupils of grades 1- 13
- ☀ [Schlaukopf.de](http://Schlaukopf.de) – Online tests for pupils grades 1-13, all subjects
- ☀ [Scoyo](http://Scoyo.com): grades 1 - 7
- ☀ [Duden Learnattack](http://Duden-Learnattack.com): Grades 4 – 13
- ☀ [Pikas.dzlm](http://Pikas.dzlm.de) - Mathematics study material, Videos
- ☀ Goethe Institut: <https://www.goethe.de/prj/dfd/de/home.cfm>



## V. Employment - Tips and Tricks for Your Stay at Home

### Jobcenter/Bundesagentur für Arbeit:

- ☀ Employees: 0800 4 5555 00
- ☀ Employers: 0800 4 55555 20
- ☀ Familienkasse: 0800 4 5555 30 (Financial support for families)
- ☀ Clients of the Jobcenter: 0355 619 3100
- ☀ Current Job Ads: jobsNOW Hotline: 0331 880 300 0  
Jobbörse: [Link zur Jobbörse](#) – Insert the term „JOBNOW“ for searching



### Caritasverband der Diözese Görlitz e.V.:

#### Consultations in German, English, Persian, Dari, Hindi and more languages (on request)

- ☀ Legal Advice for Employment issues: 0355 / 38 00 37 70 or 0173 / 31 77 76 72,  
E-mail: [iq-faire-integration@caritas-goerlitz.de](mailto:iq-faire-integration@caritas-goerlitz.de)
- ☀ Integration into the labor market (BleibNet pro Quali): 0355 / 38 00 37 71 or 0174 / 21 77 391  
E-Mail: [bleibnet@caritas-goerlitz.de](mailto:bleibnet@caritas-goerlitz.de)

#### „JustiQ“ – Consultation on Job Application, Vocational Trainings, and Jobs:

- ☀ Astrid Schreiber: 0176 / 79 08 20 04 (WhatsApp), E-Mail: [jugend\\_staerken@humaju.de](mailto:jugend_staerken@humaju.de)
- ☀ Christian Noack: 0152 / 22 02 98 65 (WhatsApp), E-Mail: [noack-justiq@stiftung-spi.de](mailto:noack-justiq@stiftung-spi.de)

#### „SUW-Vielfalt als Chance“ – Consultations on Personal and Professional Integration:

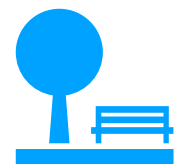
- ☀ Hebat Allah Hammash: 0355 / 612 34 17, E-Mail: [Hebat.Hammash@cottbus.de](mailto:Hebat.Hammash@cottbus.de)
- ☀ Ramona Hacker: 0355 / 612 34 17, E-Mail: [Ramona.Hacker@cottbus.de](mailto:Ramona.Hacker@cottbus.de)
- ☀ Arash Mirkhani: 0355 / 612 34 12, E-Mail: [Arash.Mirkhani@cottbus.de](mailto:Arash.Mirkhani@cottbus.de)

#### IQ – Consultations for Recognition of Documents:

- ☀ Malwina Szmigiel: 0355 / 78 35 146 or 0160 / 97 71 98 73, E-Mail: [szmigiel@hwk-cottbus.de](mailto:szmigiel@hwk-cottbus.de)
- ☀ Lukas Kocur: 0355 / 78 35 177 or 0160 / 97 27 82 56, E-Mail: [kocur@hwk-cottbus.de](mailto:kocur@hwk-cottbus.de)

## VI. Leisure - Tips and Tricks for Your Stay at Home

- ☀ [ALBA Berlin YouTube channel](#) – daily PE for kids and youth
- ☀ [Onilo.de](#) - Digital Board stories to read, understand, and learn
- ☀ [diekurzgeschichte.de](#) – audio stories for kids up to the age of 12
- ☀ [mamakreativ.com](#) for DIY – ideas to craft with your kids
- ☀ <https://www.caritas-goerlitz.de/angebote/kinder-und-jugendliche/gewaltpraevention/gewaltpraevention>



## VII. Other Consultations / Health

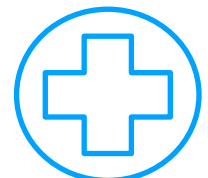
### Consultations for Victims of Violence

- ☀ Consultations in Persian and Arabic available
- ☀ [leyla.beratungsstelle@web.de](mailto:leyla.beratungsstelle@web.de), 0152 / 56 42 67 66

### Coordination Office for Health for People with Migration Background

Consultation and support by phone in case of medical issues and appointments.

- ☀ Olga Richert, Coordinator: 0151 / 16 06 77 08, E-Mail: [Olga.Richert@Cottbus.de](mailto:Olga.Richert@Cottbus.de)
- ☀ Russian: 0157 / 50 99 83 70
- ☀ Persian, Dari: 0152 / 13 056 211; 0176 / 28 37 74 23
- ☀ Arabic, Kurdish: 0176 / 41 21 80 64; 0173 / 98 11 322



### Sozialpsychiatrischer Dienst:

Consultation on mental health issues, mental illnesses, immediate crises, also for relatives and friends.

- ☀ Shabnam Abai: 0355 / 612 32 16, E-Mail: [Shabnam.Abai@Cottbus.de](mailto:Shabnam.Abai@Cottbus.de); or 0355 / 612 32 54