Almost eight million forced migrants arrived in West Germany after WWII. We study empirically how regional conditions affected their economic, social and political integration. We first document large cross-regional differences in integration outcomes. We then show that high inflows of migrants and a large agrarian base hampered integration. Religious differences between migrants and natives had no effect on economic integration. Yet, they decreased intermarriage rates and strengthened anti-migrant parties. Based on our estimates, we simulate the regional distribution of migrants that maximizes their labor force participation. Inner-German migration in the 1950s brought the actual distribution closer to its optimum.