

Englisch **HIV and AIDS**



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*This booklet provides general information about HIV and AIDS and about how to protect yourself and others from HIV. There is also information about AIDS service organizations and other social service agencies in Germany, including information about the German healthcare system.*

# HIV and AIDS – basic information

## What is HIV and AIDS?

HIV stands for Human Immunodeficiency Virus. This virus weakens the body's immune system. The immune system is the way the body fights many diseases. For a period of time, which may be several years, the body will keep HIV under control. During this period, a person with HIV may feel completely normal and not feel sick. However, in most cases, the body will need the help of medicine (anti-HIV drugs) to keep HIV under control.

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the disease you can get if you have HIV. With the help of medicine many people with HIV no longer get AIDS.

## What does HIV do to the body?

HIV mostly harms the white cells in your blood which are called CD4 cells. These cells get the body to fight diseases. HIV

attacks CD4 cells and uses them to make copies of itself. These copies then attack more CD4 cells. Over time, there are less and less of these cells. When the number of CD4 cells goes down, the person who has HIV can easily get other diseases (infections). HIV makes copies of itself even in someone who does not feel sick. If the body can fight back, HIV will only make a few copies. But if the body's immune system becomes weak, HIV can make many copies of itself. The more HIV you have in your body the sicker you can get.

## How can you get HIV, and how not?

You can not get HIV just by touching someone or through the air, so you can not get HIV through normal everyday contact with people. People who do not have HIV can live and work with someone who has HIV without catching the virus.

You **can not** get HIV from:

- Clothes, taps, phones, toilets, or through everyday things like sharing a meal or using the same glass
- Insect bites or stings
- Donating blood
- Kissing

You **can not** get HIV from:

- Spit
- Tears
- Urine (pee)
- Sweat

You **can** get HIV from:

- Blood
- Semen (come, sperm)
- Fluid from a woman's vagina

There are two main ways you can get HIV:

- Sex
- Using needles to do drugs

Babies can get HIV from their mothers:

- While they are still in the mother
- While being born
- Through drinking the mother's milk

# How to protect yourself and others from HIV

## Sex

People can get HIV from sex when the penis enters the vagina or anus and there is no condom on the penis. If a condom is used, you can stop yourself from catching HIV or giving HIV to the person you are having sex with. Using a condom can also protect you and the people you have sex with from other diseases that you can catch during sex (sexually transmitted diseases). It is important to use a condom right. Read the tips below.

## Condoms and Lubricants

You can get condoms from machines which are in men's toilets in restaurants and bars. There are also machines in other public places (like train stations). You can also buy condoms in drug stores and pharmacies.

Only use condoms which have the letters "CE" stamped on the

package. Also, do not use old condoms. Every condom package has a date marked on it. The condom should be used before that date.

Always use a lubricant with a condom. A lubricant is something to help the penis slide in and out more easily during sex when the condom is on it. If you do not use a lubricant, the condom might break.

Do not use lubricants that have fat in them (like cooking oil, cream, lotion, or vaseline). These lubricants make the condom break. Only use lubricants without fat. They are called "water-based lubricants." You can get them from the pharmacy, drugstores, and sex shops. They are often on a shelf near the condoms.

## Using a condom

Open the package carefully so you do not tear the condom. Fingernails, teeth, and sharp objects can cut the condom.

A small drop of semen might be on the tip of the penis even before ejaculation (coming), so the condom should be put on the hard penis before you have sex.

When putting it on, pinch the tip of the condom with your fingers to press out any air.

Unroll the condom over the penis as far down as possible.

Right after ejaculation (coming) and before the penis is soft, hold the condom at the base of the penis while pulling the penis out. This stops the condom from slipping off.

Throw the used condom away in a trash bin.

## Oral sex

### *Sucking the penis*

You can get HIV if you suck a man's penis and he comes in your mouth. If you are being sucked, it is safer for your partner if you do not come in his or her mouth. You can make sucking safer by putting a condom on the penis first.

### *Licking the vagina*

Licking a woman's vagina is less risky than sucking a penis. This is because there is less HIV in the vaginal fluids than in semen. If the woman has blood because she is having her period (menstruation), there is more of a risk of getting HIV because there is a lot of HIV in blood.

If someone with HIV gives you oral sex (licks your penis or vagina) you will not get infected with HIV because spit does not have much HIV in it.

## Using Needles to Do Drugs

You can get HIV and other diseases (like hepatitis B and C) if you use someone else's needle and other equipment (works) to do drugs. Sharing needles is very risky because there is a lot of HIV in blood and there is always some blood left in the needle after using drugs.

### How to Protect Yourself and Others When You Do Drugs

You can stop people from getting HIV by always using new needles and equipment and by not letting people use yours. Another way is to thoroughly clean the needles and equipment after each use (see below). Many AIDS service organizations and drug centers will give you a clean needle if you give them your old one (needle exchange). Be sure to throw away your old needle safely. You can put it in a tin can, crush the can to stop the needle from falling out, and put the can in a trash bin.

#### *Cleaning works*

It is best to go to a needle exchange and get a new set of works. If you can not get there, you should at least clean your works before using it. Cleaning works will kill HIV, but not hepatitis B and C.

To clean your works: The needle and other equipment (works) should be rinsed out with cold water. Then take the works apart and put everything in boiling water for at least 15 minutes. Even if your works are plastic you should boil them. *Important:* It is not enough to rinse out needles with water. You need to boil all equipment to kill the germs that are there including HIV.

## Babies Getting HIV from their Mothers

If a woman has HIV, she can give it to her baby. A baby can get HIV while still inside the mother, during birth, and by drinking the mother's milk.

A woman can help stop her baby from getting HIV:

- By getting an anti-HIV drug from a doctor a few weeks before birth
- By having a C-section (an operation to take out the baby through the mother's belly)
- By giving the baby an anti-HIV drug for a few weeks after birth
- By not feeding the baby her milk

# How do you know if you have HIV?

You can have HIV and not feel sick at all. If you do feel sick, you should go to a doctor (see page 13).

## **The HIV Test**

If you think you might have HIV you can go to a doctor or to the local health authority and have an HIV test. The HIV test shows if you have HIV. Before you take the test you should talk to someone about HIV. You can go to one of the AIDS service organizations to find out more information (see addresses on page 19).

### How does the HIV Test work?

When you go for an HIV test, they take a small amount of your blood. The blood is sent to a lab to see if you have HIV. At the lab they look to see if you have special cells in your blood that only people with HIV have (HIV antibodies).

### When should you get tested?

After you get HIV, it can take up to three months for your body to make HIV antibodies. The HIV test only works after your body has made HIV antibodies. This means that if you think you got HIV yesterday, you would need to wait three months (about 90 days) before the HIV test can work. If you go sooner than three months after getting HIV, they might not find HIV antibodies in your blood even though you really have HIV. This means that you could give the virus to someone else without knowing it. So you need to be careful when having sex and using needles to do drugs even before you get the test. Although you need to wait three months before taking the HIV test, you should talk to someone about your questions right away. You can call the AIDS service organizations for help (see page 19).

### What does the HIV test mean?

After about one week your blood comes back from the lab. You should always find out the result of your test in person and not over the telephone. Your test will be either negative or positive.

#### *A negative result*

If the test does not find HIV antibodies in your blood, the result is "negative". A negative result means that you do not have HIV.

### *A positive result*

If the test does find HIV antibodies in your blood, the result is "positive". This means that you have HIV. You are HIV positive. If you have HIV that does not mean that you will get AIDS or that you will be sick.

## Is there a medicine for HIV?

There is now medicine to fight HIV, but there is still no cure. The medicine (different kinds of drugs) can stop the virus from making people sick but they can not kill the virus. The drugs are very strong and sometimes make people feel sick (side effects). The drugs also need to be taken regularly or they do not work. Usually, a person has to take three drugs at the same time to get HIV under control. Many people who have HIV do not feel sick anymore because they take their medicine.

Some people who have HIV decide not to take any medicine because they feel good and they think the drugs will be too

strong for them. For a small group of people with HIV the medicine does not work.

If you have HIV, you should talk with a doctor before deciding if you want to take medicine or not.

## Useful information

### **If you feel sick . . .**

. . . you should go to a family doctor (general practitioner). He or she will check you and then send you to a special doctor if you need it (like a doctor for women, or a skin doctor).

### Health Insurance

*If you have a job . . .*

. . . you should have health insurance already. If you have insurance, you do not have to pay for doctor's visits or for the hospital.



*If you are looking for a job . . .*

. . . you need to have a work permit if you are not from one of the EU (European Union) countries.

Sometimes you get a work permit as part of your temporary visa. In that case the employment office needs a letter from your employer saying that you have a job. For further information and for help with visas and work permits you should contact one of the organizations below.

*If you are insured through a private insurance company. . .*

. . . because you are a student or you have a fellowship, you will need to become a member of one of the public insurance companies when your insurance runs out. You can only get into the public insurance companies if you have a job or if you are married to someone with German citizenship.

*If you do not have health insurance. . .*

. . . because you are applying for political asylum or another special visa, you need to get a special form from the social services office before going to the doctor or dentist. If it is an emergency, then you can go right to the doctor without getting the form. Even if you are in the hospital, the social services office will pay for the costs. It does not matter what disease you have. Even if you have HIV or AIDS you still will be paid for.

## Medicine

*If you need medicine. . .*

. . . you should get a prescription from the doctor. You need a prescription to get the medicine from the pharmacy. You will need to pay some money for each medicine you get, even if you are insured.

*If you receive unemployment money or welfare money. . .*

. . . then you do not have to pay when you bring the prescription to the pharmacy. You need to tell your insurance company that you receive money from the unemployment office or social services and they will pay all medicine costs.

## **Where do I get help if I have HIV?**

There are a lot of people in Germany who have HIV. Every one feels sad and lonely at first. It can help to talk with people who you can trust, like your best friend. You can also go to a social service organization for help.

### *The AIDS service organizations*

The AIDS service organizations (in German: AIDS-Hilfe) have a lot of experience helping people with HIV. You do not have to give them your name. You can get their help even if you do not speak much German. Everything you tell them is private.

They will not tell other people about you. The AIDS service organization near you can give you the addresses of doctors who help people with HIV. And the AIDS service organization can help if you have trouble with your doctor (for example, because of the language).

You do not have to pay for the help of the AIDS service organizations. Everything is free. The addresses of the AIDS service organizations are on page 19.

### *Other Organizations*

There are many other organizations who can help you with special problems, like a place to live or problems with drugs. If you are having trouble with the immigration office – like applying for asylum or your visa has run out – there is a chance for you to get a special temporary visa or extension because you have HIV. You just need to tell one of the organizations listed at the end of this booklet about your situation, including your HIV infection, and ask them for help.

When you go for help, the social workers will try to find written information in your language. On page 30 you will find a list of organizations that can help with special problems.

### *The German AIDS Foundation*

*(in German: Deutsche AIDS-Stiftung)*

If you need money to help pay for things (like a refrigerator or a washing machine) you can ask for help at the German AIDS Foundation. They may even help pay for other things like a German course, a driver's license, or a computer course.

To get help, you need to fill out a form which you can get at one of the local AIDS service organizations. The Foundation gets the form and makes a decision about whether to give you the money.

## **Medicine for HIV: Tips and Advice**

- Your medicine is prescribed especially for you. You should follow what your doctor says. If you take too much or too little medicine you could get sick.
- Keep your medicine away from others, especially children.
- When you travel, you should always have enough medicine with you. Put the medicine in a plain package. You can get plain packages from your pharmacist. Talk to your doctor about your trip so you can get a letter from him or her to help you if you need to go to a doctor in another city or country.

- Tell your doctor if you are taking herbs or other traditional medicine to help with HIV. Your doctor can tell you if the traditional medicine and the drugs are okay together.

### Local AIDS Service Organizations (AIDS-Hilfen)

AIDS-Hilfe Aachen e.V.  
Zollernstr. 1  
52070 **Aachen**  
Tel.: 0241 / 53 25 58  
Fax: 0241 / 90 22 32

AIDS-Hilfe Westmünsterland e.V.  
Marktstr. 16  
48683 **Ahaus**  
Tel.: 02561 / 97 17 36  
Fax: 02561 / 96 20 11  
<http://westmuensterland.aidshilfe.de>  
[info@westmuensterland.aidshilfe.de](mailto:info@westmuensterland.aidshilfe.de)

AIDS-Hilfe Ahlen e.V.  
Königstr. 9  
59227 **Ahlen**  
Tel.: 02382 / 31 93  
Fax: 02382 / 8 11 79  
<http://www.aidshilfe-online.de>  
[aidshilfe-ahlen@t-online.de](mailto:aidshilfe-ahlen@t-online.de)

AIDS-Hilfe Amberg-Sulzbach e.V.  
Münzgässchen 3  
92224 **Amberg**  
Tel.: 09621 / 49 69 29  
<http://amberg.gay-web.de/ah>  
[info@amberg.gay-web.de](mailto:info@amberg.gay-web.de)

Augsburger AIDS-Hilfe e.V.  
Morellstr. 24  
86159 **Augsburg**  
Tel.: 0821 / 58 59 08  
Fax: 0821 / 58 59 05  
<http://www.aidshilfe-augsburg.de>  
[mail@aidshilfe-augsburg.de](mailto:mail@aidshilfe-augsburg.de)

# Addresses

Berliner Aids-Hilfe e.V.  
Meinekestr. 12  
10719 **Berlin**  
Tel.: 030 / 88 56 40-0  
Fax: 030 / 88 56 40-25  
<http://berlin.aidshilfe.de>  
[info@berlin.aidshilfe.de](mailto:info@berlin.aidshilfe.de)

FELIX gGmbH  
Meinekestr. 12  
10719 **Berlin**  
Tel.: 030 / 88 71 11-80  
Fax: 030 / 88 71 11-88  
<http://www.felix-pflegeteam.de>  
[info@felix-pflegeteam.de](mailto:info@felix-pflegeteam.de)

Fixpunkt e.V. - Druckausgleich  
Graefestr. 18  
10967 **Berlin**  
Tel.: 030 / 692 91 98  
<http://www.fixpunkt.org>  
[druckausgleich@fixpunkt.org](mailto:druckausgleich@fixpunkt.org)

HIV gGmbH  
Lilienthalstr. 28  
10965 **Berlin**  
Tel.: 030 / 6 91 80 33  
Fax: 030 / 6 94 33 49  
<http://home.snafu.de/hiv.ev/>  
[hiv.ev@snafu.de](mailto:hiv.ev@snafu.de)

Mann-O-Meter e.V.  
Motzstr. 5  
10777 **Berlin**  
Tel.: 030 / 21 75 10 11  
Fax: 030 / 2 15 70 78  
<http://www.mann-o-meter.de>  
[info@mann-o-meter.de](mailto:info@mann-o-meter.de)

Präventions Team Berlin e.V.  
Kantstr. 50  
10625 **Berlin**  
Tel.: 030 / 23 00 35 01 (15 – 21 h)  
Fax: 030 / 23 00 35 02

Schwulenberatung/kursiv  
Mommensstr. 45  
10629 **Berlin**  
Tel.: 030 / 32 70 30 40  
Fax: 030 / 32 70 30 41  
<http://www.schwulenberatungberlin.de>  
[schwulenberatung@bln.de](mailto:schwulenberatung@bln.de)

SUB/WAY Berlin e.V.  
Nollendorferstr. 31  
10777 **Berlin**  
Tel.: 030 / 215 57 59  
Fax: 030 / 21 75 60 49  
<http://www.subway-berlin.de>  
[jungs@subway-berlin.de](mailto:jungs@subway-berlin.de)

ZIK "Zuhause im Kiez"  
Perleberger Str. 27  
10559 **Berlin**  
Tel.: 030 / 3 98 96 00  
Fax: 030 / 3 98 96 01  
[zuhause@zik-gmbh.de](mailto:zuhause@zik-gmbh.de)

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Artur-Ladebeck-Str. 26  
33602 **Bielefeld**  
Tel.: 0521 / 13 33 88  
Fax: 0521 / 13 33 69  
<http://bielefeld.aidshilfe.de>  
[aids-bielefeld@pride.de](mailto:aids-bielefeld@pride.de)

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Bergstr. 115  
44791 **Bochum**  
Tel.: 0234 / 5 19 10  
Fax: 0234 / 5 19 19  
<http://bochum.aidshilfe.de>  
[info@bochum.aidshilfe.de](mailto:info@bochum.aidshilfe.de)

AIDS-Hilfe Bonn e.V.  
Weberstr. 52  
53113 **Bonn**  
Tel.: 0228 / 94 90 90  
Fax: 0228 / 9 49 09 30  
<http://www.aids-hilfe-bonn.de>  
[ahb@aids-hilfe-bonn.de](mailto:ahb@aids-hilfe-bonn.de)

Braunschweiger AIDS-Hilfe e.V.  
Eulenstr. 5  
38114 **Braunschweig**  
Tel.: 0531 / 5 80 03-0  
Fax: 0531 / 5 80 03-30  
<http://www.braunschweiger-aids-hilfe.de>  
[ahbs@gmx.de](mailto:ahbs@gmx.de)

AIDS-Hilfe Bremen e.V.  
Am Dobben 66  
28203 **Bremen**  
Tel.: 0421 / 70 28 18/19  
Fax: 0421 / 70 20 12  
[AHBremen@aol.com](mailto:AHBremen@aol.com)

Rat & Tat  
Theodor-Körner-Str. 1  
28203 **Bremen**  
Tel.: 0421 / 70 00 07  
Fax: 0421 / 70 00 09  
[RatundTat@bremen.gay-web.de](mailto:RatundTat@bremen.gay-web.de)

Cellesche AIDS-Hilfe e.V.  
Großer Plan 12  
29221 **Celle**  
Tel.: 05141 / 2 36 46  
Fax: 05141 / 2 36 46

AIDS-Hilfe Chemnitz e.V.  
Hauboldstr. 6  
09111 **Chemnitz**  
Tel.: 0371 / 41 52 23  
Fax: 0371 / 41 52 23

AIDS-Hilfe Coburg/Landkreis e.V.  
Neustadter Str. 3  
96450 **Coburg**  
Tel.: 09564 / 92 94 46  
Fax: 09564 / 92 96 74 66

AIDS-Hilfe Darmstadt e.V.  
Saalbaustr. 27  
64283 **Darmstadt**  
Tel.: 06151 / 2 80 73/74  
Fax: 06151 / 2 80 76  
[info@darmstadt.aidshilfe.de](mailto:info@darmstadt.aidshilfe.de)

AIDS-Hilfe Nordschwaben e.V.  
Stadtmühlenfeld 32  
86609 **Donauwörth**  
Tel.: 0906 / 2 16 01  
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<http://www.tande.com/ahnordschwaben>  
[ahnordschwaben@tande.com](mailto:ahnordschwaben@tande.com)

AIDS-Hilfe Dortmund e.V.  
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44137 **Dortmund**  
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<http://www.aidshilfe-dortmund.de>  
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AIDS-Hilfe Dresden e.V.  
Bischofsweg 46  
01099 **Dresden**  
Tel.: 0351 / 4 41 61 42  
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<http://dresden.aidshilfe.de>  
[info@dresden.aidshilfe.de](mailto:info@dresden.aidshilfe.de)

AIDS-Hilfe Duisburg/Kreis Wesel e.V.  
Friedenstr. 100  
47053 **Duisburg**  
Tel.: 0203 / 66 66 33 oder 66 62 22  
Fax: 0203 / 6 99 84  
<http://duisburg.gay-web.de/aids-wesel>  
[ahduk@debitel.net](mailto:ahduk@debitel.net)

AIDS-Hilfe Düsseldorf e.V.  
Oberbiller Allee 310  
40227 **Düsseldorf**  
Tel.: 0211 / 7 70 95-0  
Fax: 0211 / 7 70 95-27  
<http://duesseldorf.aidshilfe.de>  
[ahd@cyberrainbow.com](mailto:ahd@cyberrainbow.com)

AIDS-Hilfe für die Kreise Pinneberg  
und Steinburg e.V.  
Königstr. 34  
25335 **Elmshorn**  
Tel.: 04121 / 3 10 20  
Fax: 04121 / 3 19 39

AIDS-Hilfe Thüringen e.V.  
Windthorststr. 43a  
99096 **Erfurt**  
Tel.: 0361 / 7 31 22 33  
Fax: 0361 / 3 46 22 98  
<http://erfurt.aidshilfe.de>  
[info@erfurt.aidshilfe.de](mailto:info@erfurt.aidshilfe.de)

AIDS-Hilfe Essen e.V.  
Varnhorststr. 17  
45127 **Essen**  
Tel.: 0201 / 23 60 96  
Fax: 0201 / 20 02 35  
<http://members.aol.com/ahessen/>  
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AIDS-Hilfe Flensburg e.V.  
Südergraben 53  
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Tel.: 0461 / 2 55 99  
Fax: 0461 / 1 24 50  
<http://www.aidshilfe-flensburg.de>  
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Fax: 069 / 40 58 68 40  
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79104 **Freiburg**  
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Fax: 0761 / 28 81 12  
<http://www.geocities.com/WestHollywood/6087/FAH.html>  
[aidshilfe-freiburg@t-online.de](mailto:aidshilfe-freiburg@t-online.de)

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Fax: 0661 / 24 10 11

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Fax: 0551 / 4 10 27  
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Fax: 05321 / 4 25 51  
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33330 **Gütersloh**  
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Fax: 05241 / 23 80 55  
<http://www.aidshilfe.gtl.de>  
[AidshilfeGT@t-online.de](mailto:AidshilfeGT@t-online.de)

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91710 **Gunzenhausen**  
Tel. 09831 / 69 98 67  
Fax 09831 / 61 02 76

AIDS-Hilfe Hagen e.V.  
Körner Str. 82  
58095 **Hagen**  
Tel.: 02331 / 33 88 33  
Fax: 02331 / 20 40 61

AIDS-Hilfe Halberstadt e.V.  
Juri-Gagarin-Str. 19  
38820 **Halberstadt**  
Tel.: 03941 / 60 16 66  
Fax: 03941 / 60 16 66

AIDS-Hilfe Halle e.V.  
Böllberger Weg 189  
06112 **Halle/Saale**  
Tel.: 0345 / 23 09 00  
Fax: 0345 / 23 09 04  
<http://halle.aidshilfe.de>  
[info@halle.aidshilfe.de](mailto:info@halle.aidshilfe.de)

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22767 **Hamburg**  
Tel.: 040 / 3 19 69 81  
Fax: 040 / 3 19 69 84  
<http://www.aidshilfe-hamburg.de>  
[info@aidshilfe-hamburg.de](mailto:info@aidshilfe-hamburg.de)

BASIS-Projekt e.V.  
Knorrstr. 5  
20099 **Hamburg**  
Tel.: 040 / 249694  
Fax: 040 / 2802673  
<http://www.basis-projekt.de>  
[basisprojekt@t-online.de](mailto:basisprojekt@t-online.de)

Hein & Fiete  
Hamburgs schwuler Infoladen  
Pulverteich 21  
20099 **Hamburg**  
Tel.: 040 / 24 03 33  
Fax: 040 / 24 06 75  
<http://www.heinfiete.de>  
[info@heinfiete.de](mailto:info@heinfiete.de)

IHHD e. V.  
Bornstr. 32  
20146 **Hamburg**  
Tel.: 040 / 4 10 20 06

Palette e.V.  
Schillerstraße 47-49  
22767 **Hamburg**  
Tel.: 040 / 3 89 26 91  
Fax: 040 / 3 89 31 60  
[http://fourworld.com/homepages/palette2/Palette\\_Hamburg@compuserve.com](http://fourworld.com/homepages/palette2/Palette_Hamburg@compuserve.com)

AIDS-Hilfe Hamm e.V.  
Werler Str. 105  
59063 **Hamm**  
Tel.: 02381 / 55 75  
Fax: 02381 / 55 76

Hannöversche AIDS-Hilfe e.V.  
Johannsenstr. 8  
30159 **Hannover**  
Tel.: 0511 / 36 06 96-0  
Fax: 0511 / 36 06 96-66  
[aidshilfe@hannover.gay-web.de](mailto:aidshilfe@hannover.gay-web.de)

SIDA e.V.  
Stolzestr. 59  
30171 **Hannover**  
Tel.: 0511 / 66 46 30  
Fax: 0511 / 62 39 44  
[SIDA-e.V.Hannover@t-online.de](mailto:SIDA-e.V.Hannover@t-online.de)

AIDS-Hilfe Westküste e.V.  
Große Westerstraße 30  
25746 **Heide**  
Tel.: 0481 / 76 76  
Fax: 0481 / 7 89 08 62

AIDS-Hilfe Heidelberg e.V.  
Untere Neckarstr. 17  
69117 **Heidelberg**  
Tel.: 06221 / 16 17 00  
Fax: 06221 / 16 88 37  
<http://www.contactpoint.de/heidelberg.htm>  
[Aidshilfe-Heidelberg@t-online.de](mailto:Aidshilfe-Heidelberg@t-online.de)

AIDS-Hilfe Unterland e.V.  
Dammstr. 34/2  
74076 **Heilbronn**  
Tel.: 07131 / 8 90 64  
Fax: 07131 / 8 90 65

AIDS-Hilfe Herne e.V.  
Reichsstr. 66  
44651 **Herne**  
Tel.: 02325 / 6 09 90  
Fax: 02325 / 93 24 96

Hildesheimer AIDS-Hilfe e.V.  
Zingel 14  
31134 **Hildesheim**  
Tel.: 05121 / 13 31 27  
Fax: 05121 / 13 08 43  
<http://www.hildesheimer-aids-hilfe.de>  
[info@hildesheimer-aids-hilfe.de](mailto:info@hildesheimer-aids-hilfe.de)

AIDS-Hilfe Kaiserslautern e.V.  
Pariser Str. 23/Eingang Bleichstr.  
67655 **Kaiserslautern**  
Tel.: 0631 / 1 80 99  
Fax: 0631 / 1 08 12  
<http://www.kaiserslautern.de/shg/aidshilfe@vereine.kaiserslautern.de>

AIDS-Hilfe Karlsruhe e.V.  
Stephanienstr. 84  
76133 **Karlsruhe**  
Tel.: 0721 / 2 62 60 oder 2 64 24  
Fax: 0721 / 2 51 98  
<http://home.t-online.de/home/AH.Karlsruhe>  
[ah.karlsruhe@t-online.de](mailto:ah.karlsruhe@t-online.de)

AIDS-Hilfe Kassel e.V.  
Motzstr. 4  
34117 **Kassel**  
Tel.: 0561 / 10 85 15  
Fax: 0561 / 10 85 69

AIDS-Hilfe Kiel e.V.  
Knooper Weg 120  
24105 **Kiel**  
Tel.: 0431 / 5 70 58-0  
Fax: 0431 / 5 70 58-28  
[www.aidshilfe-kiel.de](http://www.aidshilfe-kiel.de)  
[info@aidshilfe-kiel.de](mailto:info@aidshilfe-kiel.de)

AIDS-Hilfe Kreis Kleve e.V.  
Lindenallee 22  
47533 **Kleve**  
Tel.: 02821 / 76 81 31  
Fax: 02821 / 76 81 33  
<http://www.ah-kiel.de>

AIDS-Hilfe Koblenz e.V.  
Löhrstr. 53  
56068 **Koblenz**  
Tel.: 0261 / 1 66 99  
Fax: 0261 / 1 72 35

AIDS-Hilfe Köln e.V.  
Beethovenstr. 1  
50674 **Köln**  
Tel.: 0221 / 20 20 30  
Fax: 0221 / 23 03 25  
<http://koeln.aidshilfe.de>  
[info@koeln.aidshilfe.de](mailto:info@koeln.aidshilfe.de)

Junkieband Köln e.V.  
In den Reihen 16  
51103 **Köln**  
Tel.: 0221 / 62 20 81  
Fax: 0221 / 62 20 82

Schwüps  
Schwule Initiative für Pflege und Soziales  
Pipinstr. 7  
50667 **Köln**  
Tel.: 0221 / 92 57 68 11  
Fax: 0221 / 92 57 68 45  
[106066,726@compuserve.com](mailto:106066,726@compuserve.com)

AIDS-Hilfe Konstanz e.V.  
Münzgasse 29  
78462 **Konstanz**  
Tel.: 07531 / 2 11 13  
Fax: 07531 / 1 50 29  
<http://konstanz.aidshilfe.de>  
[aidshilfe.konstanz@t-online.de](mailto:aidshilfe.konstanz@t-online.de)

AIDS-Hilfe Krefeld e.V.  
Rheinstr. 2-4  
47799 **Krefeld**  
Tel.: 02151 / 77 50 20  
Fax: 02151 / 78 65 92  
<http://krefeld.aidshilfe.de>  
[info@krefeld.aidshilfe.de](mailto:info@krefeld.aidshilfe.de)

AIDS-Hilfe Landau e.V.  
Weißenburger Str. 2b  
76829 **Landau**  
Tel.: 06341 / 8 86 88  
Fax: 06341 / 8 43 86

AIDS-Hilfe Leipzig e.V.  
Ossietzkystr. 18  
04347 **Leipzig**  
Tel.: 0341 / 2 32 31 26/27  
Fax: 0341 / 2 33 39 68  
<http://leipzig.aidshilfe.de>  
[info@leipzig.aidshilfe.de](mailto:info@leipzig.aidshilfe.de)

AIDS-Hilfe Leverkusen e.V.  
Lichstr. 36a  
51373 **Leverkusen**  
Tel.: 0214 / 40 17 66  
Fax: 0214 / 40 17 66

AIDS-Hilfe Emsland e.V.  
Mühlenstiege 3  
49808 **Lingen**  
Tel.: 0591 / 5 41 21  
Fax: 0591 / 5 86 02

Lübecker AIDS-Hilfe e.V.  
Engelsgrube 16  
23552 **Lübeck**  
Tel.: 0451 / 7 25 51  
Fax: 0451 / 7 07 02 18  
<http://home.t-online.de/home/AIDS-Hilfe-Luebeck/home.htm>  
[AIDS-Hilfe-Luebeck@t-online.de](mailto:AIDS-Hilfe-Luebeck@t-online.de)

AIDS-Hilfe Lüneburg e.V.  
Am Sande 50  
21335 **Lüneburg**  
Tel.: 04131 / 40 35 50  
Fax: 04131 / 40 35 05

AIDS-Hilfe Magdeburg e.V.  
Breiter Weg 213  
39104 **Magdeburg**  
Tel.: 0391 / 53 57 69-0  
Fax: 0391 / 53 57 69-20  
<http://magdeburg.aidshilfe.de>  
[AIDS-Magdeburg@t-online.de](mailto:AIDS-Magdeburg@t-online.de)

AIDS-Hilfe Mainz e.V.  
Hopfengarten 19  
55116 **Mainz**  
Tel.: 06131 / 22 22 75  
Fax: 06131 / 23 38 74

AIDS-Hilfe Mannheim/Ludwigshafen e.V.  
L 10 / 8  
68161 **Mannheim**  
Tel.: 0621 / 2 86 00  
Fax: 0621 / 15 27 64  
<http://www.contactpoint.de/aidshilfe.htm>  
[aidshilfe@mannheim-netz.de](mailto:aidshilfe@mannheim-netz.de)

AIDS-Hilfe Marburg e.V.  
Bahnhofstr. 27  
35037 **Marburg**  
Tel.: 06421 / 6 45 23  
Fax: 06421 / 6 24 14  
<http://marburg.aidshilfe.de>  
[info@marburg.aidshilfe.de](mailto:info@marburg.aidshilfe.de)

AIDS-Hilfe Memmingen/Allgäu e.V.  
Krautstr. 8  
87700 **Memmingen**  
Tel.: 08331 / 4 84 57  
Fax: 08331 / 98 10 89  
<http://www.aids-hilfe.de>  
[aids-hilfe@t-online.de](mailto:aids-hilfe@t-online.de)

AIDS-Hilfe im Märkischen Kreis e.V.  
An der Stadtmauer 4a  
58706 **Menden**  
Tel.: 02373 / 1 20 94  
[m\\_w\\_f\\_2000@yahoo.de](mailto:m_w_f_2000@yahoo.de)

AIDS-Hilfe Mönchengladbach/Rheydt e.V.  
Rathausstr. 13  
41061 **Mönchengladbach**  
Tel.: 02161 / 17 60 23  
Fax: 02161 / 17 60 24  
<http://www.aidshilfe-mg.de>  
[ah-mg@t-online.de](mailto:ah-mg@t-online.de) oder  
[aidshilfe-mg@westwerk.de](mailto:aidshilfe-mg@westwerk.de)

Münchner AIDS-Hilfe e.V.  
Lindwurmstr. 71  
80337 **München**  
Tel.: 089 / 54 46 47-0  
Fax: 089 / 54 46 47-11  
<http://www.muenchner-aidshilfe.de/>  
[beratungsstelle@muenchner-aidshilfe.de](mailto:beratungsstelle@muenchner-aidshilfe.de)

AIDS-Hilfe Münster e.V.  
Schaumburger Str. 11  
48145 **Münster**  
Tel.: 0251 / 6 09 60-0  
Fax: 0251 / 6 35 55  
<http://www.muenster.org/Aids-Hilfe>  
[Aids-HilfeMuenster@t-online.de](mailto:Aids-HilfeMuenster@t-online.de)

Elterninitiative HIV-betroffener Kinder e.V.  
Poststr. 16  
41334 **Nettetal**  
Tel.: 02157 / 81 12 22  
Fax: 02157 / 81 12 30  
<http://www.webdesign-grethe.de/ehk>  
[ehk@webarea.de](mailto:ehk@webarea.de)

Neubrandenburger AIDS-Hilfe e.V.  
Tilly-Schanzen-Str. 2  
17033 **Neubrandenburg**  
Tel.: 0395 / 5 44 17 41  
Fax: 0395 / 5 44 17 41

AIDS-Hilfe Neumünster e.V.  
Wasbecker Str. 93  
24534 **Neumünster**  
Tel.: 04321 / 66866  
Fax: 04321 / 66866  
<http://www.neumuenster.com/aids-hilfe/>  
[ahn@neumuenster.com](mailto:ahn@neumuenster.com)

AIDS-Hilfe Grafschaft Bentheim e.V.  
Bentheimer Str. 35  
48529 **Nordhorn**  
Tel.: 05921 / 7 65 90  
Fax: 05921 / 7 65 90

AIDS-Hilfe Nürnberg-Erlangen-Fürth e.V.  
Bahnhofstr. 13/15  
90402 **Nürnberg**  
Tel.: 0911 / 2 30 90 35  
Fax: 0911 / 23 09 03 45  
<http://www.aidshilfe-nuernberg.de>  
[info@aidshilfe-nuernberg.de](mailto:info@aidshilfe-nuernberg.de)

AIDS-Hilfe Oberhausen e.V.  
Langemarkstr. 12  
46045 **Oberhausen**  
Tel.: 0208 / 80 65 18  
Fax: 0208 / 85 14 49  
<http://oberhausen.aidshilfe.de/>  
[aidshilfe.ob@cityweb.de](mailto:aidshilfe.ob@cityweb.de)

AIDS-Hilfe Offenbach e.V.  
Frankfurter Str. 48  
63065 **Offenbach**  
Tel.: 069 / 88 36 88  
Fax: 069 / 88 10 43

AIDS-Hilfe Offenburg e. V.  
Malergasse 1  
77652 **Offenburg**  
Tel.: 0781 / 7 71 89  
Fax: 0781 / 2 40 63

Oldenburgische AIDS-Hilfe e.V.  
Bahnhofstr. 23  
26122 **Oldenburg**  
Tel.: 0441 / 1 45 00  
Fax: 0441 / 1 42 22  
<http://oldenburg.gay-web.de/aidshilfe.htm>

AIDS-Hilfe Kreis Olpe e.V.  
Kampstraße 26  
57462 **Olpe**  
Tel.: 02761 / 4 03 22  
Fax: 02761 / 27 34  
<http://www.AIDS-Hilfe-Kreis-Olpe.de>

AIDS-Hilfe Osnabrück e.V.  
Möserstraße 44  
49074 **Osnabrück**  
Tel.: 0541 / 80 10 24  
Fax: 0541 / 80 47 88  
<http://www.aidshilfe-osnabrueck.de>

AIDS-Hilfe Paderborn e.V.  
Friedrichstr. 51  
33102 **Paderborn**  
Tel.: 05251 / 28 02 98  
Fax: 05251 / 28 07 51  
<http://paderborn.aidshilfe.de/>  
[AIDS-Hilfe.Paderborn@t-online.de](mailto:AIDS-Hilfe.Paderborn@t-online.de)

AIDS-Hilfe Pforzheim e.V.  
Frankstr. 143  
75172 **Pforzheim**  
Tel.: 07231 / 44 11 10  
Fax: 07231 / 46 86 82  
<http://www.ah-pforzheim.de>  
[ah-pforzheim@t-online.de](mailto:ah-pforzheim@t-online.de)

AIDS-Hilfe Potsdam e.V.  
Berliner Str. 49  
14467 **Potsdam**  
Tel.: 0331 / 2 80 10 60  
Fax: 0331 / 2 80 10 70  
<http://potsdam.aidshilfe.de>  
[info@potsdam.aidshilfe.de](mailto:info@potsdam.aidshilfe.de)

AIDS-Hilfe Bodensee/Oberschwaben e.V.  
Frauenstr. 1  
88212 **Ravensburg**  
Tel.: 0751 / 35 40 72  
Fax: 0751 / 35 40 77

AIDS-Hilfe Regensburg e.V.  
Wollwirkergasse 25  
93055 **Regensburg**  
Tel.: 0941 / 79 12 66  
Fax: 0941 / 7 95 77 67  
<http://www.geocities.com/WestHollywood/Stonewall/9622/>  
[vorstand.ahr@gmx.de](mailto:vorstand.ahr@gmx.de)

Positiv e.V./Waldschlösschen  
37130 **Reinhausen bei Göttingen**  
Tel.: 05592 / 3 82  
Fax: 05592 / 17 92

AIDS-Hilfe Kreis Steinfurt e.V.  
Thiemauer 42  
48431 **Rheine**  
Tel.: 05971/1 60 28-0  
Fax: 05971/1 60 28-24

AIDS-Hilfe Rostock im Rat und Tat e.V.  
Leonhardstr. 20  
18057 **Rostock**  
Tel.: 0381 / 45 31 56  
Fax: 0381 / 45 31 61  
<http://ratundtat.aidshilfe.de>  
<http://rostock.aidshilfe.de>  
[info@rostock.aidshilfe.de](mailto:info@rostock.aidshilfe.de)

AIDS-Hilfe Saar e.V.  
Nauwieser Str. 19  
66111 **Saarbrücken**  
Tel.: 0681 / 3 11 12  
Fax: 0681 / 3 42 52  
<http://saabruecken.aidshilfe.de>  
[info@saabruecken.aidshilfe.de](mailto:info@saabruecken.aidshilfe.de)

AIDS-Hilfe Schwäbisch Gmünd e.V.  
Bocksgasse 23  
73525 **Schwäbisch Gmünd**  
Tel.: 07171 / 93 23 43  
Fax: 07171 / 93 23 44  
[AH-GD@t-online.de](mailto:AH-GD@t-online.de)

AIDS-Hilfe Schwäbisch Hall e.V.  
Grauwiesenweg 4  
74523 **Schwäbisch Hall**  
Tel.: 0791 / 93 81 60  
Fax: 0791 / 93 81 61

AIDS-Hilfe Kreis Siegen-Wittgenstein e.V.  
Sandstr. 12  
57072 **Siegen**  
Tel.: 0271 / 2 22 22  
Fax: 0271 / 5 48 11  
<http://www.aids-hilfe-siegen.de>  
[ah.siwi@gmx.de](mailto:ah.siwi@gmx.de)

AIDS-Hilfe im Kreis Soest e.V.  
Siechenstr. 9  
59494 **Soest**  
Tel.: 02921 / 28 88  
Fax: 02921 / 28 83

AIDS-Hilfe Solingen  
Regenbogen e.V.  
Weyerstr. 286  
42719 **Solingen**  
Tel.: 0212 / 2 33 39 22  
[ahsolingen@wtal.de](mailto:ahsolingen@wtal.de)

AIDS-Hilfe Stuttgart e.V.  
Hölderlinplatz 5  
70193 **Stuttgart**  
Tel.: 0711 / 2 24 69-0  
Fax: 0711 / 2 24 69-99  
<http://home.t-online.de/home/>  
AIDS-Hilfe-Stuttgart  
[Aids-Hilfe-Stuttgart@t-online.de](mailto:Aids-Hilfe-Stuttgart@t-online.de)

AIDS-Hilfe Trier e.V.  
Saarstr. 48  
54290 **Trier**  
Tel.: 0651 / 9 70 44-0  
Fax: 0651 / 9 70 44-12

AIDS-Hilfe Rhein-Sieg e.V.  
Alte Poststr. 31  
53840 **Troisdorf**  
Tel.: 02241 / 9 79 99-7  
Fax: 02241 / 9 79 99-88  
<http://www.aids-hilfe-rhein-sieg.de>

AIDS-Hilfe Tübingen-Reutlingen e.V.  
Herrenberger Str. 9  
72070 **Tübingen**  
Tel.: 07071 / 4 99 22  
Fax: 07071 / 4 44 37  
<http://tuebingen.aidshilfe.de>  
[info@tuebingen-aidshilfe.de](mailto:info@tuebingen-aidshilfe.de)

AIDS-Hilfe Ulm/Neu-Ulm/Aib-Donau e.V.  
Furtenbachstr. 14  
89077 **Ulm**  
Tel.: 0731 / 3 73 31  
Fax: 0731 / 9 31 75 27  
<http://www.aidshilfe-ulm.de>  
[info@aidshilfe-ulm.de](mailto:info@aidshilfe-ulm.de)

AIDS-Hilfe im Kreis Unna e.V.  
Hertingerstr. 47  
59423 **Unna**  
Tel.: 02303 / 8 96 05  
Fax: 02303 / 25 79 95  
<http://unna.aidshilfe.de>  
[info@unna.aidshilfe.de](mailto:info@unna.aidshilfe.de)

AIDS-Hilfe Weimar & Ostthüringen e.V.  
Erfurter Str. 17  
99423 **Weimar**  
Tel.: 03643 / 85 35 35  
Fax: 03643 / 85 36 36  
<http://weimar.aidshilfe.de>  
[info@weimar.aidshilfe.de](mailto:info@weimar.aidshilfe.de)

AIDS-Hilfe Sylt  
Akthiv für Nordfriesland e.V.  
Kjeistr. 23a  
25980 **Westerland**  
Tel.: 04651 / 92 76 90  
Fax: 04651 / 92 76 90

AIDS-Hilfe Wiesbaden e.V.  
Karl-Glässing-Str. 5  
65183 **Wiesbaden**  
Tel.: 0611 / 30 24 36  
Fax: 0611 / 37 72 13  
<http://home.t-online.de/home/>  
ahwiesbaden  
[AHwiesbaden@t-online.de](mailto:AHwiesbaden@t-online.de)

Wilhelmshavener AIDS-Hilfe e.V.  
Bremer Str. 139  
26382 **Wilhelmshaven**  
Tel.: 04421 / 2 11 49  
Fax: 04421 / 2 79 39

AIDS-Hilfe West-Mecklenburg e.V.  
Mühlenstr. 32  
23966 **Wismar**  
Tel.: 03841 / 21 47 55  
Fax: 03841 / 21 47 55  
<http://wismar.aidshilfe.de>

AIDS-Hilfe Wolfsburg e.V.  
Schachtweg 5a  
38440 **Wolfsburg**  
Tel.: 05361 / 1 33 32  
Fax: 05361 / 29 15 21

AIDS-Hilfe Wuppertal e.V.  
Hofaue 9  
42103 **Wuppertal**  
Tel.: 0202 / 45 00 03  
Fax: 0202 / 45 25 70  
<http://www.aidshilfe.wtal.de>  
[aidshilfe@wtal.de](mailto:aidshilfe@wtal.de)

AIDS-Hilfe Westsachsen e.V.  
Hauptstr. 10  
08056 **Zwickau**  
Tel.: 0375 / 29 33 00  
Fax: 0375 / 3 53 13 70  
<http://zwickau.aidshilfe.de>  
[info@zwickau.aidshilfe.de](mailto:info@zwickau.aidshilfe.de)

### Other Organizations

**UNHCR – The United Nations  
High Commission on Refugees**  
German Office  
Wallstraße 9-13, 10179 Berlin  
Tel.: 030 / 20 22 02-0  
Fax: 030 / 20 22 02-20  
[grfbc@unhcr.ch](mailto:grfbc@unhcr.ch)

**The National Office for Foreigners and  
Non-Nationals**  
(Die Beauftragte der Bundesregierung  
für Ausländerfragen)  
Wilhelmstraße 49, 10117 Berlin  
Tel.: 018 88 / 527-2974  
Fax: 018 88 / 527-2760



### Women's Organizations

(In these organizations are people who speak different languages. Maybe there is someone who speaks your language.)

#### Amnesty For Women

Große Bergstraße 231, 22767 Hamburg  
Tel.: 040 / 384753, Fax: 040 / 385758  
E-Mail: [Amnesty4women@t-online.de](mailto:Amnesty4women@t-online.de)

#### S.U.S.I.

Intercultural Women's Center  
Liniestraße 138, 10115 Berlin  
Tel.: 030 / 2826627, Fax: 030 / 28096952  
E-Mail: [susifrz@aol.com](mailto:susifrz@aol.com)

#### Solwodi e.V.

Solidarity with Women in Distress  
Propsteistraße 2, 56154 Boppard-Hirzenach  
Tel.: 06741 / 2232, Fax: 06741 / 2310  
<http://www.solwodi.de>  
[info@solwodi.de](mailto:info@solwodi.de)

#### BAN YING e.V.

Anklamer Straße 38, 10115 Berlin  
Tel.: 030 / 4406373, Fax: 030 / 4406375  
<http://www.ban-ying.de>  
E-Mail: [ban-ying@ipn-b.comlink.apc.org](mailto:ban-ying@ipn-b.comlink.apc.org)  
(for women from Southeast Asia, especially Thailand and the Philippines)

### Social Welfare and Health Information and Counseling for Women and Girls from African Countries

#### VIA Berlin/Brandenburg e.V.

Kadiner Straße 17, 10243 Berlin  
Tel.: 030 / 29007153, Fax: 030 / 29006949  
<http://home.snafu.de/via.berlin>  
E-Mail: [via.akam@berlin.snafu.de](mailto:via.akam@berlin.snafu.de)  
(Counseling services in English, French, Portuguese, and other African languages.)

#### agisra e.V.

Association Against Sexual and Racial Exploitation  
(Arbeitsgemeinschaft gegen internationale sexistische und rassistische Ausbeutung)  
Ludolfusstraße 2-4, 60487 Frankfurt am Main  
Tel.: 069 / 777752, Fax: 069 / 777757  
<http://www.agisra.de>  
E-Mail: [agisra@aol.com](mailto:agisra@aol.com)

### Information und Support for Binational Couples (a couple where one is German and the other is not German)

#### iaf

Association for Multinational Families and Partners  
(Verband binationaler Familien und Partnerschaften)  
Ludolfusstraße 2-4, 60487 Frankfurt am Main  
Tel.: 069 / 7137560, Fax: 069 / 7075092  
<http://www.verband-binationaler.de>  
E-Mail: [Verband-Binationaler@t-online.de](mailto:Verband-Binationaler@t-online.de)  
(The iaf has counseling centers in several cities. Call the Frankfurt office for more information.)

### Information for People from Turkey

#### ADM – AIDS Danisma Merkezi

Skalitzer Straße 138, 10999 Berlin  
Tel.: 030 / 6153232

### Help for Women with HIV Who Want Children

#### KIS – Center for Immune Deficiency

(Kuratorium für Immunschwäche)  
Mozartstraße 3, 80336 München  
Tel.: 089 / 531233, Fax: 089 / 5328651  
<http://hetero.aidshilfe.de/kis/>

### Help in the Case of Deportation

#### National Working Group: "Asylum in the Church"

(Ökumenische Bundesarbeitsgemeinschaft „Asyl in der Kirche“)  
Berliner Freiheit 16, 53111 Bonn  
Tel.: 0228 / 9650342, Fax: 0228 / 9650343  
<http://www.kirchenasyl.de>  
E-Mail: [info@kirchenasyl.de](mailto:info@kirchenasyl.de)

#### Immigration Counseling Pax Christi

(Ausländerrechtliche Härtefallberatung Pax Christi)  
c/o Traudl Vorbrodt  
Gottfried-Arnold-Weg 8, 14089 Berlin  
Tel. und Fax: 030 / 3655169

### For Men Who Have Sex with Men

#### Mann-0-Meter

Molzstraße 5, 10777 Berlin  
Tel.: 030 / 2168008

### For Men Working in Prostitution

#### SUB/WAY Berlin e.V.

Nollendorfsstraße 31  
Tel.: 030 / 2155750

#### BASIS Projekt e.V.

Knorrestraße 5, 20099 Hamburg  
Tel.: 040 / 2801607

#### MARIKAS

Dreimühlenstraße 1, 80469 München  
Tel.: 089 / 7259084

#### KISS

Alte Gasse 37, 60313 Frankfurt am Main  
Tel.: 069 / 293671

#### LOOKS

Pipinstr.7, 50667 Köln  
Tel.: 0221 / 2405650

### For People with Drug Problems

#### ODAK e.V. – Haltestelle

Muskauer Straße 55, 10997 Berlin  
Tel.: 030 / 6124047

### Information About the Human Rights Situation in Specific Countries

#### amnesty international, Germany

Heerstraße 178, 53111 Bonn  
Tel.: 0228 / 98373-0, Fax: 0228 / 630036  
<http://www.amnesty.de>  
E-Mail: [info@amnesty.de](mailto:info@amnesty.de)

### Information Concerning HIV and Medical Care in Various Countries (Information available in various languages)

#### AKAM-Archiv

c/o VIA Berlin-Brandenburg e.V.  
Kadiner Straße 17  
10243 Berlin  
Tel.: 030 / 29006948, Fax: 030 / 29006949  
E-Mail: [via.akam@berlin.snafu.de](mailto:via.akam@berlin.snafu.de)

### Financial Aid for People Who Have HIV

#### German AIDS Foundation

(Deutsche AIDS-Stiftung)  
Markt 26, 53111 Bonn  
Tel.: 0228 / 604690, Fax: 0228 / 6046999  
<http://www.aids-stiftung.de>  
E-Mail: [info@aids-stiftung.de](mailto:info@aids-stiftung.de)

### Legal Aid and Referral for Immigration Problems

#### Pro Asyl

Postfach 160624, 60069 Frankfurt am Main  
Tel.: 069 / 230688, Fax: 069 / 230650  
<http://www.proasyl.de>  
E-Mail: [proasyl@proasyl.de](mailto:proasyl@proasyl.de)

## **Refugee Offices**

### **Baden-Württemberg**

Arbeitskreis Asyl  
Postfach 100221, 70197 Stuttgart  
Tel.: 0711 / 631395 or 6365435  
Fax: 0711 / 6369737

### **Bayern**

Flüchtlingsrat  
Valleystraße 42, 81371 München  
Tel.: 089 / 762234, Fax: 089 / 762236

### **Berlin**

Flüchtlingsrat  
c/o Gossner Mission  
Fennstraße 31, 12439 Berlin  
Tel.: 030 / 6317873, Fax: 030 / 6361198

### **Brandenburg**

Flüchtlingsrat  
Eisenhartstr. 13, 14469 Potsdam  
Tel. und Fax: 0331 / 716499

### **Bremen**

Verein Ökumenische Ausländerarbeit im  
Lande Bremen e.V.  
(Flüchtlingsrat)  
c/o Katholisches Bildungswerk  
Kolpingstraße 4–6, 28195 Bremen  
Tel.: 0421 / 323202, Fax: 0421 / 1692840

### **Hamburg**

Flüchtlingsrat  
c/o Kölibri  
Hein-Köllisch-Platz 12, 20359 Hamburg  
Tel.: 040 / 431587, Fax: 040 / 4304490

### **Hessen**

Flüchtlingsrat  
Löher Straße 37, 36037 Fulda  
Tel.: 0661 / 241639, Fax: 0661 / 242584

### **Mecklenburg-Vorpommern**

Flüchtlingsrat  
c/o Büro der Ausländerbeauftragten  
Friesenstraße 29, 19059 Schwerin  
Tel. und Fax: 0385 / 7434204

### **Nordrhein-Westfalen**

Arbeitskreis Asyl  
c/o Kölner Flüchtlingsrat  
Kartäusergasse 9–11, 50678 Köln  
Tel.: 02064 / 414523, Fax: 02064 / 414525

### **Rheinland-Pfalz**

Arbeitskreis Asyl  
Postfach 2851, 55516 Bad Kreuznach  
Tel.: 0671 / 8459153, Fax: 0671 / 251140

### **Saarland**

Arbeitskreis Asyl  
Kaiserstraße 20, 66424 Homburg  
Tel.: 06841 / 4011, Fax: 06841 / 15658

### **Sachsen**

Flüchtlingsrat  
Heinrich-Zille-Straße 6, 01219 Dresden  
Tel. und Fax: 0351 / 4714039

### **Sachsen-Anhalt**

Flüchtlingsrat  
Schellingstraße 3–4, 39104 Magdeburg  
Tel. und Fax: 0391 / 5371279

### **Schleswig-Holstein**

Flüchtlingsrat  
Oldenburger Straße 25, 24143 Kiel  
Tel.: 0431 / 735000, Fax: 0431 / 736077

### **Thüringen**

Flüchtlingsrat  
Rudolfstraße 47, Gebäude E2  
99092 Erfurt  
Tel.: 0361 / 21727–20, Fax: 0361 / 21727–27