Federal Office
for Migration
and Refugees

Migrant Women Simply Strong in Daily Life (MiA)

Courses by women for women

ENGLISCH



Integration



MiA courses especially for you

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?

Do you feel like meeting other women regularly?

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 also improve your German in the process.

On some days you will go on outings 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 in which women mutually support one another. You will be encouraged. You will learn and experience many new things.

How 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.

Finding a MiA course

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

How you can participate

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 have applied for asylum.
- You have been granted a tolerated stay permit for vocational training (Ausbildungsduldung) or tolerated stay permit for work (Beschäftigungsduldung)**.

If you are not sure whether this description applies to you, contact a course provider. They will be able to assist you further.

* Under § 44 paragraph 1 sentence 2 of the Residence Act (AufenthG) or § 24 of the Residence Act (AufenthG).

** Under § 60c paragraph 1 of the Residence Act (AufenthG) or § 60d paragraph 1 of the Residence Act (AufenthG). This regulation is based on § 60a paragraph 2 sentence 3 of the Residence Act (AufenthG)





About the MiA courses

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

Atika Benz
Course participant in Freiburg

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

Omaima Youssef
Course participant in Nuremberg

"Here at the women's group, we are having a lot of fun."

Adebah Kayi
Course participant in Nuremberg

Space for further information:

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