

# Welcome!

## Thank you for giving blood to save lives.

**In Germany, there are some requirements for blood donation:**

- **Understanding and confidentiality**

A blood donation should be as safe as possible - both for you as the donor and for the recipient of the blood. Therefore we need some information from you. You must complete a **questionnaire in German**, followed by a confidential interview with a doctor. The interview is also held **in German**.

In this interview very personal matters are discussed with regard to your state of health and your way of life. For example, risks of sexually transmitted diseases are asked for. Therefore, the presence of third parties, e.g. interpreters, friends or family members, is generally not permitted.

**If your German language skills are not yet sufficient for questionnaires and interviews, we are unfortunately unable to admit you to donate blood today.** However, you are welcome to come back when you speak and understand German better.

- **Identity**

Both blood and stem cell donations require an official passport or identity card (with photo and in Latin script) or a BAMF (Federal Office for Migration and Refugees) certificate to establish your identity.

- **Address**

We need a postal address from you so that we can inform you if important results arise from the laboratory tests which you absolutely must know about.

- **Other requirements**

Age: 18 to 60 years, weight: at least 50kg  
You must be healthy; women are not allowed to donate during pregnancy and lactation.

There may be several reasons why you may not be able to donate until after a waiting period: For example, if you have had certain illnesses or have recently travelled from a country with malaria. This will be clarified in a doctor's interview.

**If all these conditions are met, then we look forward to your blood donation!**

**Is there a possibility to help without German language skills?**

Yes, you can register as a **stem cell donor**. Information about this can be found in the multilingual flyer from the **WSZE** in the **Infobox**.

You can register with us here with an **information form in English or German and a blood sample** for stem cell donation.

In the event that your stem cells could save the life of a sick person, all necessary conversations are possible with the help of interpreters.