



Bundesamt
für Migration
und Flüchtlinge

ENGLISCH

Migrant Women simply strong in Daily Life (MiA)

Courses by women for women



Integration



MiA courses especially for you

Do you feel like meeting other women regularly?

Would you like to get to know Germany better?

Would you like to learn more about childcare, schools and professions?

And would you like to improve your German at your own pace?

Then a MiA course is just the right thing for you.

MiA is a course offered by women for women.

MiA courses usually take place in the classroom. There you can talk about topics that are important to you. You can improve your German in the process.

On some days you go outside together, for example to get to know the city.

Often MiA courses also include other activities such as sewing, singing or painting together.

MiA is a course offering in which women reinforce each other. You will be encouraged. You will learn and experience many new things.

How do the MiA courses work?



The course group consists only of women.
The course leader is also a woman.



The other women come from your home country or from all over the world.



A course lasts 34 hours, spread over several weeks or months.



You can take part in up to three courses.



The content of the course will be tailored to you.
This is what the course leader ensures.



You do not have to pay for the course.

Where can I find an MiA course?

Go to www.bamf.de/MiA. There you will find further information and an overview of all course providers (so-called sponsors).

Who can take part?

To take part in the MiA course, you must be at least 16 years old. You must not have obtained a school or vocational qualification in Germany. You must also belong to one of the following three groups:

- You are a foreigner and have permission to reside in Germany permanently.*
- You are an asylum seeker and come from Eritrea or Syria.
- You are an asylum seeker and came to Germany before 1 August 2019. You have held a residence permit for at least three months. Your country of origin is not a so-called safe country of origin. You are employed or looking for work or have a child who is not required to attend school.**

If you are not sure whether this description applies to you, contact a course provider. She can help you.

* Under § 44 paragraph 1 sentence 2 AufenthG.
Women from Western Europe, the USA, Canada and Australia are not allowed to take part.

** Under § 44 paragraph 4 number 1 AufenthG.





What do I get out of a MiA course?

"My confidence grew from class to class, and I was able to think about my future."

Atika Benz

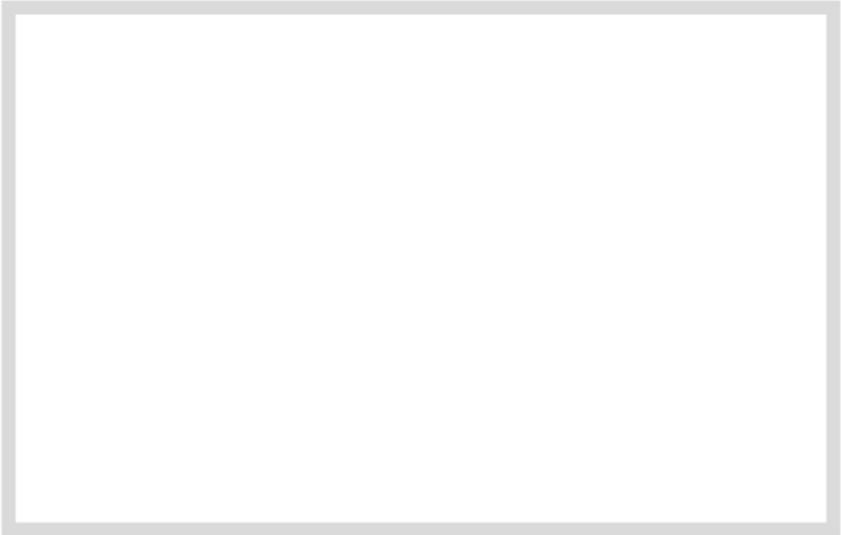
"This course has been very helpful for me, because I'm learning new words."

Omaima Youssef

"Here at the women's group, we're having a really great time".

Adebah Kayi Ghali

Space for further information:



Imprint

Published by:

Bundesamt für Migration und Flüchtlinge
90461 Nürnberg

Valid as of: 02/2020

Printed by: Silber Druck ohG, Lohfelden

Design: MediaCompany – Agentur für Kommunikation GmbH

Picture credits: Karin Desmarowitz/title, p. 2, p. 5;

Yvonne Michailuk/p. 4

Reference source:

Publikationsstelle des Bundesamtes für Migration und Flüchtlinge
www.bamf.de/publikationen

You can also download this publication as an accessible PDF document.

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