

Resource Guide for Student Parents at Rhine-Waal University

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In this guide, parents studying in Kleve or Kamp-Lintfort will find all relevant information on the various counselling facilities, housing and financing options, childcare facilities and contact persons within and outside Rhine-Waal University of Applied Sciences on the topic of studying with a child. The aim is to make it easier for students to combine family and studies.

1. Support and Guidance

1.1 At the Rhine-Waal University

Equal Opportunity Office and Family Service¹

The team of the Equal Opportunity Office and Family Service offers the following support in areas such as

- Providing information on the topic of conciliation of studies or work and family (Moodle course Familienservice/Studieren mit Kind (Family Service/ Study with Child, request password from the family service with your organizational e-mail address)
- Offers at the Campus to facilitate everyday studies, e.g., Parent-Child-Room, Mobile Toy Boxes, etc. (more specific information in [chapter 8](#))
- Consultation and mediation in childcare and tendance through cooperation with pme family service and benefit@work
- Assistance in networking with other students with child(ren); e.g. Parents' Café
- Events, care taking offers and workshops (attention to info mails)

Contact: familienservice@hochschule-rhein-waal.de

If necessary, a consultation appointment can be arranged through one of the respective listed email addresses.

Student Advisory Service

The Advisory Service of the Rhine-Waal University consults regarding the following topics:

- Structure of studies
- Organisation of daily routines as a student
- Reconciliation of studies and family
- Maternity protection
- Coping with social, cultural, and individual challenges throughout the studies
- Examination matters
- Change of program, dropouts, temporary break, or professional re-orientation
- Time management
- Stress prevention and stress management

Contact:

Tel.: +49 2821 806 73 360

E-Mail: study@hochschule-rhein-waal.de

Office hours can be found [here](#).

¹ Please click on headings to follow links.

Studierendenwerk Düsseldorf

The Studierendenwerk Düsseldorf offers the following services:

- Providing information on social benefits of the Studierendenwerk
- Individual consultation offers
- Contact point for questions and problems regarding the topic of studies

The consultation offers advice on related topics such as:

- Studying with child(ren)
- Childcare at day-care centres
- Financial aid
- Assistance for chronically ill and students with disability
- Psychological support in emergencies
- Consultancies regarding social law questions and assistance, apply to international students as well (e.g. special insurance protection, delay in course of studies due to family responsibilities)

All consultations are conducted confidentially.

Contact person of the Studierendenwerk is:

Katja Kwiatkowski
 Social services office, Studierendenwerk Düsseldorf
 Building 21.12
 Universitätsstraße 1
 40225 Düsseldorf
 Tel.: +49 211 8115150
 Mobile: +49 152 56029584
 E-Mail: Kwiatkowski@stw-d.de

Ms. Kwiatkowski provides office hours (also in English) at the Rhine-Waal-University only through an appointment via [this website](#): On the first and third Wednesday of the month in Kleve, Flutstraße 30, on the second Thursday of the month in Kamp Lintfort, Friedrich Heinrich Allee 30.

Further information can be found via <https://www.stw-d.de/Beratung/>

1.2 Kleve

Equal Opportunities Office of the city of Kleve

The Equal Opportunities Office consults about the following points:

- Information concerned with equal opportunities
- Extended vocational training/return to work
- Support during the enforcement process of individual rights
- Questions concerning related issues to equality
- Arising problems with the German agencies based on experiences of discrimination

Contact:

Deputy Equal Opportunities Representative Yvonne Tertilt-Rübo

Minoritenplatz 1

47533 Kleve

Mobile: +49 2821 84279

E-Mail: yvonne.tertilte-ruebo@kleve.de

Caritasverband Kleve e.V. (in German)

Caritas is a charity organization offering a range of advising and support services for parents and guardians on topics such as

- Taking responsibility for a child's upbringing
- Development of children and young adults
- Conflict resolution for families
- Emotional counselling after a breakup or divorce
- Dealing with complex problems/situations

These services are available for children, young adults, and young parents alike, and are free for residents. All advising sessions are strictly confidential.

Counselling Centre Kleve:

Hoffmannallee 66-68

47533 Kleve

Tel.: +49 2821 7209300

AOK Rheinland/Hamburg

The **AOK Rheinland/Hamburg** offers **seminars**, **lectures**, and **events** about health-related topics in an online format or in person. Health-related topics entail

- Pregnancy
- Early childhood education
- Stress management

- Physical activity
- Nutrition

Participants **do not** have to **be insured with the AOK** to take advantage of these services. These services are **free of charge**. If you take part in the events, you can let the manager know that you are from Rhine-Waal University of Applied Sciences. The services are currently only offered in **German**.

You will find the AOK Rheinland/Hamburg Haus in [Kleve](#) at the following address:

Bahnhofplatz 19
47533 Kleve

You can find **online seminars** under this link: [Here](#)

The **AOK Rheinland/Hamburg** also offers [free counselling appointments](#) for students with children on topics such as birth preparation, abortion, and vaccination.

Marital, Familial, and Life-Coaching Services Kleve (in German)

Marital, Familial and Life-Coaching Services Kleve (German: *Ehe-, Familien- und Lebensberatung Kleve*) provides advising and support for:

- Relationship or marital conflicts,
- Family crises,
- Break-ups and divorce,
- Difficult living situations, and
- Other personal crises or problems

Counselling Centre Kleve:

Kolpingstraße 9a
47533 Kleve

Tel.: +49 2821 22891

E-mail: efl-kleve@bistum-muenster.de

Impuls – Women's Advising Centre Kleve (in German)

Impuls offers advising services to women on the following topics:

- Family or relationship conflict
- Break-ups or divorce
- Domestic violence
- Physical and spiritual health (managing stress and burdening situations)
- Establishing and securing independent livelihoods
- Career or job changes and vocational opportunities

At the Caritasverband Kleve e.V.:

Hoffmannallee 66a-68

Mobile: +49 2823 419171

E-mail: info@fb-impuls.de

AWO, District Association of Kleve e.V. (German and English)

The AWO (English: Workers' Welfare Office) provides the following counselling and support services:

- Family education (FBW)
- Child-parent groups
- Prenatal advising
- Family planning
- Partnership
- Contraception
- Woman's shelter
- Child education
- Open all-day primary school

Pregnancy counselling

Tel.: +49 2821 976 83 77

E-Mail: beratung@awo-kreiskleve.de

General Contact AWO

Thaerstraße 21

47533 Kleve

Tel.: +49 2821 8993930

E-Mail: info@awo-kreiskleve.de

DONUM VITAE e.V. (in German)

In one-on-one or couples counselling (expecting) parents can analyse their current situation from different angles and develop new outlooks and solutions together with their counsellor. Counselling services are available to all women regardless of origin or religious confession.

Psychosocial counselling and support services are available for:

- Unplanned pregnancies
- Relationship conflicts
- In pregnancy conflict (with proof of counselling) after abortion, miscarriages and stillbirths

Contact:

Tel.: +49 2821 979256

E-Mail: info@donumvitae-kleve.de

Sozialdienst katholischer Frauen e.V. (in German)

The *Sozialdienst katholischer Frauen e.V. Kleve* (English: Social Services of Catholic Women) provides social outreach for women, families, children, and young adults in crisis. Counselling is provided regardless of nationality or religious confession on the following topics:

- Adoption/ fostering children
- Pregnancy counselling
- Assisted living for women

Contact:

Turmstraße 36a

47533 Kleve

Mobile: +49 2821 751310

E-Mail: info@skf-kleve.de

Emergency hotline for pregnant women (in English and other languages)

The usage of the emergency hotline is made anonymous, secure, and discreet. The hotline is available 24 hours a day and in up to 18 different languages and can be reached under the number +49 0800 40 40 020.

Family Education Centre (in German)

The Family Education Centre in Kleve (*fbs Kleve*), offers support and advising services for families on the following topics:

- Family and children counselling
- Language development
- Social integration for children and adults
- Exercise and nutrition

Additional services and workshops include “Kidix” playgroups and different theme workshops for parents and children.

Family Education Centre Kleve

Regenbogen 4-6

47533 Kleve

Tel.: +49 2821 72320

E-Mail: fbs-kleve@bistum-muenster.de

Advisory Services of the Kleve city government (in German)

Advisors of the city of Kleve also offer useful support services for children, young adults, parents, and legal guardians at no additional charge. Support is available for:

- Parental responsibilities and conflict resolution, particularly regarding the upbringing and development of children and young adults
- Relationship issues, break-ups, divorce

- Custody and access rights

Socio-pedagogical Services:

Lindenallee 33

47533 Kleve

Tel.: +49 2821 84620

E-Mail: Elke.Laukens@Kleve.de

Counselling service in migration matters Caritas Kleve e.V. (in German)

The Counselling service in matters of migration approaches people with a migrant background, especially adults as of 27 years with a secured residence.

The counselling service particularly aims at contributing to integration processes regarding language, occupation, and social matters.

The counselling and information offers comprehend:

- Acquisition of the German language
- Perspectives for work and occupation
- Attendance of school and apprenticeship
- Personal and family-related questions
- Residence status
- German citizenship
- Interaction with German agencies
- Information regarding social benefits

Caritas Association in Kleve:

Markus Beckers

Hoffmannallee 66-68

47533 Kleve

Tel.: +49 2821 7209750

E-Mail: m.becker@caritas-kleve.de

Brochure: “Eltern werden – Eltern sein” (in German)

This brochure is designed to help prepare parents-to-be and offers a range of tips, addresses, and information about support offers in and around Kleve.

1.3 Kamp-Lintfort

Counselling Centre of Church District Moers (in German)

The church district of Moers provides information about counselling centres with the respective contact details that deal with the following topics:

- pregnancy/children
- family matters
- work/poverty/debts
- emotional stress
- addiction

AWO Family Centre

The Labour Welfare District Association of Wesel (*Arbeiterwohlfahrt Kreisverband Wesel e.V. (AWO)*) offers a wide range of consulting offers and offers of help at a district level that is oriented towards living conditions of children, young adults, women, men, couples, (expectant) parents, single parents, and families.

- Advising and support offers for children and families
- Support and promotion of family cohesion and healthy parenting partnerships
- Support in the placement and use of day care for children
- Improving work-life balance
- Prenatal support

Contact:

Benjamin Walch

Tel.: +49 2843 9070512

E-Mail: walch@awo-kv-wesel.de

Protestant Advising Office Duisburg/Moers

Breaking the cycle of worries and troubles might be easier with a trained counsellor from outside. They can help to figure out, organize and find solutions to the chaos and emotions that are caused by external circumstances.

The Protestant Advising Office provides psychological support, realized through professionals of the Protestant church, in the following topic areas:

- Family problems / parenting issues
- Questions regarding marriage and partnership
- Life issues
- Conflict counselling regarding pregnancy termination

Contact:

Humboldtstraße 64-66

47441 Moers

Tel.: +49 2841 9982600

Caritas Moers-Xanten e.V.

The Caritas Association Moers-Xanten e.V. provides a broad range of consulting, caretaking, and funding:

- General educational guidance of children (e.g. parental coaching)
- Group formations (e.g. anti-violence training)
- Guidance and consultation in school matters (e.g. difficulties in studying and development)
- Support regarding family matters (e.g. accompanying families through support)
- Projects and other offers (e.g. *youngcaritas*, *Die Box*, etc.)

Counselling Centre for children, young adults and families:

Rainer Moll

Goldstraße 17/19

47495 Rheinberg

Mobile: +49 2843 97100

E-Mail: erziehungberatung@caritas-moers-xanten.de

AOK Rheinland/Hamburg

The **AOK Rheinland/Hamburg** offers **seminars**, **lectures**, and **events** about health-related topics in an online format or in person. Health-related topics entail

- Pregnancy
- Early childhood education
- Stress management
- Physical activity
- Nutrition

Participants **do not** have to **be insured with the AOK** to take advantage of these services. These services are **free of charge**. If you take part in the events, you can let the manager know that you are from Rhine-Waal University of Applied Sciences. The services are currently only offered in **German**.

The AOK Rheinland/Hamburg office **near Kamp-Lintfort** can be found at the following address in **Oberhausen**:

Paul-Reusch-Straße 45

46045 Oberhausen

You can find **online seminars** under this link: [Here](#)

The **AOK Rheinland/Hamburg** also offers [free counselling appointments](#) for students with children on topics such as birth preparation, abortion, and vaccination.

Emergency hotline for pregnant women

The hotline provides anonymous, secure and discreet counselling for pregnant women in emergency. This hotline can be reached on the telephone number +49 0800/ 40 40 020 and is available 24 hours a day in up to 18 different languages.

Kamp-Lintfort Kindernest – A nest for every child (in German)

Having a baby is a wonderful and life-changing experience. However, after the baby arrives and the initial euphoria passes, parents soon realise that a new baby brings a whole slew of challenges big and small. The Kamp-Lintfort Kindernest is there to help with a range of services offered at no charge or binding commitment to parents:

- Information about services available to parents in Kamp-Lintfort,
- Support with applications or forms,
- Budgeting advice,
- General advising for stress or conflict situations,
- Referrals to midwives or pediatric nurses,
- Help locating childcare services for your child.

Diakonisches Werk of Church District Moers:

Petra Treeter
Konradstraße 86
47475 Kamp-Lintfort
Mobile: +49 2842 9284212

Child Counselling Office Kamp-Lintfort

Depending on the individual situation of the affected parents, children and young adults, the Child Counselling Office offers single consultation appointments, parents and family meetings, medical examination on the basis of psychology, special education and motopedics, or therapeutic measures for children and young adults.

Services for parents, legal guardians, and families:

- Individual consultations
- Family consultation, family therapy
- General advising
- Crisis intervention
- Break up and divorce
- Open consultation hours

Contact:

Moerser Str. 165 a
47475 Kamp-Lintfort
Tel.: +49 2842 908280

Deputy Equal Opportunities Representative of the city Kamp-Lintfort

The Deputy Equal Opportunities Representative is the contact person in all areas of living and working conditions for women.

The following tasks are matters of the deputy equal opportunities representative:

- Providing information (e.g. in the area of reconciliation of work life and family matters, marginal employment relationships etc.)
- Consultation and support (e.g. in matters of separation, difficulties at the workplace)
- Networking: collaboration with women organisations and groups, with women of all societal areas
- Forum for women to interconnect interests of women in the city

Deputy Equal Opportunities Representative Petra Niemöller:

Am Rathaus 2

47475 Kamp-Lintfort

Tel.: +49 2842 912446

E-Mail: petra.niemoeller@kamp-lintfort.de

Counselling service in migration matters Caritas Moers-Xanten e.V.

The counselling service in migration matters is a contact point for all immigrant adults as of 27 years who have questions regarding immigration. The service also offers consultation and help. The multicultural team supports families through professional knowledge and experiences, e.g. with regard to questions of:

- Immigration law and right of residence
- Residence status
- Language problem / language courses
- Educational and vocational integration
- Marriage, family, and parenting
- Health
- Matters of agencies
- Poverty and indebtedness
- Addiction
- Problems in your daily life

Contact:

Sabine Marx-Krimi

Markgrafenstraße 6

47475 Kamp-Lintfort

Tel.: +49 2842 9736302

E-Mail: sabine.marx-krimi@caritas-moers-xanten.de

2. Childcare

2.1 Advising

Equal Opportunity Office and Family Support Service and Equal Opportunities Representatives

The [Rhine-Waal University Equal Opportunities Office and Family Service](#) and [Equal Opportunities Representative](#) are both a partner and point of contact for all students with questions about available social support services and other offers aimed at improving student's work-life-study balance as a parent and equal opportunities for all genders.

Equal Opportunity Office and Family Service (Campus Kleve: 17 GF 003 and 06)

Contact: familienservice@hochschule-rhein-waal.de
gleichstellungsbeauftragte@hochschule-rhein-waal.de

Other advising services at HSRW

For more information about other available advising services at Rhine-Waal University, please see the [helpful overview](#) on our website.

PME Family Services – Counselling and agency offers

The university cooperates with the consultation and mediation service pme Family Service. pme Family Service offers a comprehensive range of quality support services to inform, advise and help student parents arrange childcare (also in English).

- Advising and referring parents to available nanny and au pair services,
- Advising on emergency and short-term childcare options, e.g. during school holidays or business trips,
- advising on available childcare options in private or public sector organisations/schools,
- parents counselling, child education and financial supports,
- nation-wide backup centres

These services are offered to students at Rhine-Waal University of Applied Sciences at no additional charge. All conversations and consultations are treated with strict confidentiality and anyone seeking the service can choose to remain anonymous at all times.

Contact and service portal/ app: “My Family Service”

University members will be sent their unique login link by the university's equal opportunity/ family services team upon request, and employees will be able to access the service portal via the QM portal. The email to request a login or for any other inquiries should be sent to familienservice@hochschule-rhein-waal.de. The login link is required to register as a university member and create a personal account. Users can then log in with their individual login data and access the portal at any time with any device. pme Family Service also offers an app that gives users access to their own personal service site.

Users will discover current information, useful downloads, online midwifery guidance, babysitter search, parent advice, day-care and school search, and much more in their personal online portal.

Students or employees can also contact the pme Family Service directly at:

E-mail: ruhrgebiet@familienservice.de

Tel.: +49 800 801007080

Nation-wide Backup Centres

pme Family Service offers nationwide backup centres for emergency support. The overview of the backup centres and further details can be found in the online portal "[My Family Service](#)".

PME Family Service offers lectures and webinars (interactive online seminar) in the field of childcare

Registration is possible in the online portal. Students also filter by "employees of the contractual partners" in order to find suitable offers. If students would like to register for a webinar, it is best to filter for "virtual".

What is a webinar?

A webinar is an interactive online seminar held over the Internet at a specific time. University members of HSRW can participate in the webinar for free. Participants need a PC, tablet, or smartphone that can access the Internet, and can participate in the webinar from any location they choose. The webinars are hosted by expert speakers and are designed in such a way that there is enough room for questions in addition to presentations.

In case there are any questions left unanswered, the family service can be contacted via familienservice@hochschule-rhein-waal.de or the pme family service can be contacted directly via ruhrgebiet@familienservice.de.

2.2 Childcare options in Kleve und Kamp-Lintfort

Daycare (*Kitas*)

From their first birthday to the first grade, children in Germany have a legal entitlement to a spot in a day-care facility or to a home day-care service. Children younger than one year are entitled to day-care when their parents or legal guardians resume working or are currently enrolled students (see Volume VIII, German Social Code, Section 24 for more information).

Both Kleve and Kamp-Lintfort offer a number of day-care facilities run by different organisations. Policies for opening hours and distribution of spots vary, thus specific Kitas should be contacted individually for more information:

[Kitas in Kleve](#) (in German)

[Kitas in Kamp-Lintfort](#) (in German)

Kita fees (*Elternbeiträge*) are calculated according to parents' combined income. These fees are generally payable to the city's youth welfare office (*Jugendamt*). More information can be found on the following official websites:

[Jugendamt Kleve](#) (in German)

[Amt für Schule, Jugend und Sport](#) (Responsible for Kamp-Lintfort; in German)

Inclusive Day Care Centers in Kleve and the surrounding area

The [Family Centre Sterntaler](#) in Goch

The [Family Centre Zauberstern](#) in Kleve

The [Day Care Centre Regenbogen](#) in Kleve

Inclusive Day Care Centre in Kamp-Lintfort and the surrounding area

[Inclusive Day Care Centre Alte Schule Hoerstgen e.V.](#)

[Protestant Family Centre Arche](#)

[Catholic Day Care Centre Kleine Oase](#)

[Catholic Day Care Centre St. Marien](#)

[Urban Day Care Centre Bunte Welt](#)

Waiting list for contingent places at KiTa "KiKu's Wilde 13" in Kleve

In cooperation with the day-care centre "Kiku's Wilde 13", the university offers contingent places for children of all university members.

The places are usually fully occupied. You can register your need and put your name on the waiting list. To do this, you must register in **both** portals:

You must 1. register with KiKu on the company childcare mask: <https://kinderzentren.de/anmeldung-fuer-die-kita-kikus-wilde-13-kleve/>

And 2. at the KiTa online portal of the city of Kleve: <https://kita-online.krzn.de/buerger/kita/home>

It cannot be guaranteed when free places will be available.

On the [homepage](#) you will find information about the conditions and how to reach the KiTa. You are also welcome to contact the management of the KiTa to discuss your application or any open questions.

You can find the KiKu (Kinderzentren Kunterbunt) parents' brochure [here](#).

The house concept and a price list of the KiTa can also be found on the above-mentioned [homepage](#) in addition to the registration form.

Contact:

Johann-Manger-Straße 17

47533 Kleve

Tel.: +49 2821 9742081

Fax: +49 2821 9793809

E-mail: kiku-wilde-13-kleve@kinderzentren.de

Home day-care services

Home day-care services, for example with licensed child minders (*Tagesmutter* or *Tagesvater*), are also available in Germany for children up to three years of age. Home day-care services come in the following arrangements (subject to local availability):

- childcare at home,
- childcare with a child minder and up to four children, and
- childcare with a team of up to three child minders and up to nine children in suitable external facilities.

Child minders are much more than babysitters, they also promote the individual social and mental development of the children they care for. They plan educational activities, support the parenting process, and help parents pursue a healthy work-life-study balance.

The main advantages of child minders over Kitas are:

- small groups,
- family-like environment and structure,
- tailored to parents' specific needs,
- usually close to home and

- flexible scheduling.

Children enrolled in day-care facilities or schools are also eligible for supplementary childcare through a child minder as well.

Fees are also calculated according to parents' income and are thus comparable to those of a Kita.

[Home day-care services in Kleve](#) (in German)

[Home day-care services in Kamp-Lintfort](#) (in German)

2.3 Childcare during school holidays

Holiday Care Programmes of the cities Kleve and Kamp-Lintfort

Due to the jurisdiction of the district of Kleve, the city offers a variety of local programmes better known as “[Action Fun Holidays](#)“ (“Aktion Ferienspaß“). The offers as part of “Action Fun Holidays” are financed – in parts entirely - by the department of youth and family of the district of Kleve. The organizers are different free and communal sponsors.

The department of youth and family of the district of Kleve offers annually measures of rest on the periphery (“Stadtranderholungsmaßnahmen”) for children during summer holidays. The children can expect a wide range of activities.

There are three Holiday Care Programmes of the district of Kleve:

1. [Stadtranderholung of the northern district](#)
2. [Stadtranderholung of the southern district](#)
3. [Stadtranderholung for children and juveniles with multiple disabilities](#)

Contact:

Mrs. Kalkes
Tel.: +49 2821 85465

Likewise, the city of Kamp-Lintfort offers different Holiday Care Programmes for children and juveniles. Parents can inform themselves about current holiday care offers on the [homepage of the city of Kamp-Lintfort](#).

Contact:

Insa Stürmer
Mobile: +49 2842 912138
E-mail: insa.stuermer@kamp-lintfort.de

Further local Holiday Care Programmes: Overview

Who?	Where?	Contact	Phone number	E-mail address	Link
Blue Point – Integrative Holiday Program	Bahnhofsstr. 33 47608 Geldern	Monika Hoolmann	+49 2831 1328565	bluepoint@lebenshilfe-gelderland.de	Here
Farm Maas	Vernumer Str. 220 47608 Geldern-Vernum	---	+49 2831 5548	info@bauernhof-maas.de	Here
“Free time of disabled youth” e.V.	Roermonderstr. 217 41068 Mönchengladbach	Jessica Beckers	+49 2161 52031	afb@afb.de	Here
Lutheran Church Kleve	Lindenallee 42 47533 Kleve	Petra Harpain	+49 2821 233310	petra.harpain@ekir.de	Here
Hoetzenhof	Hardtscher Weg 14 47589 Uedem-Keppeln	---	+49 2825 7978	info@reitercamp-hoetzenhof.de	Here
Theater “im Fluss”	Ackerstraße 50-56 47533 Kleve	---	+49 2821 979379	thea.fluss@t-online.de	Here
Wellenbrecher Weeze	Vittinghoff-Schell-Park 2 47652 Weeze	---	+49 2837 910207	wellenbrecher@weeze.de	Here
Youth Hostel Kleve	St. Annaberg 3 47533 Kleve	Imgard Jansen	+49 2821 18357	kleve@jugendherberge.de	Here

More detailed information can be found in the section “Holiday Programme/Ferienbetreuung” of the Moodle course [“Familienservice/Studieren mit Kind”](#).

3. Care giving to family members

3.1 Kleve

Consultation and mediation in the area of care giving to family members

The Rhine-Waal University works together with the consultation service benefit@work that provides information about care giving to ill, disabled or elderly family members (inter alia care level, care insurance, dementia, provision for the future). This cooperation partners provides web-based seminars that address daily challenges with responsibilities for care giving to family members and in this respect offer advice (most webinars are in German, but there are also a few in English).

Besides, benefit@work supports in reconciling work / study and care. With their quality-tested service providers, benefit@work offers individual and professional consultation on matters relating to the care of relatives. In case university members want to make provisions for themselves, they can also receive expert advice on the subjects of healthcare proxy („Vorsorgevollmacht“), patient decree and care directive.

Contact

Service-portal: <https://hsrwstud.benefitatwork.de/web/guest>

The password for access to the service portal can be requested from the HSRW [family service](#).

Phone number for consultation: +49 331 231 879 40

E-mail: info@benefit-at-work.de

Further information with regard to care giving to family members can be found in the Moodle course “[Familienservice / Studieren mit Kind](#)” or via: <https://www.hochschule-rhein-waal.de/en/university/organisation/advocacy-representatives/equal-opportunities/family-service/caring-family>

Caritas Association Kleve e.V.

Caritas “Caregiving & Health” is a modern organization that retrospectively has had a long tradition in the area of caring for sick and people and people in need of help. Thereby, the person is the centre of attention. Based on this perspective, the offers are not considered as individual services but rather in an interconnected context. These are the offers:

- Everyday support
- Counselling regarding dementia
- Mobile care
- Day-care

- And much more

Contact:

Alexia Meyer
Hoffmannallee 66-68
47533 Kleve
Tel.: +49 2821 7209380
E-mail: a.meyer@caritas-kleve.de

Pflegewegweiser NRW

The counselling center in the district of Kleve provides support in all questions relating to care giving and maintenance of elderly people. These include:

- Benefits and long-term care insurance
- Organization of care: outpatient and inpatient care
- Funding for care
- Relief options for care giving relatives

Contact:

Rainer Giesen
Nassauerallee 15-23
47533 Kleve
Tel.: +49 2821 850
E-mail: rainer.giesen@kreis-kleve.de

AWO, District Association Kleve e.V.

The AWO – District Association Kleve e.V. – provides:

- Daycare facilities for people who wish for or are in need of support
- Accompaniment of daycare guests
- Cross-generational concept with neighboring daycare centers
- Collaboration with doctors, health care professionals, chaplains and more ...
- Transfer-service in cooperation with local companies
- Counselling and further training for care giving relatives
- Care advice and advice on care needs

Contact:

Thaerstraße 21
47533 Kleve
Tel.: +49 2821 8993930
E-mail: info@awo-kreiskleve.de

3.2 Kamp-Lintfort

Caritas Association Moers-Xanten e.V.

The Caritas Association Moers-Xanten e.V. provides the following offers:

- “Wohnwelten” Caritas
- Day care
- Mobile nursing service
- Consultation for elderly people
- Consultation for care giving relatives on treatments at health resorts
- Und much more

Contact:

Thomas Kegler

Neustraße 35

47441 Moers

Tel.: +49 2841 901035

E-mail: thomas.kegler@caritas-moers-xanten.de

AWO, District Association Wesel e.V.

The AWO – District Association Wesel e.V. – provides [outpatient help](#) and [inpatient help](#) for care recipients.

Local Association Kamp-Lintfort:

Markgrafenstr. 9

47475 Kamp-Lintfort

Tel.: +49 2842 9031655

E-Mail: info@awo-kamp-lintfort.de

Pflegewegweiser NRW – Care-giving advice of the city of Kamp-Lintfort

The counselling center in the city of Kamp-Lintfort provides support in all questions relating to care giving and maintenance of elderly people. These include:

- Services and long-term care insurance
- Organization of care: outpatient and inpatient care
- Funding for care
- Relief options for care giving relatives

Contact:

Sarah Schürmann

Am Rathaus 2

47475 Kamp-Lintfort

Tel.: +49 2842 912266

E-mail: sarah.schuermann@kamp-lintfort.de

4. Maternity Protection

Information on the Maternity Protection Act of the HSRW

As of 1 January 2018, Germany's Maternity Protection Act (Mutterschutzgesetz, MuSchuG) applies to pregnant students as well, granting special legal protections during pregnancy and nursing periods. These include, for example, a legally protected maternity leave before and after your pregnancy (generally 6 weeks prior to birth and 8 weeks afterwards), as well as a right to alternative arrangements for courses and/or lectures held during this time.

Disclosing your pregnancy to HSRW

The position of pregnant and breastfeeding students has been significantly enhanced by the law. For example, there is now an obligation to register and report pregnant students who want to make use of the protection and the associated regulations. It is also required to conclude an assessment of study programs and study procedures for possible hazards, analogously to the assessment of workplaces for possible hazards to pregnant women and their unborn children, which is independent of the occasion.

In order to claim and assert your legal rights, you must officially disclose your pregnancy and/or nursing period to HSRW (pursuant to § 15 MuSchuG). We cannot obligate you to do so: it is ultimately your decision. Naturally, we recommend you do contact us so that we can help you better understand your legal rights as a mother-to-be and avoid potential health risks related to your studies as early as possible. To disclose a pregnancy, please contact the Study Guide for your faculty. The contact information can be found [here](#).

Risk assessment and alternative arrangements

Some of your modules and study course related events may pose potential health risks to the students or the child, for example labs in technical or scientific degree programs or activities involving young children in the framework of the study program Early Childhood Education B.A.. The university is thus obliged to carry out a risk assessment for the relevant study programs with regard to pregnancy / breastfeeding and to act accordingly (§10 MuSchuG).

The university therefore offers the opportunity for an individual consultation about relevant regulations, counselling, and support services within and outside the university and plans the suitable steps together with the mother. In the case of a discovered pregnancy, you can contact the study guide responsible for the faculty.

Their contact details (as well as further information on maternity protection) can be found on the [homepage of the student guides](#).

Maternity protection includes not only the entitlement to protection periods before and after childbirth (6 and 8 weeks respectively), but also the possibility of compensation for disadvantages if examinations take place during this period. Section 6 (4) of the RPOs stipulates that examination procedures must allow for the use of protection periods according to the Maternity Protection Act and the Parental Allowance and Parental Leave Act, as well as for periods of absence due to the care of persons according to Section 64 (2 a) HG NRW. If a time adjustment of procedures is necessary, an application by the candidate to the examination board is usually required.

It is generally advisable to talk to the examiners in advance and to find out about possible individual solutions or alternative study/ examination arrangements. However, there is no obligation to offer alternative arrangements (especially for examinations). In any case, however, the triangle between the student, the examination board and the examiner will strive to find a feasible solution that is as favorable as possible for all parties involved.

You can download the legal text regulating maternity protection [here](#) (in German).

The Federal Ministry for Family Affairs, Senior Citizens, Women and Youth has also summarised all the important regulations and a variety of other useful information in a brochure entitled "[Guide to Maternity Protection](#)".

Resource Guide on Maternity Protection of the BMFSFJ

The Federal Ministry for Family Affairs, Senior Citizens, Women and Youth compiled a guide on maternity protection that comprehensively captures the following topics:

- What is maternity protection? Which women are protected? When does maternity protection start, how long does it last? Who is responsible for implementing maternity protection? Who advises if there are any questions or ambiguities?
- Health protection at the workplace
- Employment protection
- Benefits before and after giving birth
- Important regulations on maternity protection

Funding options

Federal Foundation – Mother and Child – *Bundesstiftung Mutter und Kind*

The [Federal Foundation - Mother and Child](#) provides emergency financial support to pregnant women, acting as an additional safety net in cases where statutory financial assistance is insufficient or otherwise unavailable. The amount and duration are generally determined by the individual financial need of the expectant mother. As a general rule, the Foundation grants subsidies on a subordinate basis. Thus, potential applicants should first apply for all financial support options provided by the German government. The Foundation can then supplement the benefits granted according to its assessment.

Right to maternity protection to compensate for financial disadvantages

The [Maternity Protection Act](#) (Mutterschutzgesetz, MuSchG) applies to all (expectant) mothers who are in an employment contract. This also implies home workers, domestic workers, marginally employed persons, female trainees and, under certain conditions, female pupils and students.

The aim of maternity protection law is to ensure the best possible health protection for pregnant and breastfeeding women. Women should not suffer disadvantages in their working lives because of pregnancy and breastfeeding, nor should a woman's self-determined decision about her employment be violated. This will improve women's opportunities and strengthen their rights to continue working during pregnancy and breastfeeding without compromising their health and that of their child.

In order to protect women from financial disadvantages during this period, the Maternity Protection Act regulates various maternity benefits:

Maternity benefits - *Mutterschaftsgeld*

Many female students work part-time during their studies and as a result the provisions of the Maternity Protection Act (Mutterschutzgesetz) also apply to them before and after birth.

Not all female students are eligible for maternity benefits, as it depends on an existing employment relationship that is interrupted by the statutory prenatal protection period in Germany. In addition, female students must also be enrolled with a public health care insurance provider. The type of health insurance is also an important consideration.

Female students with compulsory or voluntary health insurance through a public health insurance provider will receive maternity benefits directly from their insurance provider. The amount is based on the student's average net salary for the previous three calendar months before the statutory protection period took effect. Applications must be filed directly with the health insurance provider.

Female students with family health insurance or private health insurance are eligible

for maternity benefits from the German Federal Insurance Office (Bundesversicherungsamt) if they worked at a company or as a freelancer before the statutory protection period *or* their employment contract was lawfully terminated by their employer during pregnancy.

For more information, please visit [Familienwegweiser](#) (in German).

Employer's supplement to maternity pay during maternity protection periods

You are entitled to the employer's supplement to maternity benefit if your average net wage per day is higher than 13 euros. This means from a monthly net wage of 390 euros.

Payment of wages in case of employment prohibitions outside the maternity protection periods (so-called maternity protection wages)

You receive maternity protection pay if you are not allowed to work before the start and after the end of the maternity protection periods due to a prohibition of employment, for example due to a medical prohibition of employment.

Maternity protection pay is the average pay of the last three calendar months prior to the start of pregnancy. If the employment relationship does not begin until after the onset of pregnancy, the average remuneration shall be calculated from the remuneration of the first three months of employment. Maternity protection pay is considered a normal wage and you must pay taxes and social security contributions. In order to receive your maternity protection pay, you must submit a certificate of the individual employment prohibition to your employer as soon as possible.

Consultation options and the provision of information based on topic areas such as maternity protection and pregnancy can be gathered from [chapter 1](#) in this guide.

5. Single parenting

Consultation Programmes for Single Parents

VAMV (Association of Single Mothers and Fathers)

The interest group for single parents, the Association of Single Mothers and Fathers (VAMV), has been campaigning for the special concerns of single parents and against their structural discrimination since 1976. The association provides information on e.g., childcare and financial matters. It offers a crisis hotline to support single parents by providing psychosocial counselling and assessing individual options for taking action.

Members of the VAMV maintain local networks for exchange and mutual support via Facebook. Such a group exists for the district of Wesel:

Facebook page: <http://www.facebook.com/groups/alleinerziehendimkreiswesel/>

E-Mail: <mailto:alleinerziehendimkreiswesel@gmx.de>

Board of VAMV NRW :

Antje Beierling and Nicola Stroop
 Rellinghauser Str. 18, 45128 Essen
 Tel.: +49 201 82774 799
 E-mail: info@vamv-nrw.de

EFUS project

Caritas in Kleve runs a programme for single parents, funded by the [Kreis Klever EFUS project](#), which aims to provide relief and relaxation. Volunteer babysitters are also recruited in this context. Single parents can receive individual support through the EFUS project. Applications can be made directly to the district of Kleve. The AWO-Kreisverband Kleve furthermore provides advice on the EFUS project and helps with applications.

EFUS Projekt Kreis Kleve:

Wolfgang Freyth
 Lindenallee 23, 47533 Kleve
 Tel.: +49 2821 8960699
 E-mail: efus@kreis-kleve.de

Diaconia of the district of Kleve

The [social counselling service of the Diaconia](#) is an open and free service. As a first contact point of the diaconal services, the social counselling service offers information,

mediation to relevant agencies and support. Furthermore, it is a non-denominational offer of the Diaconia and thus, is not only provided to people with a Lutheran background. People can make use of this social counselling service regardless of their confession, age group or social background. The dialogue is confidential and if requested, anonymous. Individuals, families and single parents receive support with different (psycho-) social problems, especially with regard to unemployment, sickness, disability or lack of income.

Social Counselling Service Kleve:

Jutta Seven
Hagsche Straße 91 (Gemeindezentrum Versöhnungskirche),
47533 Kleve
Tel.: +49 2831 9130811
E-mail: seven@diakonie-kkkleve.de

Services of the Grafschafter Diakonie for single parents in Homberg

The Grafschafter Diakonie office in Homberg offers single parents specialist counselling and group services.

Further information on special offers can be found on “[Current Events](#)” of the Grafschafter Diakonie.

Diakoniezentrum Homberg:

Birgit Scheller
Dr. Kolb-Straße 21
47198 Duisburg
Tel.: +49 2066 99740

Youth Welfare Office Kleve (Jugendamt Kleve)

The city of Kleve provides an own [Youth Welfare Office](#) that creates positive living conditions as well as a child- and family-friendly environment. The main tasks are the encouragement of young adults and the consultation and support of parents.

During a state of crisis or conflict situation, the Youth Welfare Office of Kleve consults and aims at finding individual appropriate solutions jointly with the single parents.

Questions regarding separation, divorce as well as the arrangement of the parental custody – from handling contacts to the perception of parental responsibility – can be dealt with through competent counselling and mediation-based offers.

City Kleve specialized department for adolescents and children:

Lindenallee 33
47533 Kleve
Tel.: +49 2821 840 (headquarters)

The local competency depends on the residence of the family. The contact data of the responsible case officer can be found in the [street directory](#).

General Social Service (ASD) Kamp-Lintfort

Every age of a child yields new challenges and surprises. Family structures are changing, new models are tested, the demands on parents are increasing and being employed is requiring new solution approaches in the area of childcare.

The main offers of the General Social Service are

- Support to educate children according to § 27-42 SGB VIII
- Consultation in case of separation or divorce (§ 17 SGB VIII)
- Social-pedagogical promotion of educating children (§ 27 SGB VIII)
- - General promotion of education according to (§ 16 SGB VIII)

The local competency depends on the residence of the family. The contact data of the responsible case officer can be found in the [street directory](#).

Contact Neues Rathaus:

Am Rathaus 2

47475 Kamp-Lintfort

Emergency numbers: +49 173 5204937 (Altes Rathaus) &
 +49 162 2505059 (Eichendorffstraße)

Financial Support for Single Parents (BMFSFJ)

The Relief Allowance – Entlastungsbetrag

Single parents have to bear higher financial burdens due to more expensive household management. This is where [the tax relief allowance](#) for single parents can help. A variety of family benefits, for example child benefit, advance maintenance payments or child supplement, help to improve the financial situation for single parents and their children. Other social benefits - for example housing benefit or basic security benefits - also provide special support for single parents.

The relief contribution is currently 4008 euros per year (as of 2022). If there are several children, the relief amount increases by 240 euros per child from the second child onwards.

Maintenance Advances – Unterhaltsvorschuss

[Maintenance Advances](#) are available to children who live with a single parent and get no or little regular support from the other parent. It is applied for in writing at the maintenance advance office (usually at the competent youth welfare office). There is

no income limit for the single parent. A court maintenance judgment against the other parent is not required. If the other parent is fully or partially productive, the state will claim the amount of the child support paid.

Advance maintenance payments are granted without a time limit. The payment ends at the latest when your child turns 18. The amount of the advance maintenance payment depends on the age of the children and since 1 January 2022 amounts to the following per month ([BMFSFJ - Unterhaltsvorschuss](#)):

- 177 euros/month for children from 0 to 5 years,
- 236 euros/month for children from 6 to 11 years,
- 314 euros/month for children from 12 to 17 years.

Maintenance

Maintenance is what one person provides to meet the living necessities of another person. Maintenance can be provided, for example, in the form of money, property, but also education, care, nursing and personal attention. Who pays what for maintenance is particularly important when parents separate. Maintenance is provided, for example, for [children](#), [divorced persons](#), [separated persons](#) and [unmarried parents](#).

Tax Relieve

The website of the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth provides information on the exemption amount for children of single parents.

Unemployment Benefit II for Single Parents

If a parent is separated or a single parent and receive unemployment benefit II (ALG II, also called "Hartz IV"), they can receive additional benefits for single parents. The amount of the additional benefit depends on the number and age of the children.

Social assistance

If a parent is separated and raises a child or a single parent and does not receive unemployment benefit II, they can get social assistance. In addition, they will receive supplementary benefits depending on the age and number of their children (single-parent supplementary benefits).

Regulated by law is only the case that a single parent is responsible for the care and upbringing of the child without the involvement of the second parent. In this case, they alone are entitled to the statutory amount of additional benefits.

If the second parent participates proportionately, the additional benefit for single parents is to be distributed by individual decision. In view of the very small number of

children and single parents entitled to benefits under SGB XII compared to SGB II, this allows for flexible solutions.

Single parents can especially claim the **Parental Allowance** and the **Child Allowance**. Further in-depth information can be gathered from chapter 6 "[Financial Support](#)".

6. Financial Support

Raising a child while earning a degree is not easy. One of the biggest challenges is finding a way to finance studies and family budget. Students often live on tight budgets as it is – and that is before factoring in the cost of childcare.

Fortunately, students in Germany are generally eligible for a number of financial support options, whether separately or in combination, that can ease the financial burdens of raising a child.

The following section provide an overview of the main child benefits available in Germany. The amounts of these benefits generally change over time, so it is important to look into the rates for the current calendar year. Also, note that not all students in Germany are eligible to apply.

Federal student loans – BAföG

Important note: Students with a residence permit for study purposes (Section 16 AufenthG) are ineligible for BAföG!

Students with children or parents-to-be who are currently receiving federal student loans (BAföG) can apply for an additional [childcare allowance](#). This allowance is intended to help parents pay for the costs associated with childcare so that they can return to their studies. Students are eligible for this allowance of 160 euros per month (per child) for as long as they continue to receive BAföG and, at the same time, share a household with at least one of their (own or adopted) children under 14 years of age (§ 14b BAföG).

The childcare allowance does not need to be paid back at the end of the loan period. However, if the student lives in a household with their partner and both of them are currently receiving BAföG, note that only one is eligible to receive the childcare allowance.

Beyond the childcare allowance, student parents receiving BAföG can generally extend their loan period for a reasonable amount of time to compensate for the delays caused by having and/or raising a child. As a result, additional loan payments due to childcare are treated as a bonus, meaning they do not come with repayment obligations.

More information about the childcare allowance and other special provisions affecting students with children or parents-to-be (interruptions to study progress, examinations etc.), can be found on the websites of the [Federal Ministry of Education and Research](#) (in German) and the [Studierendenwerk Düsseldorf](#) (in German).

Parental allowance – *Elterngeld*

Parental allowance is a form of income compensation for lost earnings. Parents who take time off from work following the birth of their child are eligible to receive this allowance for up to 14 months (14 months if both parents take parental leave, one parent can take a maximum of 12 months), which amounts generally between 65% and 67%, in exceptional cases up to 100% of the parent's average monthly (net) salary prior to the birth (up to a maximum of 1,800 €). Students with little to no income are usually eligible for the minimum amount of 300 € per month.

Parental allowance can be combined with other social benefits as well. More information about eligibility, sibling bonuses, the new parental allowance plus programme (*ElterngeldPlus*), deductions and more, can be found via [Familienwegweiser](#) (in German).

Child benefits – *Kindergeld*

Parents living in Germany and with unrestricted tax liability are entitled to child benefits in the form of a tax break (see Section 62 ff. of the Income Tax Act [[Einkommenssteuergesetz](#)]).

In all other cases, child benefits are a non-income-related allowance that is tiered according to the number of children. Current rates are (as of January 2021):

- for the first and second child: 219 euros a month,
- for the third child: 225 euros a month,
- for the fourth child and every additional child: 250 euros a month.

Parents are eligible to receive child benefits:

- for every child until their 18th birthday,
- for children in an apprenticeship or vocational training programme until their 25th birthday,
- for children unable to find employment: until their 21st birthday.

The second eligibility scenario above also applies to children who are unable to start or continue an apprenticeship or vocational training due to a lack of available spots.

If the child has successfully completed a first apprenticeship/vocational training or degree, the parent is still eligible for child benefits if they work an average of 20 hours or less per week.

Child benefits are transferred monthly directly to the child's parent or legal guardian's bank account. Parents raising a child together can decide who should receive the benefit.

Parents who live abroad and have limited tax liability in Germany according to the Income Tax Act can, in some circumstances, also receive the child benefit.

The children for whom child benefits are being paid must reside in Germany or a member state of the European Union.

Orphans or children who have been abandoned by their parents are eligible to apply for the child benefit themselves.

In most cases, child benefits are paid by the Department of Child and Family Services (*Familienkasse*) of the responsible employment agency (*Agentur für Arbeit*).

The [Federal Ministry for Family Affairs, Senior Citizens, Women and Youth](#) can be consulted for more information (in English).

Child allowance – *Kinderzuschlag*

Both single parents and couples are eligible for a supplementary child benefit for each child living in their household who is unmarried and younger than 25 years of age if

- child benefits are already being paid for the child,
- the parents' monthly income exceeds the minimum threshold,
- the parents' combined income and assets do not exceed the maximum threshold, and
- the child supplement would elevate the family's income such that they become ineligible for social benefits (*ALG II* or *Sozialgeld*).

The minimum threshold is 900 € for couples and 600 € for single parents. Parents are only eligible for the child supplement if their monthly income in money or monetary equivalents (e.g. gross income, *ALG I*, sick pay etc.) exceed the appropriate minimum threshold.

At the same time, net income and assets may not exceed the appropriate maximum threshold. This threshold is calculated by adding the figure for the parents' basic needs (according to *ALG II*) plus a percentage of living costs plus the total potential child supplement to be paid.

An entitlement to the child supplement nullifies an entitlement to *ALG III*/social benefits and vice-versa.

The amount of child supplement per child varies and is calculated according to the income and assets of the parents and, where applicable, children. As of 1 January 2022, child supplement amounts to a maximum of 449 € per month per child, which is transferred together with the child benefit every month.

To apply for child supplement, please contact the [Bundesagentur für Arbeit](#) that is responsible for all applications and processing. You will be informed about the decision of your application in writing.

Funding options for mothers and mothers-to-be are listed in chapter 4 “[Maternity Protection](#)”.

Unemployment benefits II – *Arbeitslosengeld II (ALG II)*

Students are generally ineligible to receive unemployment benefits (*ALG II*) in Germany because of *BAföG*, but there are some exceptions. For example, students who live with their parents can, in some cases (which are defined by Section 7 (6) No. 2 of Volume 2 of the German Social Code [*SGB II*]), apply for additional *ALG* assistance on top of their monthly *BAföG* assistance.

The [Studierendenwerke](#) offer individual consultation.

In cases of particular need or hardship, students can also receive additional financial support through the *ALG II* programme – but only in the form of a loan (refer to Section 27 (4) *SGB II*). Students can assert claims for additional assistance if they are raising children and as a result cannot work part-time during their studies. In this case, even students receiving *BAföG* are eligible for supplementary assistance. As always, eligibility decisions ultimately occur on a case-by-case basis.

Students expecting or raising children frequently require additional assistance above and beyond *BAföG*. These additional needs can be covered by additional subsidies (see Section 27 (2) *SGB II*). Mothers-to-be, for example, are potentially eligible for additional subsidies for clothing and essentials.

Students taking a leave of absence for pregnancy or childcare purposes are also eligible for *ALG II*. During this time, students are prohibited from earning credits towards their degree.

Also, note that while student parents may be ineligible for *ALG II*, minors under 15 years of age may in some cases be entitled to social benefits according to *SGB II*.

Educational and inclusiveness assistance

Parents and legal guardians receiving the child supplement can also receive additional assistance to enable their children to participate in educational and inclusiveness activities.

In particular, this assistance covers the following:

- all-day or multiple-day excursions at schools or Kitas,
- essential school materials,
- enabling transportation to school,
- appropriate learning support/tutoring,
- school or Kita lunches,
- social or cultural activities in the community.

The [educational and inclusiveness assistance](#) are to be applied for at the competent municipal office.

Student loans from the Studierendenwerk Düsseldorf

The Studierendenwerk Düsseldorf offers three student loan possibilities: the *Daka* loan, the *Bildungskredit* and the *KfW-Studienkredit*.

Daka, an abbreviation from the German "[Darlehenskasse der Studierendenwerke e.V.](#)" (in German), is a loan office of the Studierendenwerk Düsseldorf that offers students a way to finance their studies without juggling a full or part-time job at the same time.

Students can apply for an interest-free loan of up to 12,000 euros and variable monthly payment instalments of up to 1,000 euros. Funding is possible at any stage of the studies. The funding period depends on the needs of the student.

The [KfW-Studienkredit](#) (in German) is another way for students to finance their studies. Students between the age of 18 and 44 (at the time of beginning their current degree) who are pursuing a first or second undergraduate degree, a graduate degree or a doctoral degree are eligible to apply. Note that eligible students must be enrolled as full or part-time students at a public university located in Germany.

The German Federal Government also offers both students and young people in later phases of an apprenticeship or vocational training the possibility of a low-interest loan, the so-called [Bildungskredit](#) (in German). The goal here is to provide an additional low-risk financing opportunity to students and apprentices so that they can focus on completing their education or training. Funding is provided irrespective of the assets and income of the applicants and their parents.

Up to 7,200 euros can be granted within one training period.

Scholarships

Scholarships in Germany are often awarded by foundations that are affiliated with political parties, religious or secular organisations. These scholarships are awarded according to specific criteria, usually personal (sex; ethnic or social background) or academic (performance, extracurricular engagement) in nature. Some foundations offer special scholarships exclusively to female students or single parents. To search for available scholarships for students in Germany, please visit [MyStipendium](#) (in German).

Federal Foundation - Mother and Child – *Bundesstiftung Mutter und Kind*

The Federal Foundation - Mother and Child (in German) provides emergency financial support to pregnant women, acting as an additional safety net in cases where statutory financial assistance is insufficient or otherwise unavailable. As a result, potential applicants should first apply for all financial support options provided by the German government.

When an application is received, the foundation evaluates the applicant's income situation and decides on a case-by-case basis to grant additional financial support. Other eligibility requirements include a permanent residence in Germany and a compulsory consultation with a family planning organisation. There is no legal entitlement to the foundation's financial support.

This financial support does not conflict with other available social benefits such as unemployment benefits (ALG II) etc.

Information by the Studierendenwerk Düsseldorf for international students with children

The advising services of the Studierendenwerk Düsseldorf provide initial information for student parents, particularly with regard to available financial assistance. When they cannot help directly, they will refer to the appropriate person/organisation.

These advising services are particularly important for students from a non-EU country, as they teach more about the rights in Germany and whether the eligibility for certain forms of assistance is restricted. As a rule: always consult with staff at the local immigration office before filing any applications for financial assistance!

For childcare information, the partner organization PME Familienservice can also help with certain applications.

For advice related to a specific study progress, contact either the Study Guide of their respective faculty or, if applicable, the respective study course manager.

7. Degree Progress and Exams

Studying full-time as a parent

Rhine-Waal University of Applied Sciences offers bachelor's degrees in seven semesters of full-time study and master's degrees in three. Though difficult, it is definitely possible for parents to manage a full-time student workload.

Lectures, seminars and practicals are generally held between 8 a.m. and 4 p.m. All-day childcare (whether through a kindergarten, daycare or other recognised organisation) generally affords parents enough flexibility to attend all courses that are held during the day.

Sometimes courses may take place in the early evening (up to 6 p.m. or later) which will often require additional childcare arrangements. The partner organisation PME Family Service can support student's search for supplementary childcare for these kinds of cases (see [section 2](#) above).

In many cases, attendance is not mandatory (excepting certain seminars, projects or practicals). While this affords a certain additional flexibility, students are responsible to catch up on any missed content and course work if they do not want to jeopardise their studies or performance. Fortunately, most professors and lecturers upload course documents, files and learning materials to Moodle for easy access at home. Students are additionally recommended to speak with their professors and lecturers in advance so that they understand that the student's absences are related to childcare obligations. An open dialogue can potentially lead to individual solutions that can help students to balance their obligations as a both, parent and student.

Sometimes it is unavoidable for students to bring their child to campus, whether for important group work or to use campus resources and facilities in the evening hours. In this case, students (and their group) can book the campus parent-child room or temporarily borrow a portable toy box (see [chapter 8](#)). On Campus Kleve (17 EG 003 and 006) there are two mobile boxes of toys available free of charge and on Campus Kamp-Lintfort (02 EG 505 Student Service Point) there is one available for borrowing.

Finally, exams are usually offered at family-friendly times during the day. In some cases, however, exams might not finish until 6 p.m. Thus, extra childcare planning may be necessary.

Studying part-time

If a student is currently working at least 20 hours or is self-employed, they are eligible to enrol as a part-time student in certain degree programmes at Rhine-Waal

University of Applied Sciences. As a part-time student, they have more freedom to plan their studies around their individual work schedule and can potentially earn a bachelor's degree in as few as 9 semesters. More information can be obtained from the [Central Student Advisory Service](#) (ZSB).

Compulsory exam registration

The [General Examination Regulations](#) (RPO) which came into effect in 2018, regulates that there are no more compulsory exam registrations. However, students are advised to look into their study course specific Examination Regulation. These regulations can deviate from the regulation as it is the case for example for the faculty of Society and Economics. Nevertheless, in exceptional circumstances, the faculty's examination board should be consulted regarding implementation choices. Exceptional circumstances are also mentioned in course-specific examination regulations, which might include child care and rearing. For example, in the event of the care and raising of minors, it would be feasible to debate the potential of granting an application for an exemption from compulsory registration.

Thesis

Section 25 and 23 of the RPO permits the head of your Examination Board to extend thesis deadlines if justified and requested in writing before the end of the original deadline. Justified reasons for an extension include, for example, periods of time in which you cared for an ill child. Requests usually need appropriate proof (i.e. a doctor's note) and are always decided on a case-by-case basis.

Sick on exam day

According to Section 13(2) of the RPO, students who miss an examination because of illness can submit a doctor's note (in some cases from a doctor of your Examination Board's choosing). If the Examination Board excuses the absence, the examination attempt is automatically nullified.

The Examination Board can also recognise absences which were caused by an ill child and lack of alternative childcare arrangements. However, as with deadline extensions, students must submit verifiable proof (i.e. doctor's note) and decisions are made on a case-by-case basis. As always, it is important that students notify their instructor as well as the Examination Service and their Examination Board as soon as possible after an absence.

Semester of leave

Students at Rhine-Waal University of Applied Sciences are entitled to semesters of leave for important reasons (see Section 9 of the [HSRW Enrolment Regulations](#)). This can be relevant, for example, in order not to extend the standard period of study. Important reasons include pregnancy, the care and upbringing of minor children or the care and support of spouses, life partners, or other close relatives. Note that during a semester of leave you will not be eligible for your BAföG assistance, if applicable.

While students are generally prohibited from earning credits during a semester of leave, by law this restriction does not apply to those providing care to a child or immediate family members.

For protection periods and equivalent benefits during maternity leave, see [Chapter 4](#) (Maternity Protection).

8. Family-Friendly Infrastructure at HSRW

Parent-Child Rooms

Each campus has a designated parent-child room, which can be used at no charge by all members of the Rhine-Waal University of Applied Sciences. In Kleve, the parent-child room is located in room 17 EG 004, in Kamp-Lintfort in room 04 01 325. Both rooms contain a PC workspace, a child-sized bed, a sofa and a play corner. In order to use the parent-child room, the room must be booked for the desired date. An access is possible via a transponder.

Students may contact the central opportunities representative, the equal opportunities office or decentralized equal opportunities representatives for a reservation of the room. After booking, a transponder for the room can be borrowed on the day of the booked appointment at the locations mentioned below.

In Kleve

- at the campus supervision (building 04, ground floor)
- at the Dean's Office faculty Life Sciences (12 01 006)
- at the Dean's Office faculty Society and Economics (02 01 008)

and in Kamp-Lintfort

- in the library (building 01, top floor)
- at the Student Service Point (02, ground floor, 505).

After using the room, the transponder must be returned personally.

Contact information for booking

Equal Opportunity Office and Family Service:

familienservice@hochschule-rhein-waal.de

Equal Opportunities Representative of the Faculty Technology & Bionics:

gleichstellung-ftb@hochschule-rhein-waal.de

Equal Opportunities Representative of the Faculty Life Sciences:

gleichstellung-fls@hochschule-rhein-waal.de

Equal Opportunities Representative of the Faculty Society & Economics:

gleichstellung-fgo@hochschule-rhein-waal.de

Equal Opportunities Representative of the Faculty Communication & Environment:

gleichstellung-fku@hochschule-rhein-waal.de

Guests

Guests of the Rhine-Waal-University also have the possibility to use the parent-child room after special agreement with the equal opportunities' office.

The general terms and conditions of use are outlined in the [parent-child room rules](#) and at the [Home Page](#) of the Equal Opportunities Office.

Canteens

The [campus canteens](#) in Kleve and Kamp-Lintfort provide high chairs at no extra charge.

Room 16 EG 011, located in the canteen building in Kleve, also contains a changing station for parents.

Campus Libraries

Both [campus libraries](#) include individual work rooms ([carrels](#)) which can be booked by student parents and outfitted with an additional child-sized desk and chair upon request. Carrels must be booked at least 24 hours in advance.

Student Advisory Service (ZSB)

The Student Advisory Service has a play area to be used by children while their parents get consultation regarding their studies.

Changing Stations

Changing stations can be found at the following campus locations

In Kleve

- 01 EG 021 (Audimax)
- 03 EG 015 (gender toilet, handicapped accessible toilet)

- 16 EG 011 (Canteen)
- 18 EG 012 (Library building)

and in Kamp-Lintfort:

- 01 01 026 (Main Lecture Hall)
- 02 EG 036 (Faculty Building).

Portable toy box

To make Rhine-Waal University of Applied Sciences an even more family-friendly place of study and work, the Equal Opportunities Team offers students and employees mobile toy boxes.

Due to childcare emergencies, it can happen that students or staff have to bring their child to the university. The mobile boxes of toys help parents and children to make their stay at the university entertaining. They include toys for infants like colouring books and crayons, picture books and reader, puzzles, games or puzzle magazines and can be handed out on an hourly or daily basis.

On Campus Kleve (Building 17, Equal Opportunities) there are two mobile boxes of toys available free of charge and on Campus Kamp-Lintfort (02 EG 505 Student Service Point) students can borrow one.

More information can be requested from the family service via familienservice@hochschule-rhein-waal.de or from the Equal Opportunities staff at gleichstellung@hochschule-rhein-waal.de

University members are invited to consider donating toys (which are in good condition) to the portable toy box!

Information platforms: Homepage and Moodle Course of the Family Support Service

All current offers of the Family Service can be found on the [HSRW homepage](#).

Students are also provided with the Moodle course “[Familienservice/Studieren mit Kind](#)” that offers a cluster of information regarding different topics. The password for enrolment will be sent upon submitting a request to familienservice@hochschule-rhein-waal.de. All staff members and students with children and/or with caregiving responsibilities to family members are able to find current offers in the Moodle course. Furthermore, the Moodle course holds a forum in order to enable students to exchange their questions, experiences and other concerns.

The family service has created a block on the topic coronavirus and home office with children. University members will find further ideas, information and tips for everyday

life with child during this exceptional situation. Furthermore, information is provided on caring for family members during the Covid 19 pandemic.

Childcare options during the exam period

The Family Service offers (irregular) emergency childcare during the exam periods, which coincide with holiday periods. Students are recommended to look out for the latest information mails from the Family Service.

9. Accommodation

Halls of residence run by the Studierendenwerk Düsseldorf

The Studierendenwerk Düsseldorf offers affordable housing solutions in both Kleve and Kamp-Lintfort. Many of the flats in these halls of residence accept parents with children as well.

All students at Rhine-Waal University of Applied Sciences are eligible to apply for housing from the Studierendenwerk Düsseldorf. These rooms are in high demand, so students may be put on the waiting list first. Students who are interested in signing up for a room, are required to register online at the homepage of [Studierendenwerk Düsseldorf](#) (in German) as soon as possible.

Housing allowance (*Wohngeld*)

Parents searching for a place to stay need to consider not only their proximity to campus, but also whether there are any nearby *Kitas*, schools or child minders.

Before housing is found, parents should also investigate whether they qualify for a housing allowance through the German government. If so, there are additional important housing criteria to consider (e.g., maximum allowable size of the flat). An initial consultation with the housing allowance office [*Wohngeldstelle*] is strongly advisable.

The housing allowance is an additional financial support available for both renters (whether in flats or single rooms) and for parents who own the house or flat they are living in. General eligibility for housing assistance, as well as the amount the parents are entitled to, depend on three main factors:

- the number of people in the household,
- parents' total combined income,
- the eligible amount of rent/mortgage payments.

Parents' monthly combined income may not fall below or exceed certain threshold amounts. More information can be found [here](#).

House allowance can be approved for up to 12 months and payments begin in the month of filing. Each extension beyond this initial period requires a new application before a certain deadline. For a non-binding eligibility check, please visit [the housing allowance calculator](#) (in German) maintained by the state of NRW.

Generally, if the student is currently receiving social assistance on the basis of *SGB II*, *SGB XII* and *SGB VIII* (such as *ALG II*, social or income support), other supplementary income assistance, financial assistance via the *Bundesversorgungsgesetz* or *BAföG*,

the student is ineligible for housing allowance. Note that this ineligibility only applies if the current financial support already includes some form of housing assistance.

For more information (in German), please visit:

[Wohngeld Kleve](#)

[Wohngeld Kamp-Lintfort](#)

Private ads for flats in Kleve and Kamp-Lintfort can be frequently found on the campus bulletin boards next to the Audimax, canteens and the ZSB. There are also a number of free and popular online portals available in Germany. Some landlords also post available rooms and flats directly through the HSRW website: [Finding a Flat](#).

State-subsidised housing (*Wohnberechtigungsschein*)

State-subsidised housing is available in Germany, but requires a special permit granted by the responsible municipal office. Eligibility depends primarily on income, and permission is granted in the form of an entitlement letter that is valid for up to twelve months. This letter includes the number of people in the student's household and the maximum allowable size of the flat. Student parents are eligible to request a social housing entitlement letter in urgent cases, provided their annual gross income does not exceed a certain maximum threshold.

10. Family Fun and Recreation

This section provides recommendations on the topic of recreation with children. This list of activities is not exhausted but it serves solely for inspiration. In addition, there are further external offers near Kleve and Kamp-Lintfort that are not listed in this chapter. However, this section might help to get an idea on leisure time activities with children in the surrounding areas.

10.1 Kleve

KLEX – Tutorial workshop for children and adults at the HSRW

KLEX is a German acronym that stands for “**K**indliches **L**ernen **E**rfahren und **EX**perimentieren”, or “children’s learning, experiencing and experimenting”. It was designed to be used by children in a wide variety of applications. The open, unrestricted learning environment offered by KLEX lets students and children learn without disciplinary boundaries: the natural sciences can be combined with theatre and art in new ways, for example, and completely new learning combinations can be invented and tried freely.

Twice a month, KLEX is transformed into an Open Tutorial Workshop where children, teachers and students collaborate in a playful and creative learning environment. These workshops take place during the lecture period on the second and fourth Thursdays of the month, from 10:00 a.m. to noon. This room can also be freely used by students with their children to spend time during class breaks. For booking the room, please contact the below mentioned email address.

Contact

Prof. Dr. Marjan Alemzadeh

Rosa Nieke

E-Mail: KLEX-FGO@hochschule-rhein-waal.de

Tiergarten Kleve e.V. (in German)

The beautiful animal park in Kleve offers families the chance to see and experience both native and exotic animals up close. Pull-along wagons can be rented for a small fee at the gates and free parking is available out front.

Haus Mifgash Kleve

The non-profit association "Haus der Begegnung - Beth HaMifgash e.V." in Kleve is a non-discriminatory meeting place for people from different cultures and religious communities.

Mifgash House offers weekly [children's yoga](#) for children of the age between 4 and 11.

There is also a [women's café](#) every Thursday from 9.00 am to 12.00 pm. It offers women asylum seekers the opportunity to exchange ideas and offers information and assistance as well as support with visits to the doctor, school, and authorities. Other events such as picnics are also part of the program. Children are very much welcome at the women's café.

Kavarinerstr. 44
47533 Kleve
Tel.: 02821 3980990

Outdoor pool Sternbusch – Indoor pool Königsgarten (in German)

Kleve currently maintains an indoor swimming pool (Königsgarten) for parents and children located not far from campus. A modern outdoor swimming complex (Sternbusch) which opened in 2018 is located in short distance from Kleve.

Kleoland (in German)

For rainy days, birthdays or play groups, Kleoland is a good option for families. The 1,000 m² play complex lets kids climb, jump, run and have fun. For younger children, Kleoland also offers a changing station and ball pit.

10.2 Kamp-Lintfort

Haus der Familie (in German)

Haus der Familie (Family House) in Kamp-Lintfort is a Catholic education forum offering a variety of courses and other educational offers for both children and parents. Ranging from athletic activities to cooking courses, Haus der Familie caters to nearly all age groups.

Spiel-Dschungel (in German)

Spiel-Dschungel (play jungle) is an indoor playground open all year for families with children under 12. It is also a good venue for hosting birthday parties in any type of weather or season.

Panoramabad Pappelsee (in German)

Panoramabad Pappelsee is a swimming complex in Kamp-Lintfort with indoor and outdoor pools as well as many other fun attractions. Swim courses are offered all year, for example baby aquatics. During open swim hours, the complex is a great place for families to spend the day.

Halde Norddeutschland (in German)

Not far from Kamp-Lintfort, in the town of Neukirchen-Vluyn, visitors will find the *Halde Norddeutschland*, a 102 m artificial rise built on a massive slag heap from the now-decommissioned Niederberg coal mine. Visitors will find a slew of nature trails, viewing points and a full day of hiking possibilities for the whole family.

10.3 Around Kleve and Kamp-Lintfort

Irrland

Full of fun attractions like play barns (for both older and younger children), an indoor climbing world and the largest conservatory on the Lower Rhine; this “all-weather oasis” is sure to entertain kids and parents alike. Families can also bring their own food and barbeque on one of the many grills with adjacent seating areas. Reservations are not required but are highly recommended in the popular summer months.

Kernie’s Familienpark Kalkar (in German)

Kernie’s Familienpark in Kalkar is a family fun park with rides, a ferris wheel, trampoline and other attractions for different age groups. French fries, soft drinks and ice cream are included in all ticket prices. The park also offers ample parking at no charge.

LVR Archeological Park Xanten & Roman Museum

This gorgeous archaeological park with Roman Museum in Xanten is like stepping back in time to the Roman colony of Ulpia Traiana, founded on the frontiers of the Roman Empire by decree of Emperor Trajan. However, the park is not just for history buffs: it also offers adventurous playgrounds and picnic areas for families. Entry is free for children under 18 years of age.

Within walking distance of the park visitors will also find Italian restaurant Plaza del Mar, a boat rental area and a minigolf course.

Alte Mühle Donsbrüggen (in German)

The Old Mill Donsbrüggen and the Mill Museum welcome several thousand visitors every year.

Together with their families, children and adults experience an exciting and relaxing day. A varied range of events, guided tours and activity activities invites visitors to experience the world of grain milling even more closely.

Embricana (in German)

The leisure and wellness pool offers a perfect experience for visitors of all ages. The water world features exciting slides and various diving towers for older children.

For the smallest visitors, the indoor area, the 200-m² Children's World, has a toddler pool with a ship's canal, gargoyle, and mini slide.

In the outdoor area, the Jungle Pool invites children to splash around and to explore on warm days. Two slides and various waterspouts ensure that the little ones can experience all kinds of fun in the 80-m² pool with a depth of 22 cm.

Tierpark und Waldlehrpfad Weeze (in German)

The animal park with forest nature trail and petting zoo and the adjoining nature adventure trail is very popular among families from Weeze and the local region.

Open all year round and accessible free of charge, the animal park in the shade of the trees at the Hertefeld castle ruins is a popular destination for walks and hikes leading along the Jacob Pilgrims' Way or the Nierswanderweg. Visitors have the opportunity to make direct animal contact, whether in the petting zoo with the pygmy goats or at many of the other enclosures. (Almost) all the animals can be fed with the zoo's own animal food. Here in the municipality of Weeze on the Lower Rhine, the enjoyment of peace and idyllic nature is almost absolute.

Biotopwildpark Anholter Schweiz

The *Biotopwildpark Anholter Schweiz* is a wildlife park comprised of 6 kilometers of hiking trails and 50 different animal species that live in a natural compound. The Restaurant *Schweizer Häuschen* was built in 1893 and is idyllically located on an island.

This place was created to relax and enjoy the beauty of nature. Visitors can take time to explore the nature and its local animals.

Group offerings according to age groups can be found on the website. The Biotopwildpark offers regular events, such as falcon shows.

Streichelzoo Moers

The mini-zoo of the city of Moers is small but there is a lot to explore. The pet's corner is located in the centre of the big recreational park near Rodelberg and the soccer fields. Especially for children it promises a lot of fun to see animals from far away countries like alpacas up close and to watch the birds in the aviary.

Fingerhutshof Wissel

The *Fingerhutshof* is a recreational public facility for children and adolescents of the district of Kleve providing self-sufficiency. The farmyard is located in Kalkar-Wissel, directly on the Wisseler See. It encompasses day rooms, barns for sports and games, two kitchens, one soccer field, and a playground for climbing.

The *Fingerhutshof* enables the implementation of youth care measures from 10 participants onwards, such as

- Holiday programs
- Excursions of schools and kindergartens
- Conventions and further training
- Children's parties of institutions and associations
- Events for adolescents

11. Contacts

Student parents can turn to the Family Service and Equal Opportunities Office of Rhine-Waal University of Applied Sciences for all questions and issues.

Unfortunately, for organisational reasons we are not able to offer regular office hours. To schedule an individual appointment instead, please contact us using the information below.

Equal Opportunities Office and Family Service

Contact Family Service

Stefanie Aunkofer, M.A.
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Additional information

The family services office of the Heinrich Heine University of Düsseldorf has developed its own comprehensive guide for students with children, which also contains information applicable to students at HSRW. This guide is available in German at: [Studieren mit Kind at the Heinrich-Heine-Universität](#).

Please also refer to the guide for student parents developed by the Studierendenwerk Berlin, also available in German at: [Studieren mit Kind in Berlin](#).

12. Imprint

Publisher and responsible for content:

Equal Opportunities Team of Rhine-Waal University of Applied Sciences, represented by the Central Equal Opportunities Officer

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This guide is intended to serve as an informative overview only and, as such, does not provide recommendations or requests to use or patron any of the external offers or services contained herein.

Furthermore, due to the general informative nature of this guide, not all benefits offers or services contained herein will be applicable to every student with child. International students in particular are ineligible for many of the financial assistance offers contained herein. International students' eligibility for financial assistance depends largely on residency status. For this reason, we strongly advise international students to schedule a personal consultation with the appropriate government agencies and/or providers of appropriate advising services.

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