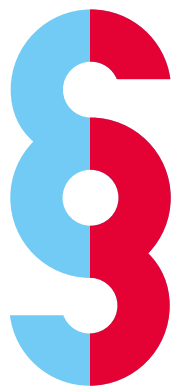


Advice on your rights at work



Advice

Have you recently moved to Germany?

Do you have a low-paid job in Berlin?

You work in, for example:

- food delivery or for a restaurant, café, or bar
- courier or parcel delivery
- the cleaning sector
- construction
- logistics or warehouse work

You have problems at work and can't afford a lawyer?

We may be able to help if you have questions such as:

- I have been dismissed. Is it legal?
- My employer has not paid me. How can I get my money?
- What happens if I get sick or have an accident? Do I have health insurance?
- Do I have to work extra hours without pay?
- How many breaks should I get? How many paid vacation days do I get?

We provide advice and support!*

Free of charge and anonymous, regardless of your nationality or immigration status:

- by **telephone** or **e-mail**;
- **in person** (by appointment) at our advice centre in Berlin-Tempelhof.
- We offer advice **in many languages**, including: Polish, Ukrainian, Bulgarian, Romanian, Portuguese, Moldovan, Arabic, Kurdish, Russian, German, English, French

**Excludes trade union members and people with legal expenses insurance.*

Contact us

**Berlin Advice Centre
for Migration and Decent
Work (BEMA)**

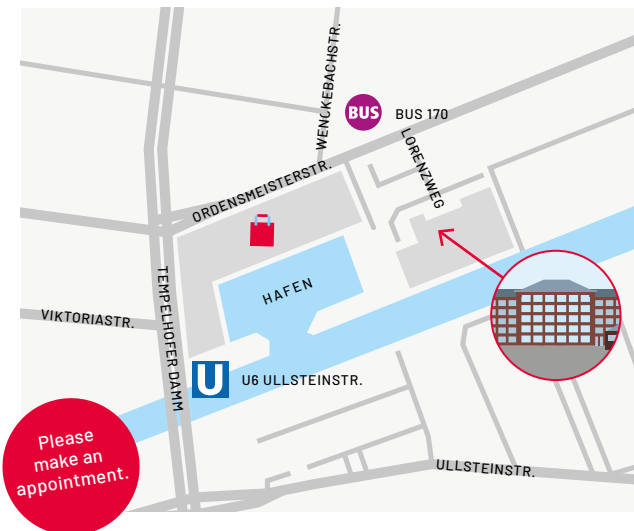
Lorenzweg 5, 12099 Berlin
Building A, 1st Floor

Underground:

stop Ullsteinstraße (U6)

Bus: stop

Wenckebachstraße (170)



Questions about rights at work

arbeitsrecht@berlin.arbeitundleben.de



**People affected by forced labour,
labour exploitation or human
trafficking**

za@berlin.arbeitundleben.de



**People who have fled Ukraine |
"Hidna Pratsya" Project**

hidnapratsya@berlin.arbeitundleben.de



BEMA is funded by the Berlin Senate Department for Labour, Social Affairs, Equality, Integration, Diversity and Anti-Discrimination. It is operated by Arbeit und Leben Berlin-Brandenburg gGmbH.

Version: 05_2026

