

Welcome to Plön!

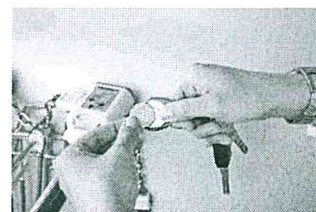
Here is some information for you which hopefully will make your familiarisation with Plön easier.

In addition, you can request help from a citizen who will assist you in all different kinds of matters during the first weeks of your stay in Plön.

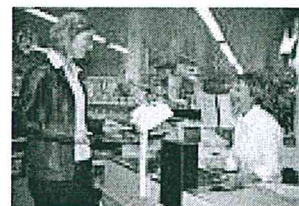
This offer is voluntary and does not cost you anything!

1. How and where do I shop?

- Basic foods can be bought in supermarkets. Low priced markets are Lidl, Sky and Aldi in the city centre. Special spices and ingredients can be found in Edeka in Plön-Stadttheide.
- To be able to use the shopping trolley, you need a special chip or a 1 Euro coin as a deposit.



- In the supermarket, all desired items are put in the shopping trolley and are paid for at the cash desk in front of the exits.



- Products are not to be opened, tasted or tested in the supermarket before being paid.
- When returning bottles and cans with this sign, you get deposit money back.



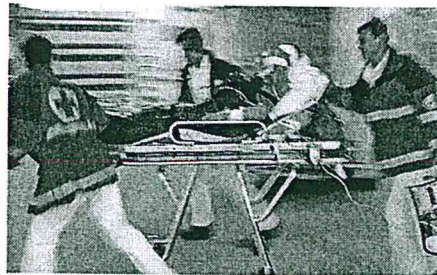
- Ask the supermarket staff for help if you have any problems or questions.
- To carry the purchased products home, bring your own bags or buy some bags at the cash desk.

2. Water

In all German households, tap water is also drinking water.

3. Doctors

- A list of doctors is attached.
- In the first place, illness help is available to all refugees and asylum-seekers. Here, only pains are being treated. Additionally, you can purchase over-the-counter medicine in pharmacies. These are quite expensive in Germany.
- **Emergency telephone numbers are 110 for Police, 112 for firefighters and emergency doctors. Only for emergencies, these numbers can be called free of charge and the operations are free as well.**



4. Social helps

- In the „Kleidergarage“ of the congregation in Plön, Markt 25, you can get well preserved used clothes for very little money or even for free. You don't have to be church member to get clothes there. Opening hours are Monday to Friday from 9 to 11.30 h and from 15 to 17 h.
- You can get assorted food at the „Plöner Tafel“, Bahnhofstraße 6 / at the crossing to Krabbe. To be able to use this service, you will need your approval notification („Bewilligungsbescheid“). Once a week, you can get a whole package of foods for only 2 Euros, either on Wednesdays 14.30 to 15.30 h or on Fridays 15 to 16 h.

5. How do I handle household garbage?

In Germany, there are strict rules as to how to separate garbage.

1. All kinds of garbage need to be put in rubbish bins.

2. In households, garbage needs to be separated as follows:

- Plastic rubbish and cans belong into the yellow sack.
- Food and plant remains belong into the brown bin „Bio“.
- Paper and cardboard belong into the green bin.
- Diapers, sanitary napkins and mixed rubbish belong into the black residual waste bin..
- Additionally, there are big containers for glass, set up in or close to housing areas.
- Flat batteries are taken back in supermarkets.



6. Religion

In Germany, there is freedom of religion for all persons.

You can contact

- the Protestant Lutheran church in Plön, Markt 25, Tel.: 04522/2235
- the Roman Catholic church in Plön, Brückenstraße 15, Tel.: 04522/74070
- the Islamic community in Kiel on the site www.moscheesuche.de. There are 8 mosques in Kiel.

7. Bank account

It is very helpful to set up a bank account with a local bank at the very beginning.

In Plön, there is the Raiffeisenbank, the Sparkasse and the Postbank.

Money can then be withdrawn either at the counter or at the cash machine.

8. Freedom of travel

Refugees and asylum-seekers have a limited freedom of travelling until their status approval. Of course they are allowed to leave Plön temporarily and be out of town for a few days.

Trains pass through Plön every 30 minutes in the direction of Kiel and Lübeck. Train tickets are to be purchased at vending machines at the train station.

For bus rides, tickets are to be purchased from the bus driver.

