

English



Trans* refugees welcome!

A guide for refugee and recently
immigrated trans* people

rubicon.

NETZWERK
GESCHLECHTLICHE
VIELFALT TRANS
NRW 

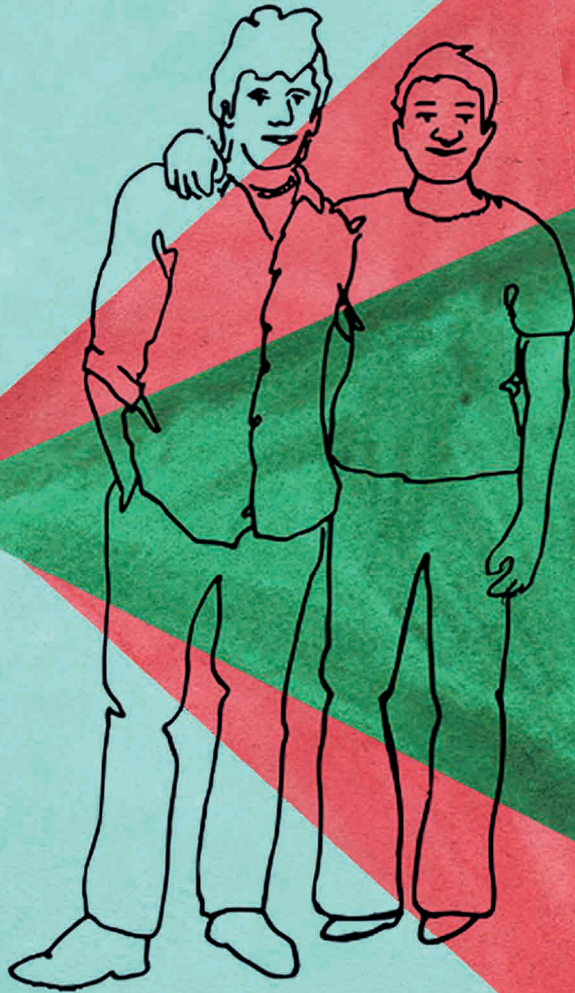


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1.

To whom is this brochure addressed?

This brochure is intended primarily for refugees who:

- have fled their country because of their gender identity.
- notice that they have been „born in the wrong body“
- have already undergone gender harmonization or would like to do so
- would like to engage more with their gender identity
- are interested in what it means to live in Germany as a trans* person
- → → and to all other people who are interested in the topic of trans* and flight.

With this brochure we want to reach refugees and newly immigrated people.

The aim is to provide an overview of the legal situation for trans* people in Germany and to point out counselling options.



2.

What can you learn in this brochure?

- What transsexual, transgender, trans* and other terms mean
- That you are legally protected as a trans* person in Germany and how
- How to deal with discrimination
- How to change your first name and gender marker
- What possibilities there are of adapting your body to your „true“ gender
- What your transsexuality/transidentity means for your asylum procedure
- Where you can find support and help
- Where you can meet other trans* people

If you have trouble understanding something or want to know more, please contact Charlott Dahmen at rubicon.

See page 38 for contact details.

3. Trans* definitions and other important terms

How you define yourself is entirely up to you. It is possible that you may feel comfortable with one of the following terms, but it is not necessary.

Transsexual/transgender/transident

When a child is born, it is decided on the basis of specific sexual organs (vagina or penis) whether it should grow up as a girl or as a boy. Many people notice even as children that this doesn't feel right for them. If a person decides to no longer want to live in the sex_gender that was ascribed to them at birth, there are various options for living in a different sex_gender. We will discuss these options in this brochure. People who (want to) live in a different sex_gender than the one they were assigned at birth often define themselves as transsexual, transident or transgender.

Trans* woman

A person who was defined as a boy at birth but feels or identifies like a woman and now lives as a woman.

Trans* man

A person who was defined as a girl at birth but feels or identifies like a man and now lives as a man.

Non-binary / NB / Enby

In society, the idea prevails that there are only two genders: male and female. In fact, however, there are many more than simply two genders. The term non-binary applies to people who do not define themselves clearly or exclusively as man or woman. These people can be located on a spectrum as >neither, >as well as<, >in-between<, >without< or >with any gender<.

Trans*, trans* person

All people who do not feel that they belong to the sex_gender assigned to them at birth can call themselves trans*. The asterisk (*) is a placeholder for self-definitions such as transgender, transident, non-binary. It shows that there are countless gender identities that can find themselves in this term. People who feel



they belong to the sex_gender documented for them at birth are referred to as „cis“.

Transition

Transition refers to the transition from one sex_gender to another, for example from man to woman, or the adjustment of external characteristics to the „true“, felt or identified gender. There are different ways for adopting a different gender. For example, you can choose a new first name that suits you well and tell other people about it. You can also officially change your first name and gender marker: Your identity card will then show the name and gender you feel comfortable with. In addition, you have the opportunity of physically adopting your „true“ gender. Maybe you want to start a hormone treatment, adapt your body through surgery or wear clothes of a different gender. In this brochure, we discuss which possibilities there are and how you can apply them. The steps that someone takes is up to each person. You don't have to take hormones or have surgery to be yourself. You alone decide what feels good for you!

Passing

Most people want to be recognized as the gender in which they feel comfortable. That is, if you feel or identify like a man (and thus are a man), you probably also want other people to see and address you that way: You want to “pass” perfectly. A hormone treatment and/or an operation are helpful, but not necessary. Wearing respective clothing also has a strong effect on your passing. You notice for yourself whether or not you are satisfied with your passing and what steps you want to take in order to change your passing.

Coming Out

There are two types of coming out: the internal and the external one. When you become aware that your gender identity is not the same as the sex_gender you were assigned at birth, it is called „internal coming out“. The internal coming out can take a long time and does not happen from one day to the next. If you decide to tell your family, friends or other people about it, it is called „external coming-out“. There are many people who don't have an external coming-out, or tell only few indivi-

dual people about it, especially if it's for example forbidden in their country to be trans*.

You don't have to tell anyone about your feelings. Sometimes, however, it helps to open up to certain people, exchange ideas or ask for advice.

Pronouns

Pronouns are elements of language that refer to people and give an indication of their gender. In German, these are for example „er“ or „sie“. If you decide to live openly in another gender, you probably want other people to address you that way. That is why most trans* women choose the pronoun „sie“, trans* men the pronoun „er“. For people who are neither woman nor man, i.e. not binary, there unfortunately is no official pronoun in German yet. Non-binary people therefore often look for other possibilities and develop their own pronouns for themselves such as „sier“, „er*sie“ or „nin“. Some also use their first name as a pronoun. It can be very hurtful for people if someone uses the wrong pronoun for them. We can't know what gender people define themselves as.

Therefore, it is good to ask people which pronoun they prefer.

LGBT*I*Q

The letters stand for Lesbian, Gay, Bisexual, Trans*, Inter* and Queer. These groups of people are often addressed together because there are common movements and offers. However, the terms stand for different things: lesbian, gay and bisexual are sexual orientations (i.e. Whom do I love? Who do I feel attracted to?). Inter* people have bodies that do not exclusively correspond to the widespread notion of „female“ or „male“. Trans* People can be heterosexual, lesbian, gay or bisexual. They can also be inter*.

Queer

The term queer is often used as a collective term for people who do not want to categorize themselves or who deviate from a social norm. For example, people can define themselves as queer if they neither classify themselves as man nor woman and who do not find the term trans* suitable. People of different sexual orientations can also find themselves in this term.

Gender Identity

Your gender identity means that you feel or identify as a woman, a man or a non-binary person. Gender identity stands for what is going on inside you and can develop independently of how you show yourself to the outside world.

Sexual Orientation

Sexual orientation describes which gender you find attractive. This can be on a romantic and/or sexual level. Your sexual orientation and gender identity are independent of each other. So if you decide that you want to live as a man by means of a transition and you have loved or desired men before, then you can still do that as a trans* man. Or vice versa, if you have loved or desired women before, you can continue to do so after the transition. Whether you are gay, lesbian, bisexual, heterosexual or other has nothing to do with your gender. Therefore, your sexual orientation does not have to change with the transition. It can change. Both is completely okay.

Gender Roles

Gender roles are shaped by society. This means, for example, that society expects a boy to play with cars and a girl with dolls. Even though this has already changed in many respects in Germany today, it still happens that certain interests or qualities are ascribed to a gender. These must often be fulfilled in order to be accepted by society. Gender itself - as well as the gender role - is shaped by society. In the first place, children learn that their gender must be exactly the same as was determined by physicians at birth. However, people can be different and behave differently than they are expected to. The fact that a child is born with a penis does not mean that it has to live as a boy, but it can decide for itself in the course of its life whether it wants to live as a woman, a man or a non-binary person and how to express its gender.

Intersexuality, intersexual, inter*

If a person cannot be clearly classified as either girl or boy at birth because it does not have the typical gender characteristics, but is „between the sexes_gen-

ders,“ we speak of intersexuality. For example, a child can be born with a vagina and testicles that have grown inwards. Some inter* people don't realize until puberty that their body doesn't develop as other children's bodies do like when a girl develops beard growth. People can also be inter*

without ever knowing it. Like all other people, inter* people can experience and define themselves as men, as women or as non-binary. Many inter* people are often operated in childhood without their consent to create „clearly female“ or „clearly male“ sexual characteristics.



4.

Discrimination

Discrimination means that a person is treated differently or worse than other people, for example because of their skin colour or gender.

4.1 Antidiskriminierungsgesetz (Anti-Discrimination Law)

As a transsexual/transident person in Germany, you are protected from discrimination by law.

The Basic Law is the constitution of the Federal Republic of Germany and the most important and highest law in Germany. The Basic Law of the Federal Republic of Germany states that the state may not discriminate against or favour anybody on the grounds of their gender or origin (Article 3 GG).

In addition, the Allgemeines Gleichbehandlungsgesetz (General Equal Treatment Act) applies. It prohibits that people be discriminated against for one of the following reasons:

- Religion or ideology
- Disability or chronic illness
- Age
- Origin or skin colour
- Sex
- Sexual Orientation

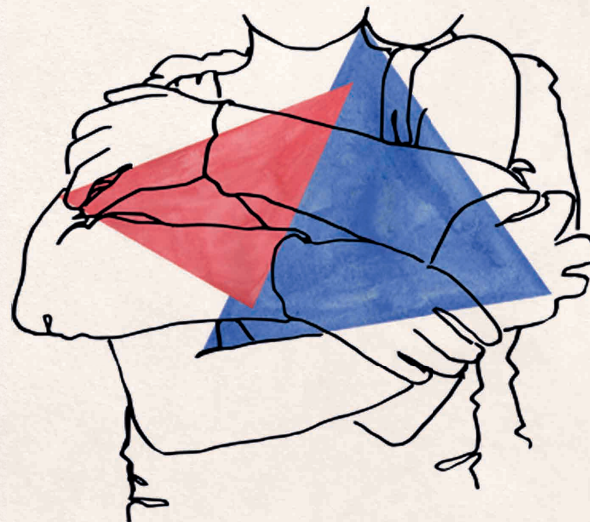
There are several reasons why people are being discriminated against by others. For us, the points „origin and skin colour“ and „gender“ are particularly important in this brochure. The law says that people must be treated equally, regardless of whether they come from Germany or from Afghanistan, Bulgaria, China or another country. Trans* people too, may not be treated differently or worse than other people.

The General Equal Treatment Act applies especially in working life and in various areas of everyday life. For example, it is forbidden to refuse a Muslim woman for a job interview because she wears a hijab. It is also forbidden not to rent an apartment out to people because of their origin, or not to serve someone in a restaurant because he or she is trans*.

Here you can read in ten different languages about the areas in which you are protected by law:

Federal Anti-Discrimination Agency

[www bit.ly/2vonniz](http://www.bit.ly/2vonniz)



4.2 Transphobia / transophobia

The term transphobia refers to prejudices, negative attitudes or aggressions towards trans* people.

Although the Antidiskriminierungsgesetz (anti-discrimination law) applies in Germany, transphobic discrimination and attacks happen in Germany, as well. Unfortunately, there are many people in Germany for whom transsexuality/transgenderity is not „normal“. For example, a study from 2012 shows that 73% of trans* men and 85% of trans* women have been discriminated against in the last five years.²

There are different forms of discrimination that trans* people have to face. These include (repeated) insults, use of the wrong pronoun (misgendering), questions about intimate details, sexual assault and other forms of violence.

The procedures that people have to undergo to get hormones or a first name change approved, for example, can also be very burdening. Some of these procedures take a very long time and are expensive.

„At a cash register a cashier addressed me as a man. That was not nice. I corrected it. The cashier was not friendly and did not agree. She didn't apologize.“ **Maya Hasan (34), from Syria, in Germany since 2014**

„What's annoying is when people in dating apps don't have a clue about transsexuality or a false picture. I always try to be only in an LGBTI* friendly atmosphere. Otherwise, it can be difficult. Many people have a fetish for trans* people and I often feel like a sex object. Then I am an object, and no longer human.“ **Maya Hasan (34), from Syria, in Germany since 2014**

² Study on the Life Situation of Transsexuals in North Rhine-Westphalia, 2012, LSVD Landesverband Nordrhein-Westfalen e.V.

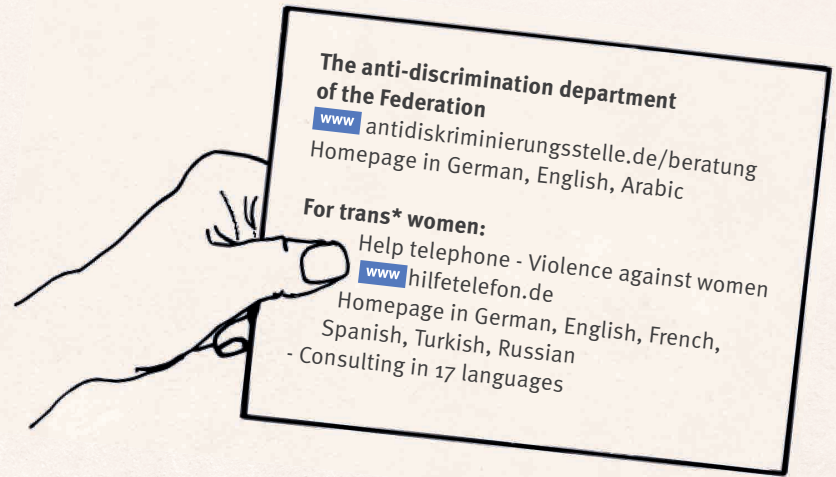


4.3 Dealing with Discrimination / Support Networks

**You're not alone!
There are many ways to get help!**

If you are affected by discrimination, there are several ways to deal with it. You can try to find a way to deal with it for yourself. If something discriminating is said to you, you can try to ignore it or to not listen. If you know that there are certain places where you are not treated well, then you can try to avoid them. You can also look for an environment where you feel comfortable and where you are accepted just as you are. For some people these are friends or relatives. For others, self-help groups or other groups for trans* people can be such

an environment. There are people there who have experiences similar to yours and with whom you can talk about problems. In these or other environments you can also find people who can help and support you. There are also counselling centres where you can turn if you have been violated. Here, we will introduce some of them to you. Self-help groups and other counselling centres that support and accompany you can be found in this brochure starting on page 28.



5. Transition

In Chapter 3 we have already explained roughly which steps a transition might include. Here we will describe the possible steps in more detail. But this does not mean that it will always work out this way. Sometimes procedures take longer and obstacles or problems might occur. Unfortunately, we cannot explain every possible step of the transition in detail here. It is very advisable to get support to accompany you in your transition. A counselling centre that explains everything to you in detail can be very helpful as well as people who accompany you emotionally on your journey.

5.1 Legal requirements / Vornamens- und Personenstandsänderung (change of first name and legal gender)

The Transsexuellengesetz (Transsexuals Act) has been in force in Germany since 1981. This law gives trans* people the opportunity to legally adopt the appropriate gender.

This law also applies to you as a refugee if:

- you are a „staatenloser Ausländer“ („stateless foreigner“) in Germany
- you have your residence in Germany as a refugee entitled to asylum (asylberechtigt) or as a „foreign refugee“
- there is no regulation like the Transsexuellengesetz in your country of origin and you have an unlimited right of residence, or have an extendable residence permit and are staying in Germany regularly and permanently.

If you have not yet completed your asylum procedure or have been rejected, you will unfortunately have to wait until you have received a residence permit in a (new) procedure.

The first steps can already be taken during the waiting period (e.g. going to a counselling centre, looking for a therapist).

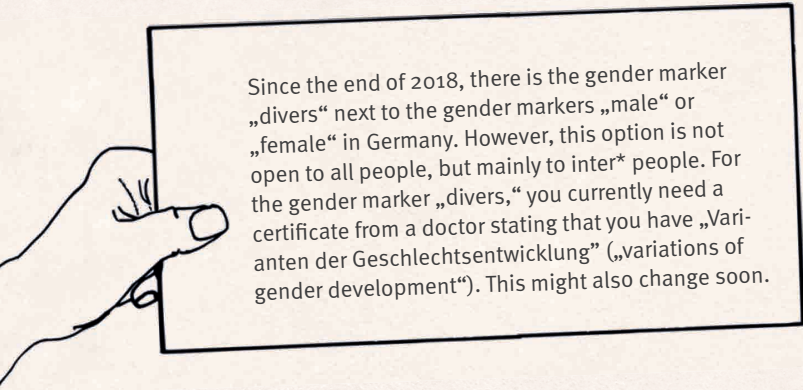
The law mainly regulates that (and how) you can change your first name and/or your legal gender (gender marker) in your papers. According to §1 of the Transsexual Law, in order to do this, you must fulfil the following requirements: 1. you must have felt that you belong to the opposite sex_gender for at least three years and have a strong inner need to live in that sex_gender. 2. It must be highly probable that your belonging to the opposite sex_gender will no longer change.

A court will check whether you meet these requirements. For this purpose, the court commissions two expert opinions. This is criticized by many trans* people. You can propose experts to the court. For recommendations for experts, it is best to contact a local group. The experts hold discussions with you and draw up their assessment, which the court then receives. The court decides whether your first name and/or gender marker may be changed.

You also have the option to change your first name only and to change your legal gender (gender marker) at a later point or not at all. If you want to change both, it makes sense to request both changes at the same time.

For support and more detailed information on the procedures, please contact one of the trans* counselling centres. Self-help groups can also help you further (see page 28ff.).

It is possible that the transsexual law will be changed soon. New regulations should make it easier for trans* people to change their name and gender. For information on current developments, please contact a counselling centre or a self-help group.



Since the end of 2018, there is the gender marker „divers“ next to the gender markers „male“ or „female“ in Germany. However, this option is not open to all people, but mainly to inter* people. For the gender marker „divers,“ you currently need a certificate from a doctor stating that you have „Varianten der Geschlechtsentwicklung“ („variations of gender development“). This might also change soon.

Here are some good news: You can obtain a so-called supplementary identity card from the German Society for Transidentity and Intersexuality (Deutsche Gesellschaft für Transidentität und Intersexualität e.V.) (dgti) without an expert opinion or the equivalent. The name, gender and pronoun you have chosen for yourself will appear on the card. This identity card is a support in everyday life, but not an official identity document.

[www dgti.org](http://www.dgti.org)

[www dgti.org/ergaenzungsausweis.html](http://www.dgti.org/ergaenzungsausweis.html)

The website is in German only. For more information on how to get your ID card and what you can use it for, please contact a counselling centre or self-help group.

5.2 Realignment options / Funding

The transition from your body to your „true“ gender and changes regarding your Vornamens- and Personenstandsänderung (first name and legal gender) are not dependent on one another. You can decide for yourself whether or not you want to take all these steps. If you just want to do a hormone treatment without changing your gender marker, that's fine. On the other hand, if you want to change your gender marker and/or your name, no one should force you to undergo surgery.

There are different possibilities of a physical transition:

Trans* men:

- Hormone therapy (testosterone)
- breast removal
- removal of uterus, ovaries and fallopian tubes
- reconstruction of a penis

Trans*Women:

- Hormone therapy (estrogens)
- breast augmentation
- removal of testicles and penis
- reconstruction of a vagina
- laryngeal reduction
- vocal surgery
- „facial feminization“
- beard removal through laser or needles
- hair transplantation

In addition, trans* women can change their voice through voice training. Even people who are neither men nor women can desire this measure for themselves. They can also obtain it, but it is often more difficult for them than for trans* women and trans* men. It is best if you get advice and support.

Many of these measures are paid for through health insurance. If you have a residence permit, you receive health insurance through the state. This means that the same costs will be covered for you as for German citizens. If your asylum procedure has not yet been completed or your asylum application has been rejected, your access to medical care is unfortunately limited. It is therefore possible that hormone treatment will not be financed. In many cases, however, hormone treatment is also approved for people without full coverage. If you have any problems, do not hesitate to contact a counselling centre that can help you. Self-help groups can also help you with many questions (starting on page 28).

Hormone therapy

Hormone therapy changes your body. The process is different for each person. Usually, physical shape (fat and muscles), facial shape and skin changes occur. In addition, trans* men can develop beard growth and a deeper voice, among other things. Trans* women often develop some breast growth and their body hair becomes less. It is very important that you discuss a hormone treatment with your doctor. To get hormones, you need an „Indikation“ („indication“), i.e. a diagnosis from a doctor, psychiatrist or psychologist. The conditions for an indication are not fixed; sometimes a single appointment may be sufficient. You do not have to pay for the hormones you receive by yourself, as they are covered through your health insurance.

Psychotherapy

The charges for psychotherapy in relation to transsexuality/transidentity are covered through your health insurance. Psychotherapy can help you on your journey and is a very important basis for a transition. Therapists can also write the report you need in order to obtain a gender reassignment surgery that may be covered through your health insurance. If you already know that you want this, you should ask the therapist at the beginning of the therapy.

Gender reassignment surgery

Under certain circumstances, many of the gender reassignment surgeries listed above may be covered through your health insurance company. Interventions, which your health insurance company refers to as „cosmetic“ (especially facial feminization, reduction of the larynx and hair transplantations), are unfortunately not financed. Whether or not breast augmentation is covered depends on how large the breasts have become through hormone treatment.

In order for the health insurance company to pay for gender reassignment surgery, you must meet several requirements: You must have been taking hormones for at least 6 to 12 months, you must also have been in psychiatric or psychological care for 18 to 24 months, and you must have lived in your „true“ gender (“Alltagstest” - „everyday life

test“) for 12 to 18 months. A therapist will write a detailed statement about this, a so-called „Indikationsbericht“ („indication report“). This document is then sent to the health insurance company together with other documents. The authority in charge, the Medizinische Dienst der Krankenkassen (Medical Service of the Health Insurance Funds) (MDK), usually composes an expert opinion on whether the measure should be paid for through health insurance or not. The health insurance companies then make a decision on the basis of this report.

It is essential that you seek support from an advice centre. You will find important information and support there. Self-help groups can also help you with many questions.



6. Transsexuality/ Transidentity in the Asylum Procedure

Persecution on the basis of sexual orientation and gender identity is a recognized ground for asylum ((EU-Qualifikationsrichtlinie 2011/95/EU and §3 Abs.1 Nr 4 AsylG)).

If you have fled to Germany, you must apply for asylum here. This will initiate your asylum procedure. In this procedure, you have the opportunity to explain why you have fled from your country during your interview.

The interview is the most important part of your asylum procedure and you should definitely prepare yourself for it with the assistance of a counselling centre. The interview is strictly confidential! What you are saying in the interview is prohibited from being further discussed by anyone. So you don't have to be afraid to talk about your transsexuality/ transidentity. It is actually rather important that you talk about your gender identity in your interview, as you have to make it credible that trans* people are being persecuted in your country of origin and that either you have been persecuted yourself for your gender identity in your country, or that you are threatened by persecution if you return. If you have not lived openly as a trans* person in your country of origin, you must expressly declare in the interview that you lived hidden for fear of persecution. In order for you to feel as comfortable as possible and to speak openly about your gender identity during your interview, you may for example apply for a female inter-

preter. You can also request that this person does not come from your country of origin. And you can request a special representative who has been trained in the field of persecution for gender/gender identity. It is also very important that you contact a counselling centre beforehand, that can support you with this.

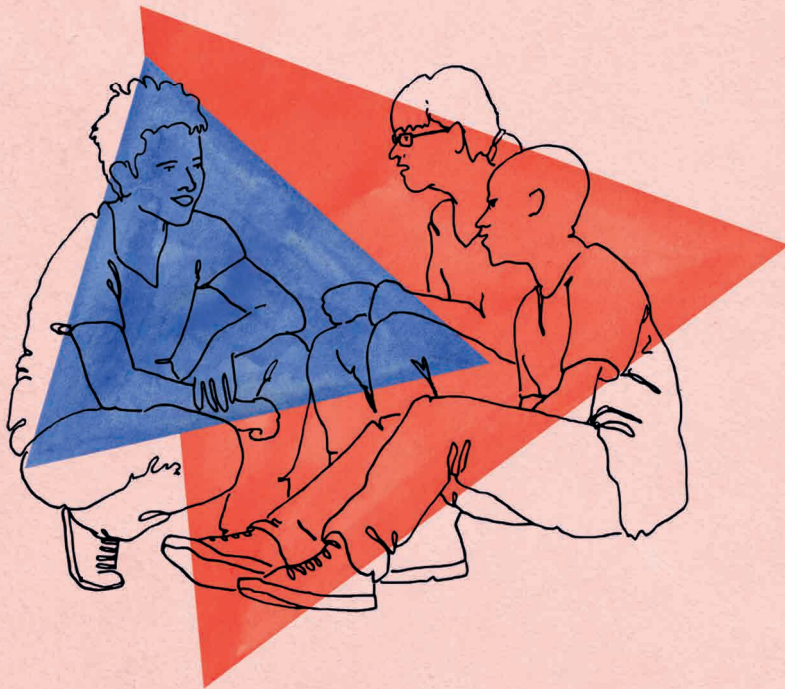
A short film, which explains the hearing in detail and in different languages, can be found here:

www.asylindeutschland.de/de/film-2/

Here you can find information in different languages about asylum and LSBT*I*Q:

www.queer-refugees.de/material/





7.

Counselling centres, Trans* groups in NRW and further information

7.1 Counselling centres and groups

„My first contact in Germany was with a self-help group. That was difficult because I didn't speak the language well and everyone in the group was German. The conversation was not easy. But they gave me tips on how to make the transition. [...] I met many trans people and exchanged information. [...] You really need help with bureaucracy. And you always have to bring papers everywhere and stuff like that. It's not enough to know a little German.“ (Maya Hasan (34), from Syria, in Germany since 2014)*

7.1.1 Contact addresses for trans* people

Here you will find a list of contact addresses for trans* people in North Rhine-Westphalia, sorted by cities. There is also such a list on the website ngvt.nrw, which is updated frequently.

There are many different offers for trans* people: Trans* counselling centres with professional counsellors, voluntary trans* counselling and trans* groups. Not all people there have exact knowledge about flight and asylum, but they can help you with a variety of questions about trans-identity and transsexuality, for example: How do I know that I am trans*? How can I get hormones? What kind of surgeries are there and what do I have to do? What can I do if I am being discriminated against? You can also talk, undisturbed, about your wishes and fears. And you have the chance of getting to know other trans* people in a peaceful atmosphere in trans* groups.

Not all youth groups are exclusively for trans* people, but often for all LSBT*I*Q people. You can still find someone here to talk to about your topics.

If you cannot or don't want to be advised in German, you can bring a person with you for interpreting. If you don't know whom to bring, inquire with a counselling centre.

Aachen

TX Aachen

When? Every first Tuesday of the month at 7 p.m. Where? Knutschfleck, Jakobsstraße 161, 52064 Aachen

[www tx-aachen.de](http://www.tx-aachen.de)

[facebook.com/TxAachen](https://www.facebook.com/TxAachen)

info@tx-aachen.de

Arnsberg

Transident Sauerland

When? Auf Anfrage

Where? Bürgerzentrum Bahnhof Arnsberg, Clemens-August-Str. 116, 59821 Arnsberg

selbsthilfe@arnsberg.de

+49 (0)2931 529587

+49 (0)175 642 95 64

Contact: Rina Waschkowitz

Bielefeld

Aidshilfe Bielefeld e.V.

When? Appointment upon request

Where? Ehlenruper Weg 45a, 33604 Bielefeld

www.aidshilfe-bielefeld.de/queer-refugees.html

queer.refugees@aidshilfe-bielefeld.de

+49 (0)157 38 32 86 27

Contact: Tanja Schulz

YAY Bielefeld (young&yourself) (for people up to the age of 26)

When? Every Monday and Wednesday at 5 p.m. Where? Falkendom im Paul Brockmann Haus, Meller Str. 77, 33613 Bielefeld

www.yay.plus/de/

Contact: Aaron trans@yay.plus,

Leah transfem@yay.plus

Bonn

GAP for people up to the age of 21 (or max. 27) When? Every first and third Friday of the month at 7 p.m.

Where? GAP, Obere Wilhelmstraße 29, 53225 Bonn

www.gap-in-bonn.de/trans/

max.schlueter@gap-in-bonn.de

+49 (0)228 94 90 977

+49 (0)1578 78 37 543

Contact: Max Schlüter

Dortmund

Lili Marlene

When? Every Wednesday at 7:30 p.m.

Where? Lounge des KCR Dortmund, Braunschweiger Straße 22, 44145 Dortmund

www.lilimarlenedortmund.wordpress.com

info@lili-marlene-dortmund.de

+49 (0)174 74 00 486

Contact: Tanja Lindner

SUNRISE (for people up to the age of 23) When? Appointment upon request Where? Geschwister-Scholl-Str. 33-37, 44135 Dortmund

www.sunrise-dortmund.de/beratung-trans/

trans@sunrise-dortmund.de

+49 (0)231 700 3262

Contact: Nova Gockeln

TransBekannt e.V. Dortmund

Wednesdays 4-6 p.m., Fridays 10 a.m.-12 p.m., every second Saturday of the month at 6 p.m.

Where? Caféplus, Gnadenort 3-5, 44135 Dortmund

www.transbekannt.de

contact via website

+49 (0)231 98 538 861

Contact: Mandy mandy@transbekannt.de

Duisburg

Transfamily

When? 1. Freitag im Monat

Where? upon request www.transfamily.de

+49 (0)2065 49 99 034

Contact: Christina

christina@transfamily.nrw

Düsseldorf

Gendertreff Düsseldorf

When?

Every third Sunday of the month at 2:30 p.m.

Where? Restaurant Kaisershaus, Erkrather Landstraße 82, 40629 Düsseldorf

www.gendertreff.de

kontakt@gendertreff.de

ava@gendertreff.de

Trans*beratung Düsseldorf

When? Appointment upon request

Where? AIDS-Hilfe Düsseldorf e.V.,

Johannes-Weyer-Str. 1, 40225 Düsseldorf

www.transberatung-duesseldorf.de

[facebook.com/transberatungduesseldorf](https://www.facebook.com/transberatungduesseldorf)

info@transberatung-duesseldorf.de

+49 (0)211 770 95 25

Contact: Lena Klatte

The webpage offers an anonymous online consultation. A consultation is available in English, as well.

Trans*-Jugend-Gruppe im PULS

(for people up to the age of 26)

When? Schedule an appointment on the homepage

Where? Jugendzentrum PULS,

Corneliusstraße 28, 40215 Düsseldorf

www.sljd.de/index.php/termine.html

[facebook.com/pulsduesseldorf](https://www.facebook.com/pulsduesseldorf)

+49 (0)211 21 09 48 52

Contact: Lena Klatte

lena.klatte@transberatung-duesseldorf.de

Trans-Selbsthilfegruppe in der AIDS-Hilfe Düsseldorf e.V.

When? Every second Wednesday of the month at 7 p.m. Where? Aidshilfe Düsseldorf, Loft-Café, 1. Etage, Johannes-Weyer-Straße 1,

40225 Düsseldorf

[duesseldorf.aidshilfe.de/de/aktuelles-termine/gruppen](http://www.duesseldorf.aidshilfe.de/de/aktuelles-termine/gruppen)

[facebook: bit.ly/2JKGCFt](https://www.facebook.com/bit.ly/2JKGCFt)

Contact: Larissa engel.info@aol.com,

Tom tomprice@gmx.de

Essen

Transsexuellen-Selbsthilfegruppe

„Die 4te Etage“ e.V.

When? Every second Sunday and fourth

Friday of the month

Where? Container, Stakenholt 24,

45356 Essen

www.ts-shg-essen.de

info@ts-shg-essen.de

+49 (0)151 41 226 007

Hagen

TransBekannt e.V. Hagen

When? Every fourth Saturday of the month

Where? Paritätisches Selbsthilfebüro Hagen, Bahnhofstraße 41, 58098 Hagen

www.transbekannt.de

contact via website

+49 (0)231 98 538 861

Köln

T*raum

When? Every fourth Saturday of the month

Where? Rubicon, Rubensstraße 8-10, 50676 Köln

www.rubicon-koeln.de/t-raum.687.o.html

t-raum@mail.de

TI*&Biscuits

When? Every third Tuesday of the month

Where? Assata im Hof,

Karthäuserwall 18, 50678 Köln

ti-and-biscuits@riseup.net

[facebook.com/tiandbiscuits/](https://www.facebook.com/tiandbiscuits/)

Trans*Beratung im rubicon e.V.

When? Appointment upon request

Where? Rubenstr. 8-10, 50676 Köln

www.rubicon-koeln.de/Trans.64o.o.html

merit.kummer@rubicon-koeln.de

+49 (0)221 27 66 999 48

Contact: Merit Kummer

The webpage offers an anonymous online consultation.

Trans*Fusion im Anyway

(for people up to the age of 27)

When? Every first Sunday of the month at 2 p.m., every second Friday of the month at 8 p.m., every third Saturday of the month at 12 p.m. Where? anyway e.V., Kamekestr. 14,

50672 Köln

www.anyway-koeln.de/transfusion/

info@anyway-koeln.de

Contact: Alexandra Friesen

alexandra.friesen@anyway-koeln.de

Transmann e.V. Köln

(for trans* men)

When? Every first Friday of the month at 7 p.m.

Where? Rubicon, Rubensstraße 8-10,
50676 Köln
www.koeln.transmann.de
www.rubicon-koeln.de/TransMann-e-V.509.o.html
✉ koeln@transmann.de
☎ +49 (0)176 524 29 678
Contact: Aurelius

TXKöln

When? Every Friday at 8 p.m. Where? Alexi-
aner – Köln, in the seminar room on the
ground floor, Kölner Straße 64, 51149 Köln
www.txkoeln.de
☎ hallo2019@txkoeln.de

Leverkusen

Gendertreff Leverkusen

When? Every first Saturday of the month at
7 p.m. Where? Brauhaus Manforter Hof,
Manforter Str. 247, 51373 Leverkusen
www.gendertreff.de/treffen-shg/
brauhaustrreff-opladen

Mönchengladbach

Akzep-Trans* MG

When? Every first and third Thursday of the
month at 7 p.m. Where? August-Pieper-
Str.1, 41061 Mönchengladbach
www.aidshilfe-mg.de/index.php/angebote/lsbt-iq/akzeptrans
[facebook.com/AkzeptransMG/](https://www.facebook.com/AkzeptransMG/)
☎ akzeptrans-mg@web.de

Mülheim an der Ruhr

Trans* Beratung im together Mülheim /
SVLS e.V. (for people up to the age of 27)
When? Appointment upon request
Where? Friedrichstraße 20, 45468 Mülheim
(Büro)
www.together-virtuell.de/fuer-trans/trans-beratung/
☎ rene.kaiser@together-virtuell.de
☎ +49 (0)208 302 73 58

Trans*-Jugendtreff im together mülheim

(for people up to the age of 27)
When? Every Wednesday at 6 p.m.
Where? Teinerstraße 26, 45468 Mülheim
(Jugendtreff)
www.together-virtuell.de/fuer-trans/trans-jugendtreff/
☎ +49 (0)208 302 73 58
Contact: Rene Kaiser
☎ rene.kaiser@together-virtuell.de

Münster

dgti e.V. Beratungs- und Informationsstelle Münster

When? Appointment upon request
www.facebook.com/TransBeratungMuenster
☎ felix.schaeper@dgti.org
☎ +49 (0)173 44 11 634
Contact: Felix A. Schäper

Selbsthilfegruppe Transident Münster

When? Every second Saturday of the
month at 3 p.m.
Where? KCM, Münster, Am Hawerkamp 31,
48155 Münster
www.ts-selbsthilfegruppe-muenster.de
www.facebook.com/TransidentMuenster
☎ auskunft@TS-Selbsthilfegruppe-Muenster.de
☎ +49 (0)162 89 34 603 (trans* Frauen)
☎ +49 (0)173 44 11 634 (trans* Männer)

Track Münster (for people up to the age of 27)

When? Jeden Dienstag, Donnerstag und
Freitag um 15:00
Where? Jugendtreff "TRACK", Alte Dechanei,
Dechaneistr. 14, 48145 Münster
www.track-ms.de
[facebook: https://bit.ly/2Y7XnOw](https://www.facebook.com/track-moritz@gmx.de)
☎ track-moritz@gmx.de
☎ +49 (0)1573 3199455
Contact: Moritz Prasse

Oberhausen

T-Stammtisch Oberhausen
When? Every first Thursday of the month
Where? Upon request
www.t-stammtisch-oberhausen.de
☎ elvierawerners@web.de

Siegen

dgti e.V. Beratungs- und Informationsstelle
Südwestfalen / Siegen
When? Appointment on request
☎ nicole.farber@dgti.org
☎ +49 (0)271 394 902 49
Contact: Nicole Faerber

Solingen

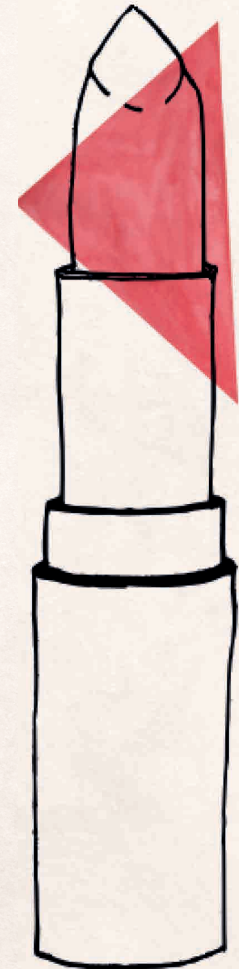
Gendertreff

When? Appointment on request
Where? Appointment on request
www.gendertreff.de/gendertreff-solingen/
www.facebook.com/Gendertreff/
☎ kontakt@gendertreff.de

Wuppertal

Trans*-Jugendgruppe im BJ Wuppertal

(for people up to the age of 27)
When? Every Monday at 7 p.m.
Where? Kyffhäuserstraße 86, 42115
Wuppertal
www.bj-wuppertal.de
☎ info@bj-wuppertal.de



7.1.2 Legal (procedure) consultation

Different contact points can be of important assistance during your asylum procedure. Given that the interview is a significant part of the procedure, we recommend that you prepare well. The centres, which we have listed in the following, can help you with that. They can also assist you in requesting special representatives or certain interpreters, if you wish (see chapter 6.1.).

Pro Asyl

www.proasyl.de

✉ proasyl@proasyl.de

☎ +49 (0)69-242 314 20

Consultation on the phone from Monday to Friday, 10 a.m.–12 p.m. and 2–4 p.m.

„Netzheft“ des Flüchtlingsrats NRW e.V.

The refugee council NRW e.V. regularly provides the overview „Netzheft“ by independent advice centres and initiatives for refugees in North Rhine-Westphalia. In it you can find the contact information of advice centres in many places. You can find the overview „Netzheft“ here: bit.ly/2M5ncg8

The webpage of the refugee council NRW e.V. is the following: fnnw.de

In the following, you can find various (although not all) centres, which offer advice for refugees, and which have experience with queer refugees:

Kölner Flüchtlingsrat e.V.

Herwarthstr. 7 (Entrance at Werderstr.)
50672 Köln

www.koelner-fluechtlingsrat.de

✉ vahle@koelner-fluechtlingsrat.de

☎ +49 (0)171 702 61 69

Contact: Marlen Vahle

ProAsyl / Flüchtlingsrat Essen e. V.

Friedrich-Ebert-Str. 30

45127 Essen

www.proasylessen.de

✉ info@proasylessen.de

☎ +49 (0)201 205 39

Contact: Veronica Unuane

7.1.3 Further sources for support

There are also other places where you can find support, for example advice centres for queer people and initiatives for supporting queer refugees. We have listed a number of such places within North Rhine-Westphalia here. Even if they might not have answers to all of your questions, they can refer you to other places or people.

Ahaus

Aids-Hilfe Westmünsterland e.V.

Marktsstr. 16

48683 Ahaus

www.aidshilfe-westmuensterland.de

✉ info@westmuensterland.aidshilfe.de

☎ +49 (0)2561 97 17 37

☎ +49 (0)152 46 82 382

Bochum

Rosa Strippe e.V.

Kortumstr. 143

44787 Bochum

www.rosastrippe.de

✉ info@rosastrippe.de

☎ +49 (0)234 640 46 21

Bonn

GAP in Bonn (for people up to the age of 27)

Obere Wilhelmstraße 39

53225 Bonn

www.gap-in-bonn.de

✉ info@gap-in-bonn.de

☎ +49 (0)1578 78 37 543

Contact: Max Schlüter

Dortmund

LEBEDO

Consultation for lesbian and bisexual women and for trans people and their relatives

Wißstr. 18a

44137 Dortmund

www.lebedo.de

✉ info@lebedo.de

☎ +49 (0)231 98 22 14 40

Contact: Ulla Brokemper, Katharina Sonnet

Dortmund

Amt für Angelegenheiten des Oberbürgermeisters und des Rates

Koordinierungsstelle für Lesben, Schwule und Transidente

Märkische Str. 24-26 (Raum 100)

44122 Dortmund

✉ cbraemer@stadtdo.de

☎ +49 (0)231 502 75 59

Contact: Christine Brämer

Düsseldorf

**Nur für (trans*) Frauen:
Frauenberatungsstelle Düsseldorf**

Talstraße 22–24

40217 Düsseldorf-Friedrichstadt

www.frauenberatungsstelle.de

✉ info@frauenberatungsstelle.de

☎ +49 (0)211 68 68 54

You're Welcome – Mashallah

Landeskoordination Düsseldorf

AIDS-Hilfe Düsseldorf e.V.

Johannes-Weyer-Str. 1

40225 Düsseldorf

www.duesseldorf.aidshilfe.de

www.mashallahnrw.wordpress.com

✉ amit-elias.marcus@duesseldorf.aidshilfe.de

☎ +49 (0)211 770 95 31

Contact: Amit-Elias Marcus

Essen

AWO-Beratungszentrum für Familienplanung, Schwangerschaftskonflikte und Fragen der Sexualität

Lore-Agnes-Haus

Lützowstraße 32

45141 Essen

www.lore-agnes-haus.de/beratung/

lsbti-refugees-welcome/

✉ loreagneshaus@awo-niederrhein.de

☎ +49 (0)201 310 53

Contact: David Klöcker

Hamm

AIDS-Hilfe Hamm

Chemnitzer Str. 41

59067 Hamm

www.aidshilfe-hamm.de

✉ peter.vaske@aidshilfe-hamm.de

☎ +49 (0)2381 55 75

Köln

baraka – a place for international queers
rubicon e.V.

Rubensstr. 8-10

50676 Köln

www.rubicon-koeln.de

✉ baraka@rubicon-koeln.de

☎ +49 (0)221 276 69 99 35

☎ +49 (0)176 444 33 159

Contact: Faisal Attar, Charlott Dahmen, Parsa Shahini, siehe Seite 36

agisra e.V (For (trans*) women only)

Information and advice centre for migrant and refugee women

Saliering 48

50677 Köln

www.agisra.org

[facebook.com/agisrakoeln](https://www.facebook.com/agisrakoeln)

✉ info@agisra.org

☎ +49 (0)221 12 40 19 / +49 (0)221 13 90 392

Rainbow Refugees Cologne – Support Group

Housing assistance and night shelter

www.rainbow-refugees.cologne

✉ info@rainbow-refugees.cologne

☎ +49 (0)221 999 872 80

Münster

AidsHilfe Münster e.V. – Department for sexuality and health

Queer Refugee Café

Schaumburgstraße 11

48145 Münster

www.aidshilfe.org

✉ info@aidshilfe.org

☎ +49 (0)251 609 60

Baraka rubicon e.V. Köln

baraka – a place for international queers

Baraka is an open meeting place in rubicon for lesbian, gay, bisexual, trans, inter and queer people who have a history of refuge or migration, as well as for their friends. Baraka was founded in 2005. At baraka meetings, the topics and offers are as diverse as their visitors: there are, for example, events for LGBTIQ topics, HIV/AIDS, cooking together, theatre, relaxation and sports events, watching films, exchange about the housing situation as LGBTIQ living in shared accommodation, confrontation with racism, empowerment workshops, drinking coffee/tea together, or listening to music...

baraka for everyone:

weekly, Fridays, 6-10 p.m.


baraka women*:


For everyone who identifies as female
Last Monday of the month, 6:30 – 9:00 p.m.


Contact partner:

Faisal Attar – arabic, english, german
Charlott Dahmen – german, english, spanish

Parsa Shahini – farsi, german

 baraka@rubicon-koeln.de

 +49 (0) 221 27 66 999 35

 +49 (0) 176-444 33 159


rubicon e.V. Köln


Trans*Consulting

The consulting at rubicon is for trans*, non-binary and inter* children, teenagers and adults. The service is also meant for relatives such as parents, siblings and friends. There is single, couple or group consulting. We also offer language interpretation on request. We also offer expert services and advanced trainings for organizations, initiatives, associations, schools, administrations and companies.

Contact partner:

Merit Kummer

 merit.kummer@rubicon-koeln.de

 +49 (0) 221 27 66 999 48

rubicon e.V.
Rubensstr. 8-10
50676 Köln


Cooperation baraka and Trans*Consulting

Baraka and Trans*Consulting work closely together. Both sections also offer joint advice about trans* and inter* topics. Language interpretation into many languages is possible if you apply for it in advance. Furthermore, baraka is planning special meetings for newly immigrated trans* people, as well as events about trans* and inter* topics.

7.3 Webpages and message boards


Unfortunately, webpages in Germany are mainly in German. If you don't speak German well enough yet, you can ask a confidant to help you in translating. You can also inquire with a self-help group or an advice centre if there is someone who can help you.


Webpages


Deutsche Gesellschaft für Transidentität und Intersexualität e.V. (dgti e.V.):
 dgti.org

Hormonmädchen:
 homonmaedchen.de

Gendertreff:
 gendertreff.de


Transsexuell.e:
 transsexuell.de

TransMann e.V. (für trans* Männer):
 transmann.de

Netzwerk Geschlechtliche Vielfalt Trans* NRW e.V. (Information from North Rhine-Westphalia):
 ngvt.nrw

Message boards

On these message boards, you can get in touch with other trans* people and retrieve a lot of information.

Forum der Deutschen Gesellschaft für Transidentität und Intersexualität e.V. (dgti e.V.):  www.forum.dgti.info

Gendertreff-Forum:
 gendertreff-forum.de


TransTreff-Forum:
 transtreff.de

FTM-Portal:
 forum.ftm-portal.net

NBForum:  nbforum.net


Facebook groups

In private Facebook groups you can get in touch with other trans people, as well.

„Transgender Germany - TGG“
 [facebook.com/groups/TGRGruppe/](https://www.facebook.com/groups/TGRGruppe/)

„Deutschsprachige Enby / Non-Binary Menschen“ (for non-binary trans* people)  [facebook.com/groups/604237229743146/](https://www.facebook.com/groups/604237229743146/)

„Transgender Support Circle“ (in English)
 [facebook.com/groups/467039970147960/](https://www.facebook.com/groups/467039970147960/)

„All transmen know each other“ (for trans men, in English)
 [facebook.com/groups/transmen/](https://www.facebook.com/groups/transmen/)

IMPRINT

Publisher and reference address:

Open work with refugees and people with a migration-
or LGBTIQ background

rubicon e.V.
Rubensstraße 8-10
50676 Köln

☎ 0221-27 66 999-0

☎ 0221- 27 66 999-99

🌐 www.rubicon-koeln.de

✉ info@rubicon-koeln.de

In cooperation with
Netzwerk Geschlechtliche Vielfalt Trans* NRW
c/o Landeskoordination Trans* NRW
Lindenstraße 20
50674 Köln

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Layout: DannyFre.de

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Charlott Dahmen

✉ baraka@rubicon-koeln.de

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☎ +49 (0)176 444 33 159

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VIELFALT TRANS
NRW



