



Current Data and Indicators

# REGIONAL LABOUR MARKET FORECASTS // March 2026

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The following pages present forecasts by the Institute for Employment Research, Germany (IAB) of the number of people in employment subject to social security contributions, the number of unemployed, the number of unemployed in the Social Code II and III systems and the number of people who are able to work and are eligible for benefits for various regions as well as the unemployment rate. Until the issue 1/2015, this forecast was published as “Regional Forecasts of Unemployment and Employment in the German Federal States and Labour Market Districts”. At the IAB, the calculations are carried out in the Regional Research Network.

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# 1 Methodology

The forecasts for the number of employed subject to social security contributions, the number of unemployed and those capable of working and eligible for benefits are carried out in a three-step process:

1. First, nine different time-series models are estimated. In two of these models, only former values of the dependent variable are included. These models adapt best to the short-term development in a region if there are large fluctuations in the region or there is no clear pattern in the recent past. Two further models decompose the time series to differentiate between level, trend, seasonal and business-cycle influences. The advantage of these two models is that they have a high and robust forecast quality if the time series has a regular and clearly identifiable long-term pattern. In order to profit from the advantages of both types of models, further models were constructed which use a combination of these two approaches. Especially in the case of relatively small regional units, as is the case with the labour market districts, it is likely that regional interdependencies play an important role. Such spatial interdependencies are accounted for in three further models. Two of these treat employment, unemployment and the number capable of working and eligible for benefits as separate variables whereas the third model (first used in March 2011) also accounts for the dependencies between the unemployed (at their place of residence) and the employed (at their place of work). The models with spatial autocorrelation were developed at the IAB in order to improve the forecast accuracy. The last model, a stock-flow approach, uses the information that in- and outflow of workers provide about the future level of (un)employment. These models yield especially good forecasting results during turning points.
2. In order to take the pros and cons of the different models used in the first step into account, an average of the models is calculated in a second step. However, in this so-called pooling, in each region only those models are included whose forecasts have a relatively small deviation from the forecast for Germany. At the same time, in order to control for international and national influences, we adjust the regional forecasts to match the values for the national forecast that take these (inter)national dependencies into account. Hence, the national forecast is a further explanatory variable in our pooled model for every region. The current forecast is based on those in the IAB-Kurzbericht 5/2026 (in German only).
3. In order to verify the validity of the models, in a third step the results are compared with assessments at the ten Regional Offices of the IAB. In this step, it is possible to take important unique events in a region into account. Thus, regional expertise is contained in the forecasts.

In addition to the forecasts of the yearly averages, we also predict unemployment rates based on the number of all civilian employees. Please note that the number of civilian employees is an estimate in this context. For this purpose, we use the predicted change in unemployment and employment subject to social security contributions, but hold constant the number in all other employment types, for example, mini-jobs, civil servants or self-employed.

By definition, forecasts are uncertain. For this reason, lower and upper bounds are calculated so that the future true values lie within this interval with a probability of roughly 66%. Because the underlying regional forecast model differs from the one used for the national forecasts, the statistical uncertainty and hence the lower and upper bounds differ between the two. A more complete explanation (in German only) of the methodology used can be found in:

Bach et al. (2009): Der deutsche Arbeitsmarkt – Entwicklungen und Perspektiven. In: Institut für Arbeitsmarkt- und Berufsforschung, Nürnberg (Ed.), Hand-buch Arbeitsmarkt 2009, (IAB-Bibliothek, 314), Bielefeld: Bertelsmann, p. 64-78.

## 2 Employment in the Federal States yearly average

	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
	Average	Average	Lower Bound	Upper Bound	... Average ...	... Lower Bound ...	... Upper Bound ...
<b>Federal State</b>							
Schleswig-Holstein	1,063,000	1,062,100	1,049,500	1,074,700	-0.1	-1.3	1.1
Hamburg	1,086,900	1,092,400	1,079,300	1,105,600	0.5	-0.7	1.7
Lower Saxony	3,163,800	3,172,100	3,134,300	3,209,900	0.3	-0.9	1.5
Bremen	349,100	348,000	344,900	351,200	-0.3	-1.2	0.6
North Rhine-Westphalia	7,377,800	7,384,500	7,300,000	7,468,900	0.1	-1.1	1.2
Hessen	2,777,500	2,777,000	2,748,100	2,805,900	0.0	-1.1	1.0
Rhineland-Palatinate	1,491,400	1,491,700	1,476,000	1,507,400	0.0	-1.0	1.1
Baden-Württemberg	4,943,400	4,939,100	4,886,700	4,991,500	-0.1	-1.1	1.0
Bavaria	5,970,200	5,963,800	5,894,400	6,033,100	-0.1	-1.3	1.1
Saarland	389,200	384,700	381,500	387,900	-1.2	-2.0	-0.3
Berlin	1,683,100	1,678,300	1,653,800	1,702,900	-0.3	-1.7	1.2
Brandenburg	884,200	884,900	875,100	894,600	0.1	-1.0	1.2
Mecklenburg-Vorpommern	575,500	573,400	567,700	579,000	-0.4	-1.4	0.6
Saxony	1,630,600	1,617,000	1,600,100	1,633,900	-0.8	-1.9	0.2
Saxony-Anhalt	791,600	783,500	776,800	790,200	-1.0	-1.9	-0.2
Thuringia	785,800	778,500	771,300	785,600	-0.9	-1.8	0.0
<b>Germany (western/eastern/total)<sup>2)</sup></b>							
Germany, western	28,612,000	28,615,000	28,295,000	28,936,000	0.0	-1.1	1.1
Germany, eastern	6,351,000	6,316,000	6,245,000	6,386,000	-0.6	-1.7	0.6
Germany, total	34,963,000	34,931,000	34,540,000	35,322,000	-0.1	-1.2	1.0

<sup>1)</sup> Values for September 2025– December 2026 are estimates.

<sup>2)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000. Due to rounding off, the sums for Germany (western/eastern/total) may diverge slightly from official statistics. Due to methodological differences, the lower and upper bounds presented here are not comparable with those in the IAB-Kurzbericht 5/2026.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

### 3 Employment in the Labour Market Districts yearly average

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
30	Greifswald	Mecklenburg-Vorpommern	82,900	82,200	80,700	83,700	-0.8	-2.7	1.0
31	Neubrandenburg	Mecklenburg-Vorpommern	89,600	88,300	87,000	89,600	-1.5	-2.9	0.0
32	Rostock	Mecklenburg-Vorpommern	168,100	168,600	166,500	170,800	0.3	-1.0	1.6
33	Schwerin	Mecklenburg-Vorpommern	162,100	161,400	159,100	163,700	-0.4	-1.9	1.0
34	Stralsund	Mecklenburg-Vorpommern	72,800	72,900	71,900	73,800	0.1	-1.2	1.4
35	Cottbus	Brandenburg	220,300	218,800	215,500	222,200	-0.7	-2.2	0.9
36	Eberswalde	Brandenburg	93,500	93,600	91,900	95,300	0.1	-1.7	1.9
37	Frankfurt (Oder)	Brandenburg	150,000	149,700	146,800	152,600	-0.2	-2.1	1.7
38	Neuruppin	Brandenburg	166,000	165,700	162,500	168,900	-0.2	-2.1	1.7
39	Potsdam	Brandenburg	254,500	257,100	254,100	260,000	1.0	-0.2	2.2
42	Sachsen-Anhalt Ost	Saxony-Anhalt	129,500	127,000	125,300	128,800	-1.9	-3.2	-0.5
43	Sachsen-Anhalt West	Saxony-Anhalt	130,300	128,200	126,000	130,500	-1.6	-3.3	0.2
44	Sachsen-Anhalt Süd	Saxony-Anhalt	269,000	267,300	263,600	270,900	-0.6	-2.0	0.7
45	Sachsen-Anhalt Nord	Saxony-Anhalt	262,800	261,000	257,600	264,400	-0.7	-2.0	0.6
71	Annaberg-Buchholz	Saxony	108,300	106,500	105,100	107,900	-1.7	-3.0	-0.4
72	Bautzen	Saxony	197,100	195,700	192,200	199,200	-0.7	-2.5	1.1
73	Chemnitz	Saxony	117,600	116,600	115,500	117,800	-0.9	-1.8	0.2
74	Dresden	Saxony	282,000	281,300	277,700	285,000	-0.2	-1.5	1.1
75	Leipzig	Saxony	298,400	295,300	291,100	299,500	-1.0	-2.4	0.4
76	Oschatz	Saxony	155,900	154,300	151,900	156,700	-1.0	-2.6	0.5
77	Pirna	Saxony	79,400	79,400	78,200	80,500	0.0	-1.5	1.4
78	Plauen	Saxony	78,600	77,400	76,500	78,300	-1.5	-2.7	-0.4
79	Riesa	Saxony	88,900	89,500	88,600	90,500	0.7	-0.3	1.8
80	Freiberg	Saxony	103,800	103,200	101,800	104,600	-0.6	-1.9	0.8
92	Zwickau	Saxony	120,600	117,800	116,100	119,400	-2.3	-3.7	-1.0
93	Thüringen Mitte	Thuringia	277,600	277,300	273,500	281,100	-0.1	-1.5	1.3
94	Thüringen Ost	Thuringia	241,700	238,900	235,600	242,200	-1.2	-2.5	0.2

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
97	Thüringen Nord	Thuringia	116,400	115,200	113,000	117,400	-1.0	-2.9	0.9
98	Thüringen Südwest	Thuringia	150,100	147,100	144,200	150,000	-2.0	-3.9	-0.1
111	Bad Oldesloe	Schleswig-Holstein	142,000	142,600	140,600	144,500	0.4	-1.0	1.8
115	Elmshorn	Schleswig-Holstein	198,100	198,000	195,600	200,400	-0.1	-1.3	1.2
119	Flensburg	Schleswig-Holstein	172,600	172,600	169,500	175,700	0.0	-1.8	1.8
123	Hamburg	Hamburg	1,086,900	1,092,400	1,079,000	1,105,900	0.5	-0.7	1.7
127	Heide	Schleswig-Holstein	87,300	87,200	85,800	88,600	-0.1	-1.7	1.5
131	Kiel	Schleswig-Holstein	162,300	161,900	159,800	164,100	-0.2	-1.5	1.1
135	Lübeck	Schleswig-Holstein	170,800	170,400	167,600	173,300	-0.2	-1.9	1.5
139	Neumünster	Schleswig-Holstein	129,900	129,400	127,000	131,800	-0.4	-2.2	1.5
211	Braunschweig-Goslar	Lower Saxony	258,200	258,600	255,200	262,000	0.2	-1.2	1.5
214	Bremen-Bremerhaven	Bremen/Lower Saxony	378,100	376,800	372,600	381,100	-0.3	-1.5	0.8
224	Emden-Leer	Lower Saxony	163,600	164,300	161,500	167,100	0.4	-1.3	2.1
231	Göttingen	Lower Saxony	180,000	179,300	177,100	181,600	-0.4	-1.6	0.9
234	Hameln	Lower Saxony	122,100	121,800	120,000	123,500	-0.2	-1.7	1.1
237	Hannover	Lower Saxony	551,100	553,700	546,600	560,700	0.5	-0.8	1.7
241	Helmstedt	Lower Saxony	184,400	182,000	178,700	185,300	-1.3	-3.1	0.5
244	Hildesheim	Lower Saxony	128,900	127,900	125,900	130,000	-0.8	-2.3	0.9
251	Lüneburger Heide	Lower Saxony	291,900	290,700	286,000	295,300	-0.4	-2.0	1.2
257	Nordhorn	Lower Saxony	210,600	212,500	208,300	216,700	0.9	-1.1	2.9
261	Oldenburg-Wilhelmshaven	Lower Saxony	303,900	307,100	302,400	311,900	1.1	-0.5	2.6
264	Osnabrück	Lower Saxony	234,200	234,200	230,500	237,800	0.0	-1.6	1.5
267	Stade	Lower Saxony	182,000	184,200	181,200	187,100	1.2	-0.4	2.8
274	Vechta	Lower Saxony	153,500	155,800	152,900	158,700	1.5	-0.4	3.4
277	Nienburg-Verden	Lower Saxony	170,400	171,200	168,300	174,000	0.5	-1.2	2.1
311	Aachen-Düren	North Rhine-Westphalia	399,500	400,800	394,700	406,800	0.3	-1.2	1.8
315	Bergisch Gladbach	North Rhine-Westphalia	250,700	249,900	246,800	252,900	-0.3	-1.6	0.9
317	Bielefeld	North Rhine-Westphalia	358,000	360,400	354,700	366,000	0.7	-0.9	2.2
321	Bochum	North Rhine-Westphalia	204,200	205,400	203,000	207,800	0.6	-0.6	1.8

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
323	Bonn	North Rhine-Westphalia	368,000	367,800	362,700	372,800	-0.1	-1.4	1.3
325	Brühl	North Rhine-Westphalia	210,100	210,500	207,500	213,600	0.2	-1.2	1.7
327	Coesfeld	North Rhine-Westphalia	238,800	240,200	235,400	245,000	0.6	-1.4	2.6
333	Dortmund	North Rhine-Westphalia	268,100	269,100	265,000	273,300	0.4	-1.2	1.9
337	Düsseldorf	North Rhine-Westphalia	461,800	465,300	460,200	470,400	0.8	-0.3	1.9
341	Duisburg	North Rhine-Westphalia	180,200	178,900	176,900	180,900	-0.7	-1.8	0.4
343	Essen	North Rhine-Westphalia	273,200	275,200	271,400	279,000	0.7	-0.7	2.1
345	Gelsenkirchen	North Rhine-Westphalia	118,000	117,400	115,600	119,300	-0.5	-2.0	1.1
347	Hagen	North Rhine-Westphalia	176,600	175,200	172,600	177,800	-0.8	-2.3	0.7
351	Hamm	North Rhine-Westphalia	200,300	200,600	197,700	203,400	0.1	-1.3	1.5
353	Herford	North Rhine-Westphalia	231,800	230,700	227,100	234,300	-0.5	-2.0	1.1
355	Iserlohn	North Rhine-Westphalia	158,500	156,400	154,100	158,800	-1.3	-2.8	0.2
357	Köln	North Rhine-Westphalia	630,800	624,200	615,800	632,500	-1.0	-2.4	0.3
361	Krefeld	North Rhine-Westphalia	193,700	194,400	191,500	197,300	0.4	-1.1	1.9
364	Mettmann	North Rhine-Westphalia	198,300	198,000	195,700	200,300	-0.2	-1.3	1.0
365	Mönchengladbach	North Rhine-Westphalia	269,000	271,500	267,500	275,600	0.9	-0.6	2.5
367	Ahlen-Münster	North Rhine-Westphalia	298,600	300,100	295,300	304,800	0.5	-1.1	2.1
371	Oberhausen	North Rhine-Westphalia	135,500	136,300	134,500	138,000	0.6	-0.7	1.8
373	Detmold-Paderborn	North Rhine-Westphalia	300,700	301,500	296,500	306,400	0.3	-1.4	1.9
375	Recklinghausen	North Rhine-Westphalia	184,500	185,800	182,700	188,900	0.7	-1.0	2.4
377	Rheine	North Rhine-Westphalia	172,100	173,400	170,100	176,700	0.8	-1.2	2.7
381	Siegen	North Rhine-Westphalia	181,600	181,100	178,800	183,500	-0.3	-1.5	1.0
383	Meschede-Soest	North Rhine-Westphalia	227,700	227,300	223,500	231,100	-0.2	-1.8	1.5
387	Wesel	North Rhine-Westphalia	256,900	258,100	253,400	262,900	0.5	-1.4	2.3
391	Solingen-Wuppertal	North Rhine-Westphalia	230,600	229,000	226,100	231,900	-0.7	-2.0	0.6
411	Bad Hersfeld-Fulda	Hessen	148,500	147,600	145,500	149,700	-0.6	-2.0	0.8
415	Darmstadt	Hessen	299,500	298,900	295,000	302,800	-0.2	-1.5	1.1
419	Frankfurt	Hessen	650,200	646,700	638,300	655,000	-0.5	-1.8	0.7
427	Gießen	Hessen	233,200	233,800	230,300	237,400	0.3	-1.2	1.8

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
431	Hanau	Hessen	141,900	142,500	140,300	144,600	0.4	-1.1	1.9
433	Bad Homburg	Hessen	313,700	313,800	310,100	317,500	0.0	-1.1	1.2
435	Kassel	Hessen	224,000	223,000	219,600	226,500	-0.4	-2.0	1.1
439	Korbach	Hessen	124,900	125,500	123,200	127,800	0.5	-1.4	2.3
443	Limburg-Wetzlar	Hessen	154,200	154,300	152,300	156,400	0.1	-1.2	1.4
447	Marburg	Hessen	98,100	98,800	97,600	100,000	0.7	-0.5	1.9
451	Offenbach	Hessen	191,100	192,600	190,300	194,900	0.8	-0.4	2.0
459	Wiesbaden	Hessen	198,200	199,500	197,100	201,900	0.7	-0.6	1.9
511	Bad Kreuznach	Rhineland-Palatinate	121,700	120,900	118,800	122,900	-0.7	-2.4	1.0
515	Kaiserslautern-Pirmasens	Rhineland-Palatinate	169,500	168,300	165,900	170,700	-0.7	-2.1	0.7
519	Koblenz-Mayen	Rhineland-Palatinate	209,800	210,600	207,600	213,600	0.4	-1.0	1.8
523	Ludwigshafen	Rhineland-Palatinate	185,200	186,300	183,800	188,900	0.6	-0.8	2.0
527	Mainz	Rhineland-Palatinate	260,000	261,700	258,300	265,100	0.7	-0.7	2.0
543	Landau	Rhineland-Palatinate	153,400	152,100	149,900	154,300	-0.8	-2.3	0.6
547	Rhein-Wied-Westerwald	Rhineland-Palatinate	212,600	212,600	209,600	215,600	0.0	-1.4	1.4
555	Saarland	Saarland	389,200	384,700	380,200	389,300	-1.2	-2.3	0.0
563	Trier	Rhineland-Palatinate	179,200	179,200	176,700	181,700	0.0	-1.4	1.4
611	Aalen	Baden-Württemberg	188,900	188,500	185,900	191,200	-0.2	-1.6	1.2
617	Freiburg	Baden-Württemberg	289,700	291,500	287,300	295,600	0.6	-0.8	2.0
621	Göppingen	Baden-Württemberg	313,200	311,600	307,700	315,500	-0.5	-1.8	0.7
624	Heidelberg	Baden-Württemberg	288,000	290,400	286,900	294,000	0.8	-0.4	2.1
627	Heilbronn	Baden-Württemberg	230,200	230,700	227,300	234,200	0.2	-1.3	1.7
631	Karlsruhe-Rastatt	Baden-Württemberg	480,500	482,100	477,500	486,700	0.3	-0.6	1.3
634	Konstanz-Ravensburg	Baden-Württemberg	334,500	335,700	330,600	340,800	0.4	-1.2	1.9
637	Lörrach	Baden-Württemberg	134,400	133,900	132,100	135,700	-0.4	-1.7	1.0
641	Ludwigsburg	Baden-Württemberg	216,300	214,000	211,100	216,900	-1.1	-2.4	0.3
644	Mannheim	Baden-Württemberg	201,300	201,300	199,200	203,400	0.0	-1.0	1.0
647	Nagold-Pforzheim	Baden-Württemberg	222,100	220,500	217,800	223,300	-0.7	-1.9	0.5
651	Offenburg	Baden-Württemberg	193,500	194,100	191,200	196,900	0.3	-1.2	1.8

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
664	Balingen-Reutlingen	Baden-Württemberg	333,600	333,000	328,100	337,800	-0.2	-1.6	1.3
671	Waiblingen	Baden-Württemberg	154,900	154,300	152,000	156,700	-0.4	-1.9	1.2
674	Schwäbisch Hall-Tauberbischofsheim	Baden-Württemberg	257,700	258,100	254,100	262,200	0.2	-1.4	1.7
677	Stuttgart	Baden-Württemberg	629,900	623,500	616,200	630,700	-1.0	-2.2	0.1
684	Ulm	Baden-Württemberg	257,700	259,100	255,600	262,600	0.5	-0.8	1.9
687	Rottweil-Villingen-Schwenningen	Baden-Württemberg	217,000	216,800	214,200	219,400	-0.1	-1.3	1.1
711	Ansbach-Weißenburg	Bavaria	169,200	169,100	166,400	171,800	-0.1	-1.7	1.5
715	Aschaffenburg	Bavaria	146,600	145,000	143,300	146,800	-1.1	-2.3	0.1
723	Bayreuth-Hof	Bavaria	198,600	198,000	195,500	200,500	-0.3	-1.6	1.0
727	Bamberg-Coburg	Bavaria	244,400	242,500	239,600	245,500	-0.8	-2.0	0.5
729	Fürth	Bavaria	261,600	260,900	257,800	264,100	-0.3	-1.5	1.0
735	Nürnberg	Bavaria	395,900	396,300	391,400	401,200	0.1	-1.1	1.3
739	Regensburg	Bavaria	286,500	287,800	283,500	292,100	0.5	-1.0	2.0
743	Schwandorf	Bavaria	173,000	173,300	170,600	176,100	0.2	-1.4	1.8
747	Schweinfurt	Bavaria	177,800	176,900	174,400	179,300	-0.5	-1.9	0.8
751	Weiden	Bavaria	88,100	87,000	85,600	88,300	-1.2	-2.8	0.2
759	Würzburg	Bavaria	222,300	221,900	219,000	224,700	-0.2	-1.5	1.1
811	Augsburg	Bavaria	276,200	276,500	273,400	279,700	0.1	-1.0	1.3
815	Deggendorf	Bavaria	142,400	142,400	140,100	144,600	0.0	-1.6	1.5
819	Donauwörth	Bavaria	221,900	222,100	218,400	225,900	0.1	-1.6	1.8
823	Freising	Bavaria	228,600	229,200	225,700	232,800	0.3	-1.3	1.8
827	Ingolstadt	Bavaria	225,800	223,300	220,300	226,400	-1.1	-2.4	0.3
831	Kempen-Memmingen	Bavaria	293,500	294,200	290,300	298,000	0.2	-1.1	1.5
835	Landshut-Pfarrkirchen	Bavaria	188,700	188,100	185,400	190,800	-0.3	-1.7	1.1
843	München	Bavaria	1,240,300	1,237,800	1,221,000	1,254,600	-0.2	-1.6	1.2
847	Passau	Bavaria	131,500	131,200	129,300	133,200	-0.2	-1.7	1.3
855	Rosenheim	Bavaria	204,500	205,100	202,300	207,800	0.3	-1.1	1.6
859	Traunstein	Bavaria	208,600	209,100	206,000	212,100	0.2	-1.2	1.7
863	Weilheim	Bavaria	244,200	246,100	242,400	249,800	0.8	-0.7	2.3

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
900	Berlin	Berlin	1,683,100	1,678,300	1,651,800	1,704,900	-0.3	-1.9	1.3
<b>Germany (western/eastern/total)<sup>4)</sup></b>									
	Germany, western		28,612,000	28,615,000	28,295,000	28,936,000	0.0	-1.1	1.1
	Germany, eastern		6,351,000	6,316,000	6,245,000	6,386,000	-0.6	-1.7	0.6
	Germany, total		34,963,000	34,931,000	34,540,000	35,322,000	-0.1	-1.2	1.0

<sup>1)</sup> Values for September 2025 – December 2026 are estimates.

<sup>2)</sup> Due to rounding off, differences between the sum of the labour market districts and Germany can occur.

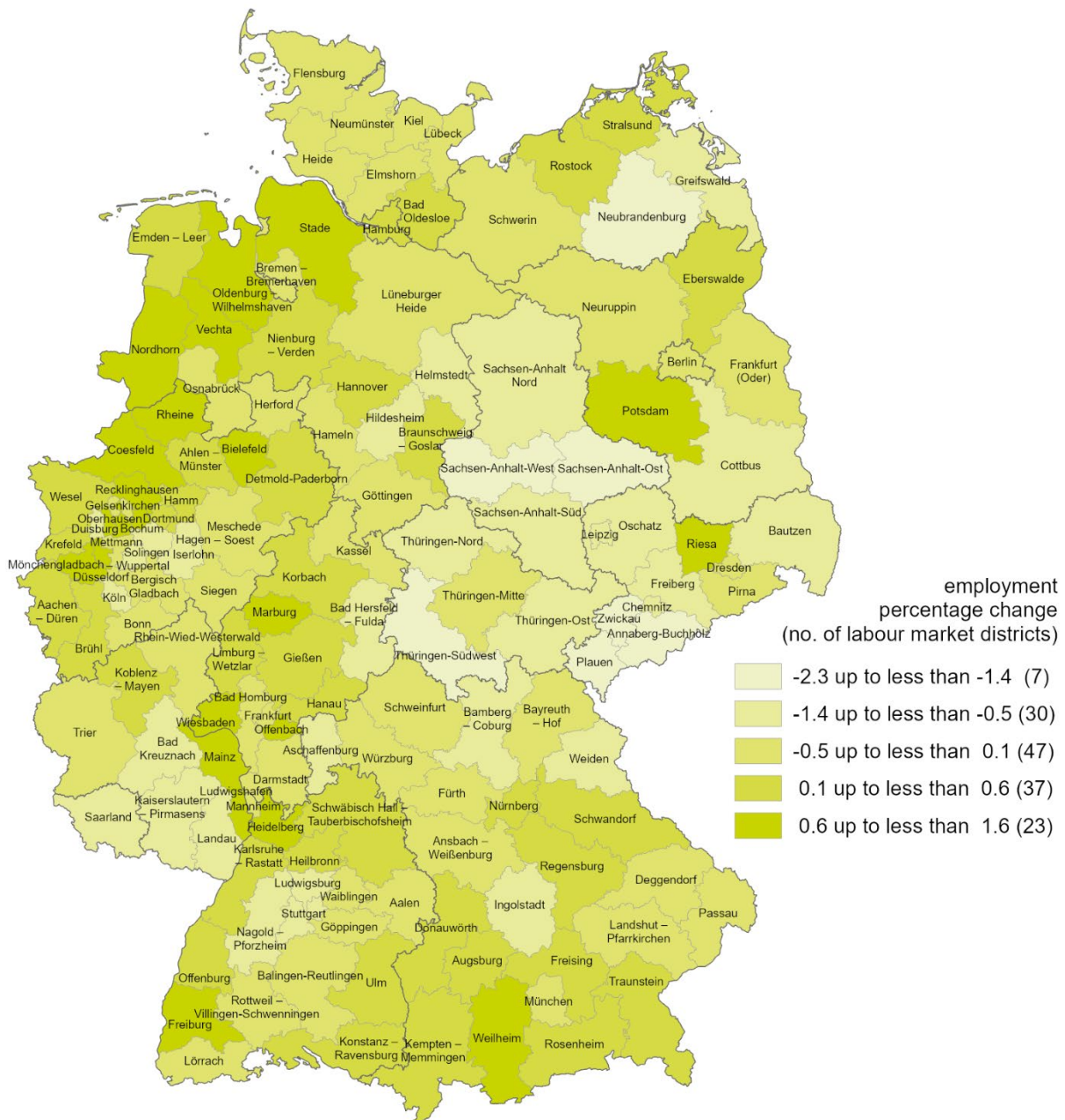
<sup>3)</sup> The statistical uncertainty which is represented in the lower and upper bounds is also affected by the size of a region. This means that the relative uncertainty of labour market districts is generally higher than for the Federal States. Therefore, the sums of the lower and upper bounds do not correspond to the values for the Federal States. The values for Germany (western/eastern/total) shown here are those from the results of the sum of the Federal States.

<sup>4)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 4 Employment in the Labour Market Districts percentage change in yearly average from 2025 to 2026



March 2026

Basis for the figure: GeoBasis-DE/Federal Agency for Cartography and Geodesy 2026;

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 5 Unemployment in the Federal States yearly average

	2025 <sup>1)</sup>	Average	2026 GDP: +0,8 %		Growth Rate 2025 to ... 2026 (in %)		
	Average		Lower Bound	Upper Bound	... Average ...	... Lower Bound ...	... Upper Bound ...
<b>Federal State</b>							
Schleswig-Holstein	95,900	95,400	92,300	98,500	-0.5	-3.8	2.7
Hamburg	93,800	95,800	92,800	98,900	2.1	-1.1	5.4
Lower Saxony	273,300	272,200	263,100	281,300	-0.4	-3.7	2.9
Bremen	43,300	43,500	42,100	44,900	0.5	-2.8	3.7
North Rhine-Westphalia	783,400	788,800	763,200	814,400	0.7	-2.6	4.0
Hessen	205,900	208,400	200,400	216,400	1.2	-2.7	5.1
Rhineland-Palatinate	126,100	127,500	123,900	131,100	1.1	-1.7	4.0
Baden-Württemberg	293,700	299,500	288,500	310,400	2.0	-1.8	5.7
Bavaria	315,300	321,300	307,300	335,400	1.9	-2.5	6.4
Saarland	39,300	39,200	38,000	40,500	-0.3	-3.3	3.1
Berlin	218,300	225,500	218,300	232,700	3.3	0.0	6.6
Brandenburg	86,400	87,600	83,100	92,000	1.4	-3.8	6.5
Mecklenburg-Vorpommern	65,600	66,700	62,800	70,700	1.7	-4.3	7.8
Saxony	148,700	153,200	145,800	160,600	3.0	-2.0	8.0
Saxony-Anhalt	88,600	90,600	86,100	95,200	2.3	-2.8	7.4
Thuringia	70,400	70,700	67,500	73,900	0.4	-4.1	5.0
<b>Germany (western/eastern/total)<sup>2)</sup></b>							
Germany, western	2,270,000	2,292,000	2,212,000	2,372,000	1.0	-2.6	4.5
Germany, eastern	678,000	694,000	664,000	725,000	2.4	-2.1	6.9
Germany, total	2,948,000	2,986,000	2,875,000	3,097,000	1.3	-2.5	5.1

<sup>1)</sup> Numbers for 2025 are yearly averages and not forecasts.

<sup>2)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000. Due to rounding off, the sums for Germany (western/eastern/total) may diverge slightly from official statistics. Due to methodological differences, the lower and upper bounds presented here are not comparable with those in the IAB-Kurzbericht 5/2026.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 6 Number of Unemployed in the Social Code II System<sup>1)</sup> in the Federal States yearly average

	2025 <sup>2)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
	Average	Average	Lower Bound	Upper Bound	... Average ...	... Lower Bound ...	... Upper Bound ...
<b>Federal State</b>							
Schleswig-Holstein	61,300	59,600	56,900	62,300	-2.8	-7.2	1.6
Hamburg	60,700	60,700	58,300	63,100	0.0	-4.0	4.0
Lower Saxony	175,700	168,200	161,100	175,300	-4.3	-8.3	-0.2
Bremen	32,300	32,100	31,300	32,900	-0.6	-3.1	1.9
North Rhine-Westphalia	538,800	531,800	516,400	547,200	-1.3	-4.2	1.6
Hessen	133,800	131,700	127,200	136,200	-1.6	-4.9	1.8
Rhineland-Palatinate	73,500	70,900	68,000	73,800	-3.5	-7.5	0.4
Baden-Württemberg	159,400	159,200	152,800	165,600	-0.1	-4.1	3.9
Bavaria	146,100	148,400	141,700	155,100	1.6	-3.0	6.2
Saarland	26,000	25,200	24,200	26,200	-3.1	-6.9	0.8
Berlin	145,500	146,800	140,600	153,000	0.9	-3.4	5.2
Brandenburg	56,000	55,900	53,300	58,500	-0.2	-4.8	4.5
Mecklenburg-Vorpommern	43,500	44,300	41,200	47,400	1.8	-5.3	9.0
Saxony	94,300	94,900	89,900	99,900	0.6	-4.7	5.9
Saxony-Anhalt	59,000	59,300	55,800	62,800	0.5	-5.4	6.4
Thuringia	43,100	42,200	39,400	45,000	-2.1	-8.6	4.4
<b>Germany (western/eastern/total)<sup>3)</sup></b>							
Germany, western	1,408,000	1,388,000	1,338,000	1,438,000	-1.4	-5.0	2.1
Germany, eastern	441,000	443,000	420,000	467,000	0.5	-4.8	5.9
Germany, total	1,849,000	1,831,000	1,758,000	1,904,000	-1.0	-4.9	3.0

<sup>1)</sup> SGB II unemployed.

<sup>2)</sup> Numbers for 2025 are yearly averages and not forecasts.

<sup>3)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000. Due to rounding off, the sums for Germany (western/eastern/total) may diverge slightly from official statistics. Due to methodological differences, the lower and upper bounds presented here are not comparable with those in the IAB-Kurzbericht 5/2026.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 7 Number of Unemployed in the Social Code III System<sup>1)</sup> in the Federal States yearly average

	2025 <sup>2)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
	Average	Average	Lower Bound	Upper Bound	... Average ...	... Lower Bound ...	... Upper Bound ...
<b>Federal State</b>							
Schleswig-Holstein	34,600	35,800	34,100	37,600	3.5	-1.4	8.7
Hamburg	33,100	35,100	33,500	36,700	6.0	1.2	10.9
Lower Saxony	97,600	104,000	99,300	108,800	6.6	1.7	11.5
Bremen	11,000	11,400	10,800	12,100	3.6	-1.8	10.0
North Rhine-Westphalia	244,600	257,000	245,200	269,700	5.1	0.2	10.3
Hessen	72,100	76,700	72,300	81,000	6.4	0.3	12.3
Rhineland-Palatinate	52,600	56,600	54,100	59,000	7.6	2.9	12.2
Baden-Württemberg	134,300	140,300	132,500	148,000	4.5	-1.3	10.2
Bavaria	169,200	172,900	164,200	181,600	2.2	-3.0	7.3
Saarland	13,300	14,000	13,200	14,800	5.3	-0.8	11.3
Berlin	72,800	78,700	74,800	82,600	8.1	2.7	13.5
Brandenburg	30,400	31,700	29,600	33,900	4.3	-2.6	11.5
Mecklenburg-Vorpommern	22,100	22,400	20,400	24,500	1.4	-7.7	10.9
Saxony	54,400	58,300	55,700	61,000	7.2	2.4	12.1
Saxony-Anhalt	29,600	31,300	29,500	33,000	5.7	-0.3	11.5
Thuringia	27,300	28,500	26,400	30,600	4.4	-3.3	12.1
<b>Germany (western/eastern/total)<sup>3)</sup></b>							
Germany, western	862,000	904,000	859,000	949,000	4.9	-0.3	10.1
Germany, eastern	237,000	251,000	236,000	266,000	5.9	-0.4	12.2
Germany, total	1,099,000	1,155,000	1,096,000	1,215,000	5.1	-0.3	10.6

<sup>1)</sup> SGB III unemployed.

<sup>2)</sup> Numbers for 2025 are yearly averages and not forecasts.

<sup>3)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000. Due to rounding off, the sums for Germany (western/eastern/total) may diverge slightly from official statistics. Due to methodological differences, the lower and upper bounds presented here are not comparable with those in the IAB-Kurzbericht 5/2026.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 8 Unemployment in the Labour Market Districts yearly average

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
30	Greifswald	Mecklenburg-Vorpommern	10,600	10,600	9,900	11,300	0.0	-6.6	6.6
31	Neubrandenburg	Mecklenburg-Vorpommern	11,700	12,100	11,500	12,700	3.4	-1.7	8.5
32	Rostock	Mecklenburg-Vorpommern	15,200	15,500	14,500	16,600	2.0	-4.6	9.2
33	Schwerin	Mecklenburg-Vorpommern	17,800	18,100	17,100	19,100	1.7	-3.9	7.3
34	Stralsund	Mecklenburg-Vorpommern	10,300	10,400	9,700	11,100	1.0	-5.8	7.8
35	Cottbus	Brandenburg	18,900	19,400	17,900	20,900	2.6	-5.3	10.6
36	Eberswalde	Brandenburg	12,400	12,300	11,600	13,000	-0.8	-6.5	4.8
37	Frankfurt (Oder)	Brandenburg	15,100	15,400	14,500	16,200	2.0	-4.0	7.3
38	Neuruppin	Brandenburg	19,300	19,600	18,500	20,700	1.6	-4.1	7.3
39	Potsdam	Brandenburg	20,700	20,900	20,200	21,600	1.0	-2.4	4.3
42	Sachsen-Anhalt Ost	Saxony-Anhalt	13,900	14,000	13,200	14,800	0.7	-5.0	6.5
43	Sachsen-Anhalt West	Saxony-Anhalt	14,300	14,700	13,900	15,600	2.8	-2.8	9.1
44	Sachsen-Anhalt Süd	Saxony-Anhalt	31,900	32,300	30,800	33,900	1.3	-3.4	6.3
45	Sachsen-Anhalt Nord	Saxony-Anhalt	28,500	29,600	28,100	31,000	3.9	-1.4	8.8
71	Annaberg-Buchholz	Saxony	9,200	9,700	9,100	10,300	5.4	-1.1	12.0
72	Bautzen	Saxony	20,200	19,800	18,700	21,000	-2.0	-7.4	4.0
73	Chemnitz	Saxony	12,100	12,600	12,100	13,100	4.1	0.0	8.3
74	Dresden	Saxony	22,100	22,800	21,800	23,700	3.2	-1.4	7.2
75	Leipzig	Saxony	29,800	31,400	30,200	32,500	5.4	1.3	9.1
76	Oschatz	Saxony	15,500	16,200	15,200	17,100	4.5	-1.9	10.3
77	Pirna	Saxony	7,000	7,200	6,600	7,700	2.9	-5.7	10.0
78	Plauen	Saxony	6,900	6,900	6,300	7,500	0.0	-8.7	8.7
79	Riesa	Saxony	7,200	7,100	6,600	7,600	-1.4	-8.3	5.6
80	Freiberg	Saxony	8,900	9,200	8,600	9,700	3.4	-3.4	9.0
92	Zwickau	Saxony	9,800	10,300	9,700	10,800	5.1	-1.0	10.2
93	Thüringen Mitte	Thuringia	22,100	22,100	21,000	23,200	0.0	-5.0	5.0

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
94	Thüringen Ost	Thuringia	23,100	23,300	22,100	24,500	0.9	-4.3	6.1
97	Thüringen Nord	Thuringia	12,500	12,500	11,800	13,200	0.0	-5.6	5.6
98	Thüringen Südwest	Thuringia	12,700	12,800	11,900	13,700	0.8	-6.3	7.9
111	Bad Oldesloe	Schleswig-Holstein	11,900	12,300	11,900	12,600	3.4	0.0	5.9
115	Elmshorn	Schleswig-Holstein	18,400	18,100	17,600	18,700	-1.6	-4.3	1.6
119	Flensburg	Schleswig-Holstein	15,700	15,400	14,900	16,000	-1.9	-5.1	1.9
123	Hamburg	Hamburg	93,800	95,800	92,900	98,700	2.1	-1.0	5.2
127	Heide	Schleswig-Holstein	9,000	9,100	8,700	9,500	1.1	-3.3	5.6
131	Kiel	Schleswig-Holstein	14,700	14,500	13,800	15,100	-1.4	-6.1	2.7
135	Lübeck	Schleswig-Holstein	15,500	15,100	14,500	15,700	-2.6	-6.5	1.3
139	Neumünster	Schleswig-Holstein	10,700	10,900	10,600	11,300	1.9	-0.9	5.6
211	Braunschweig-Goslar	Lower Saxony	23,000	23,300	22,600	24,100	1.3	-1.7	4.8
214	Bremen-Bremerhaven	Bremen/Lower Saxony	45,500	45,000	43,700	46,300	-1.1	-4.0	1.8
224	Emden-Leer	Lower Saxony	16,800	16,600	15,900	17,300	-1.2	-5.4	3.0
231	Göttingen	Lower Saxony	16,200	15,800	15,000	16,500	-2.5	-7.4	1.9
234	Hameln	Lower Saxony	13,400	13,200	12,600	13,700	-1.5	-6.0	2.2
237	Hannover	Lower Saxony	53,200	52,900	50,800	54,900	-0.6	-4.5	3.2
241	Helmstedt	Lower Saxony	12,700	12,900	12,300	13,400	1.6	-3.1	5.5
244	Hildesheim	Lower Saxony	15,800	16,100	15,600	16,700	1.9	-1.3	5.7
251	Lüneburger Heide	Lower Saxony	28,700	28,700	27,500	29,900	0.0	-4.2	4.2
257	Nordhorn	Lower Saxony	10,000	9,900	9,400	10,500	-1.0	-6.0	5.0
261	Oldenburg-Wilhelmshaven	Lower Saxony	27,100	26,400	25,400	27,500	-2.6	-6.3	1.5
264	Osnabrück	Lower Saxony	16,000	16,600	16,000	17,200	3.8	0.0	7.5
267	Stade	Lower Saxony	17,100	17,100	16,200	17,900	0.0	-5.3	4.7
274	Vechta	Lower Saxony	8,200	8,200	7,800	8,500	0.0	-4.9	3.7
277	Nienburg-Verden	Lower Saxony	12,900	13,000	12,500	13,500	0.8	-3.1	4.7
311	Aachen-Düren	North Rhine-Westphalia	44,600	43,900	42,200	45,600	-1.6	-5.4	2.2
315	Bergisch Gladbach	North Rhine-Westphalia	25,000	25,600	24,600	26,500	2.4	-1.6	6.0
317	Bielefeld	North Rhine-Westphalia	28,100	28,900	27,900	29,900	2.8	-0.7	6.4

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
321	Bochum	North Rhine-Westphalia	28,200	28,100	27,100	29,200	-0.4	-3.9	3.5
323	Bonn	North Rhine-Westphalia	33,200	33,300	32,200	34,500	0.3	-3.0	3.9
325	Brühl	North Rhine-Westphalia	23,800	24,700	23,900	25,400	3.8	0.4	6.7
327	Coesfeld	North Rhine-Westphalia	15,800	15,500	14,700	16,200	-1.9	-7.0	2.5
333	Dortmund	North Rhine-Westphalia	39,700	40,200	38,900	41,400	1.3	-2.0	4.3
337	Düsseldorf	North Rhine-Westphalia	28,800	29,500	28,700	30,300	2.4	-0.3	5.2
341	Duisburg	North Rhine-Westphalia	35,300	35,400	34,300	36,500	0.3	-2.8	3.4
343	Essen	North Rhine-Westphalia	35,300	35,500	34,300	36,700	0.6	-2.8	4.0
345	Gelsenkirchen	North Rhine-Westphalia	25,900	26,400	25,400	27,500	1.9	-1.9	6.2
347	Hagen	North Rhine-Westphalia	25,500	25,900	25,100	26,600	1.6	-1.6	4.3
351	Hamm	North Rhine-Westphalia	24,800	24,700	23,900	25,500	-0.4	-3.6	2.8
353	Herford	North Rhine-Westphalia	20,100	20,600	19,900	21,400	2.5	-1.0	6.5
355	Iserlohn	North Rhine-Westphalia	18,700	19,000	18,200	19,700	1.6	-2.7	5.3
357	Köln	North Rhine-Westphalia	56,300	56,900	54,700	59,100	1.1	-2.8	5.0
361	Krefeld	North Rhine-Westphalia	23,600	23,100	22,300	23,800	-2.1	-5.5	0.8
364	Mettmann	North Rhine-Westphalia	19,000	19,200	18,600	19,800	1.1	-2.1	4.2
365	Mönchengladbach	North Rhine-Westphalia	31,500	32,100	31,000	33,200	1.9	-1.6	5.4
367	Ahlen-Münster	North Rhine-Westphalia	19,000	18,900	18,300	19,400	-0.5	-3.7	2.1
371	Oberhausen	North Rhine-Westphalia	19,900	20,200	19,600	20,800	1.5	-1.5	4.5
373	Detmold-Paderborn	North Rhine-Westphalia	25,800	25,900	24,900	26,900	0.4	-3.5	4.3
375	Recklinghausen	North Rhine-Westphalia	28,700	28,300	27,200	29,300	-1.4	-5.2	2.1
377	Rheine	North Rhine-Westphalia	14,000	14,200	13,600	14,800	1.4	-2.9	5.7
381	Siegen	North Rhine-Westphalia	13,100	13,500	12,900	14,100	3.1	-1.5	7.6
383	Meschede-Soest	North Rhine-Westphalia	17,900	17,800	16,900	18,800	-0.6	-5.6	5.0
387	Wesel	North Rhine-Westphalia	29,100	28,700	27,700	29,800	-1.4	-4.8	2.4
391	Solingen-Wuppertal	North Rhine-Westphalia	32,700	32,800	31,600	34,100	0.3	-3.4	4.3
411	Bad Hersfeld-Fulda	Hessen	7,800	8,000	7,600	8,400	2.6	-2.6	7.7
415	Darmstadt	Hessen	24,000	24,600	23,600	25,700	2.5	-1.7	7.1
419	Frankfurt	Hessen	30,700	31,400	30,200	32,600	2.3	-1.6	6.2

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
427	Gießen	Hessen	20,000	19,900	19,100	20,700	-0.5	-4.5	3.5
431	Hanau	Hessen	14,600	15,200	14,600	15,700	4.1	0.0	7.5
433	Bad Homburg	Hessen	23,800	24,300	23,500	25,000	2.1	-1.3	5.0
435	Kassel	Hessen	19,000	18,600	17,700	19,600	-2.1	-6.8	3.2
439	Korbach	Hessen	8,800	8,500	8,000	9,000	-3.4	-9.1	2.3
443	Limburg-Wetzlar	Hessen	13,700	14,100	13,500	14,600	2.9	-1.5	6.6
447	Marburg	Hessen	6,400	6,300	6,000	6,700	-1.6	-6.3	4.7
451	Offenbach	Hessen	18,700	19,000	18,300	19,600	1.6	-2.1	4.8
459	Wiesbaden	Hessen	18,400	18,500	18,000	19,100	0.5	-2.2	3.8
511	Bad Kreuznach	Rhineland-Palatinate	11,400	11,700	11,300	12,200	2.6	-0.9	7.0
515	Kaiserslautern-Pirmasens	Rhineland-Palatinate	19,100	19,000	18,300	19,600	-0.5	-4.2	2.6
519	Koblenz-Mayen	Rhineland-Palatinate	13,400	13,300	12,700	13,900	-0.7	-5.2	3.7
523	Ludwigshafen	Rhineland-Palatinate	16,500	17,100	16,600	17,600	3.6	0.6	6.7
527	Mainz	Rhineland-Palatinate	21,200	21,700	21,100	22,200	2.4	-0.5	4.7
543	Landau	Rhineland-Palatinate	13,700	14,000	13,600	14,300	2.2	-0.7	4.4
547	Rhein-Wied-Westerwald	Rhineland-Palatinate	17,400	17,300	16,600	18,000	-0.6	-4.6	3.4
555	Saarland	Saarland	39,300	39,200	37,900	40,600	-0.3	-3.6	3.3
563	Trier	Rhineland-Palatinate	13,400	13,400	12,700	14,000	0.0	-5.2	4.5
611	Aalen	Baden-Württemberg	11,000	11,400	10,800	12,000	3.6	-1.8	9.1
617	Freiburg	Baden-Württemberg	16,500	16,400	15,900	16,900	-0.6	-3.6	2.4
621	Göppingen	Baden-Württemberg	21,800	22,600	21,700	23,500	3.7	-0.5	7.8
624	Heidelberg	Baden-Württemberg	18,300	18,800	18,100	19,400	2.7	-1.1	6.0
627	Heilbronn	Baden-Württemberg	13,600	13,900	13,300	14,500	2.2	-2.2	6.6
631	Karlsruhe-Rastatt	Baden-Württemberg	26,900	27,000	26,000	28,000	0.4	-3.3	4.1
634	Konstanz-Ravensburg	Baden-Württemberg	17,500	17,500	16,700	18,400	0.0	-4.6	5.1
637	Lörrach	Baden-Württemberg	11,600	11,800	11,300	12,300	1.7	-2.6	6.0
641	Ludwigsburg	Baden-Württemberg	13,200	13,500	13,000	14,100	2.3	-1.5	6.8
644	Mannheim	Baden-Württemberg	14,400	15,100	14,600	15,500	4.9	1.4	7.6
647	Nagold-Pforzheim	Baden-Württemberg	16,500	16,500	15,700	17,200	0.0	-4.8	4.2

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
651	Offenburg	Baden-Württemberg	10,500	10,900	10,400	11,500	3.8	-1.0	9.5
664	Balingen-Reutlingen	Baden-Württemberg	20,600	21,000	20,000	22,000	1.9	-2.9	6.8
671	Waiblingen	Baden-Württemberg	11,300	11,500	11,000	12,000	1.8	-2.7	6.2
674	Schwäbisch Hall-Tauberbischofsheim	Baden-Württemberg	13,500	13,400	12,800	14,100	-0.7	-5.2	4.4
677	Stuttgart	Baden-Württemberg	32,800	33,800	32,200	35,300	3.0	-1.8	7.6
684	Ulm	Baden-Württemberg	10,300	10,800	10,200	11,400	4.9	-1.0	10.7
687	Rottweil-Villingen-Schwenningen	Baden-Württemberg	13,400	13,600	12,900	14,400	1.5	-3.7	7.5
711	Ansbach-Weißenburg	Bavaria	8,300	8,500	7,900	9,100	2.4	-4.8	9.6
715	Aschaffenburg	Bavaria	10,800	11,300	10,800	11,800	4.6	0.0	9.3
723	Bayreuth-Hof	Bavaria	12,500	12,700	12,000	13,300	1.6	-4.0	6.4
727	Bamberg-Coburg	Bavaria	14,200	14,400	13,400	15,300	1.4	-5.6	7.7
729	Fürth	Bavaria	14,100	14,400	13,800	15,100	2.1	-2.1	7.1
735	Nürnberg	Bavaria	26,600	26,800	25,900	27,700	0.8	-2.6	4.1
739	Regensburg	Bavaria	13,300	13,700	12,900	14,400	3.0	-3.0	8.3
743	Schwandorf	Bavaria	9,400	9,400	8,700	10,100	0.0	-7.4	7.4
747	Schweinfurt	Bavaria	9,500	9,700	9,000	10,400	2.1	-5.3	9.5
751	Weiden	Bavaria	5,200	5,200	4,900	5,600	0.0	-5.8	7.7
759	Würzburg	Bavaria	10,100	10,400	9,900	10,800	3.0	-2.0	6.9
811	Augsburg	Bavaria	19,200	19,600	18,600	20,500	2.1	-3.1	6.8
815	Deggendorf	Bavaria	8,500	8,500	7,800	9,100	0.0	-8.2	7.1
819	Donauwörth	Bavaria	9,200	9,500	8,800	10,200	3.3	-4.3	10.9
823	Freising	Bavaria	11,900	12,000	11,500	12,500	0.8	-3.4	5.0
827	Ingolstadt	Bavaria	9,800	10,200	9,700	10,800	4.1	-1.0	10.2
831	Kempten-Memmingen	Bavaria	12,400	12,200	11,700	12,700	-1.6	-5.6	2.4
835	Landshut-Pfarrkirchen	Bavaria	11,500	11,300	10,600	12,000	-1.7	-7.8	4.3
843	München	Bavaria	56,500	58,900	56,800	61,000	4.2	0.5	8.0
847	Passau	Bavaria	7,700	7,800	7,400	8,200	1.3	-3.9	6.5
855	Rosenheim	Bavaria	10,200	10,200	9,700	10,600	0.0	-4.9	3.9
859	Traunstein	Bavaria	10,600	10,700	10,100	11,200	0.9	-4.7	5.7

LMD-No.	Labour Market District (in German)	Federal State	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
			Average	Average <sup>2)</sup>	Lower Bound <sup>3)</sup>	Upper Bound <sup>3)</sup>	... Average ...	... Lower Bound ...	... Upper Bound ...
863	Weilheim	Bavaria	13,800	13,900	13,300	14,500	0.7	-3.6	5.1
900	Berlin	Berlin	218,300	225,500	217,300	233,700	3.3	-0.5	7.1
<b>Germany (western/eastern/total)<sup>4)</sup></b>									
Germany, western			2,270,000	2,292,000	2,212,000	2,372,000	1.0	-2.6	4.5
Germany, eastern			678,000	694,000	664,000	725,000	2.4	-2.1	6.9
Germany, total			2,948,000	2,986,000	2,875,000	3,097,000	1.3	-2.5	5.1

<sup>1)</sup> Numbers for 2025 are yearly averages and not forecasts.

<sup>2)</sup> Due to rounding off, differences between the sum of the labour market districts and Germany can occur.

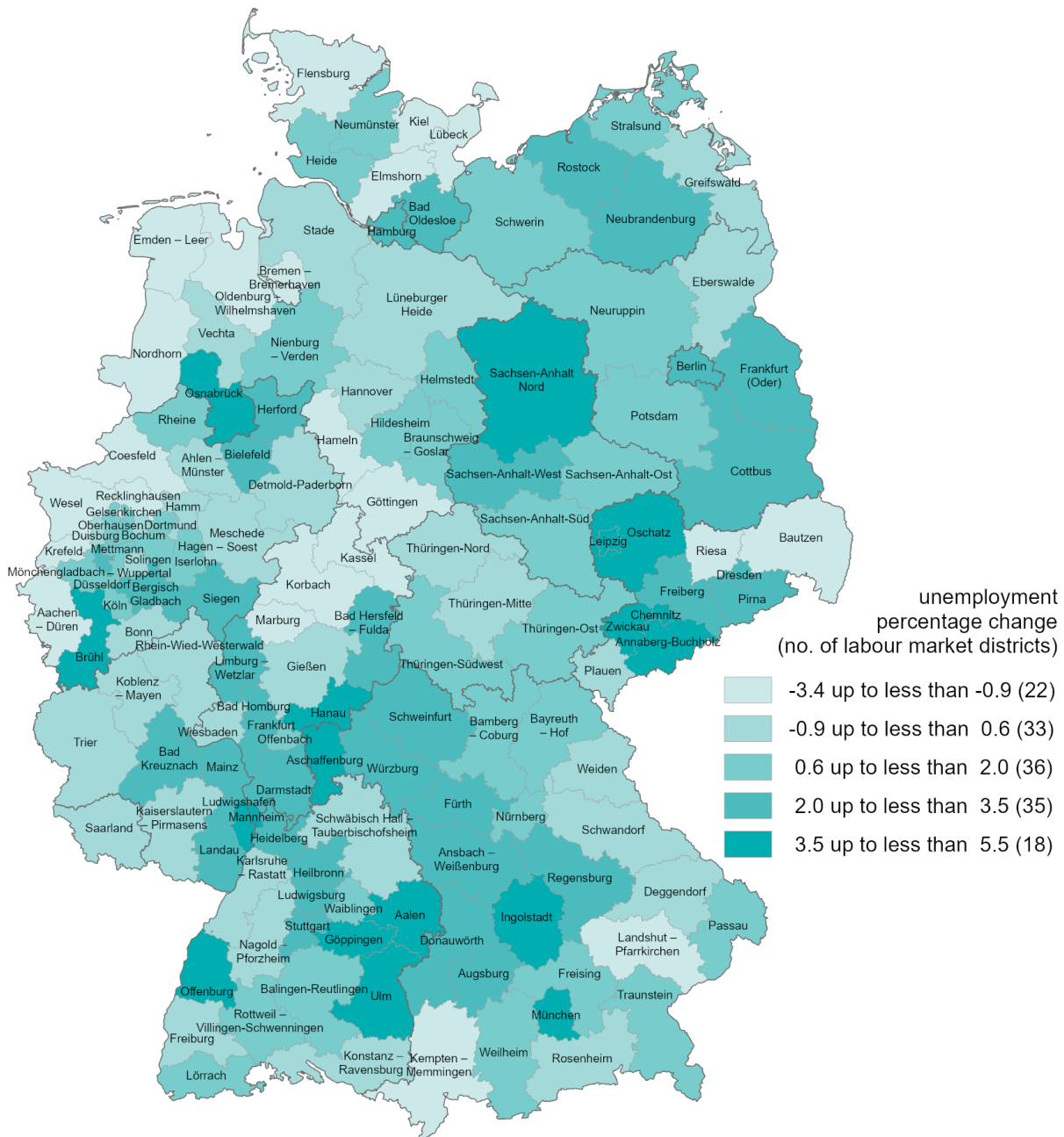
<sup>3)</sup> The statistical uncertainty which is represented in the lower and upper bounds is also affected by the size of a region. This means that the relative uncertainty of labour market districts is generally higher than for the Federal States. Therefore, the sums of the lower and upper bounds do not correspond to the values for the Federal States. The values for Germany (western/eastern/total) shown here are those from the results of the sum of the Federal States.

<sup>4)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

# 9 Unemployment in the Labour Market Districts percentage change in yearly average from 2025 to 2026

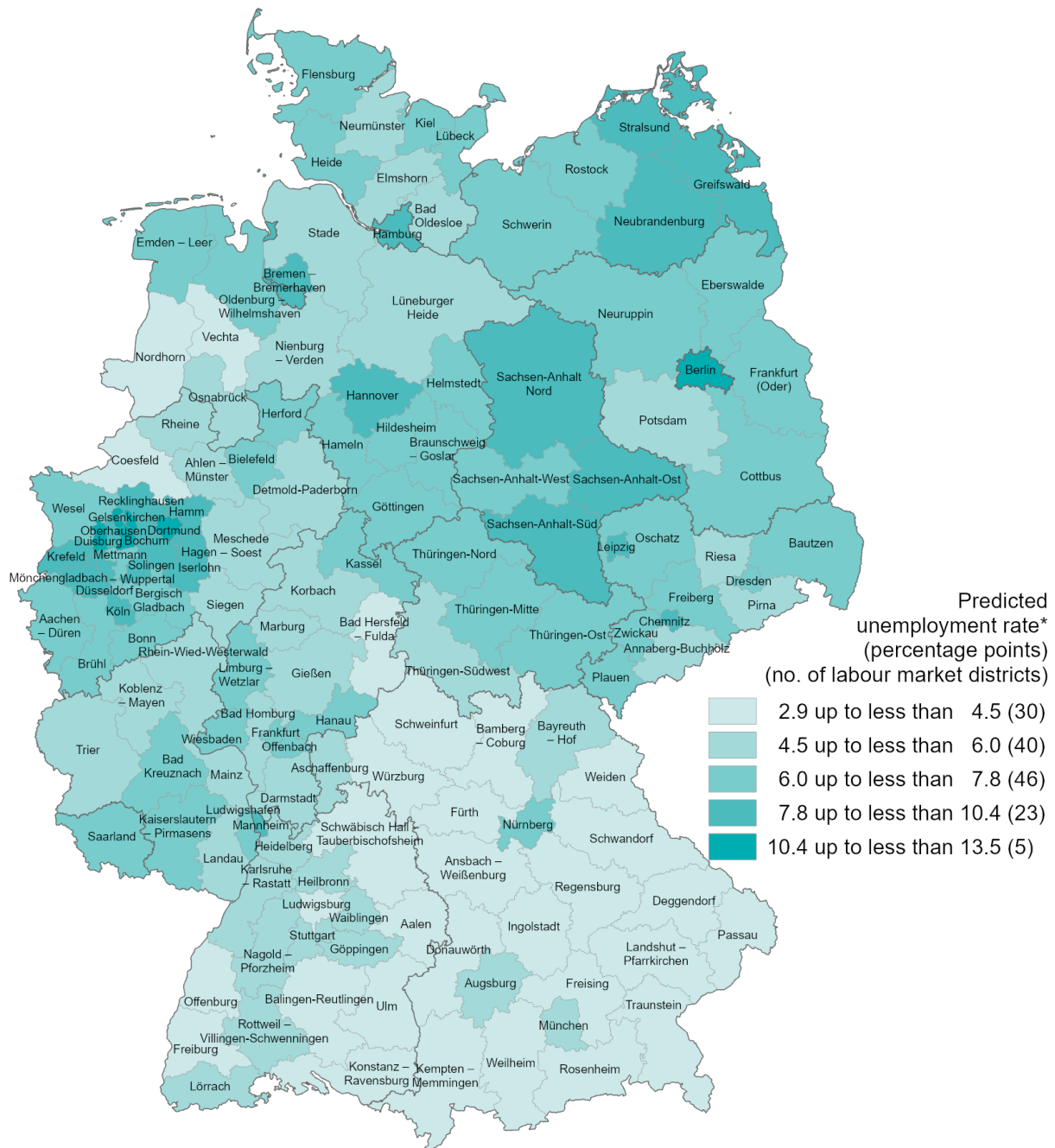


March 2026

Basis for the figure: GeoBasis-DE/Federal Agency for Cartography and Geodesy 2026;

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

# 10 Unemployment Rates 2026 in the Labour Market Districts in percent



\* In relation to the number of people in the civilian labour force; estimate under the assumption that the number of mini-jobs, civil servants, self-employed and working family members remains constant in the years 2025 and 2026.

March 2026

Basis for the figure: GeoBasis-DE/Federal Agency for Cartography and Geodesy 2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

# 11 Unemployment Rate in the Labour Market Districts

yearly average

LMD-No.	Labour Market District (in German)	Federal State	2025	2026 GDP: +0,8 %	Change 2025 to 2026 in percentage points <sup>1)</sup>
30	Greifswald	Mecklenburg-Vorpommern	9.3	9.4	0.1
31	Neubrandenburg	Mecklenburg-Vorpommern	9.2	9.6	0.4
32	Rostock	Mecklenburg-Vorpommern	6.9	7.0	0.1
33	Schwerin	Mecklenburg-Vorpommern	7.3	7.4	0.1
34	Stralsund	Mecklenburg-Vorpommern	9.2	9.3	0.0
35	Cottbus	Brandenburg	6.1	6.3	0.2
36	Eberswalde	Brandenburg	7.7	7.6	-0.1
37	Frankfurt (Oder)	Brandenburg	6.6	6.8	0.1
38	Neuruppin	Brandenburg	6.4	6.5	0.1
39	Potsdam	Brandenburg	5.8	5.8	0.0
42	Sachsen-Anhalt Ost	Saxony-Anhalt	7.7	7.8	0.2
43	Sachsen-Anhalt West	Saxony-Anhalt	7.4	7.7	0.3
44	Sachsen-Anhalt Süd	Saxony-Anhalt	8.5	8.7	0.1
45	Sachsen-Anhalt Nord	Saxony-Anhalt	7.9	8.2	0.3
71	Annaberg-Buchholz	Saxony	5.6	5.9	0.3
72	Bautzen	Saxony	7.4	7.3	-0.1
73	Chemnitz	Saxony	9.5	9.9	0.4
74	Dresden	Saxony	7.0	7.2	0.2
75	Leipzig	Saxony	8.5	9.0	0.5
76	Oschatz	Saxony	6.4	6.7	0.3
77	Pirna	Saxony	5.5	5.6	0.2
78	Plauen	Saxony	6.2	6.2	0.1
79	Riesa	Saxony	5.8	5.7	-0.1
80	Freiberg	Saxony	5.8	6.0	0.2
92	Zwickau	Saxony	6.1	6.5	0.4
93	Thüringen Mitte	Thuringia	6.2	6.2	0.0
94	Thüringen Ost	Thuringia	7.0	7.1	0.1
97	Thüringen Nord	Thuringia	6.8	6.9	0.0
98	Thüringen Südwest	Thuringia	5.6	5.7	0.2
111	Bad Oldesloe	Schleswig-Holstein	4.9	5.0	0.1
115	Elmshorn	Schleswig-Holstein	5.4	5.2	-0.1
119	Flensburg	Schleswig-Holstein	6.1	6.0	-0.1
123	Hamburg	Hamburg	8.3	8.4	0.1
127	Heide	Schleswig-Holstein	6.2	6.2	0.1
131	Kiel	Schleswig-Holstein	6.9	6.9	-0.1
135	Lübeck	Schleswig-Holstein	6.8	6.6	-0.1
139	Neumünster	Schleswig-Holstein	5.5	5.7	0.1
211	Braunschweig-Goslar	Lower Saxony	7.0	7.0	0.1
214	Bremen-Bremerhaven	Bremen/Lower Saxony	10.4	10.3	-0.1
224	Emden-Leer	Lower Saxony	6.5	6.4	-0.1
231	Göttingen	Lower Saxony	6.6	6.5	-0.1
234	Hameln	Lower Saxony	6.7	6.6	-0.1

LMD-No.	Labour Market District (in German)	Federal State	2025	2026 GDP: +0,8 %	Change 2025 to 2026 in percentage points <sup>1)</sup>
237	Hannover	Lower Saxony	8.1	8.0	-0.1
241	Helmstedt	Lower Saxony	5.9	6.0	0.2
244	Hildesheim	Lower Saxony	7.0	7.1	0.2
251	Lüneburger Heide	Lower Saxony	5.8	5.8	0.0
257	Nordhorn	Lower Saxony	3.6	3.5	-0.1
261	Oldenburg-Wilhelmshaven	Lower Saxony	6.3	6.1	-0.2
264	Osnabrück	Lower Saxony	5.2	5.3	0.2
267	Stade	Lower Saxony	5.3	5.3	0.0
274	Vechta	Lower Saxony	4.1	4.1	0.0
277	Nienburg-Verden	Lower Saxony	4.7	4.8	0.0
311	Aachen-Düren	North Rhine-Westphalia	7.4	7.2	-0.2
315	Bergisch Gladbach	North Rhine-Westphalia	6.3	6.5	0.1
317	Bielefeld	North Rhine-Westphalia	6.9	7.0	0.1
321	Bochum	North Rhine-Westphalia	10.0	9.9	-0.1
323	Bonn	North Rhine-Westphalia	6.4	6.4	0.0
325	Brühl	North Rhine-Westphalia	6.3	6.5	0.2
327	Coesfeld	North Rhine-Westphalia	4.4	4.3	-0.1
333	Dortmund	North Rhine-Westphalia	12.0	12.0	0.1
337	Düsseldorf	North Rhine-Westphalia	8.0	8.0	0.0
341	Duisburg	North Rhine-Westphalia	13.2	13.4	0.1
343	Essen	North Rhine-Westphalia	11.4	11.4	0.0
345	Gelsenkirchen	North Rhine-Westphalia	13.0	13.3	0.2
347	Hagen	North Rhine-Westphalia	9.2	9.4	0.2
351	Hamm	North Rhine-Westphalia	7.9	7.9	0.0
353	Herford	North Rhine-Westphalia	6.4	6.6	0.2
355	Iserlohn	North Rhine-Westphalia	8.3	8.5	0.2
357	Köln	North Rhine-Westphalia	9.1	9.2	0.1
361	Krefeld	North Rhine-Westphalia	8.1	7.9	-0.2
364	Mettmann	North Rhine-Westphalia	7.2	7.2	0.1
365	Mönchengladbach	North Rhine-Westphalia	8.0	8.1	0.1
367	Ahlen-Münster	North Rhine-Westphalia	5.5	5.4	-0.1
371	Oberhausen	North Rhine-Westphalia	9.9	10.0	0.1
373	Detmold-Paderborn	North Rhine-Westphalia	5.8	5.8	0.0
375	Recklinghausen	North Rhine-Westphalia	8.7	8.5	-0.2
377	Rheine	North Rhine-Westphalia	5.2	5.3	0.0
381	Siegen	North Rhine-Westphalia	5.5	5.7	0.2
383	Meschede-Soest	North Rhine-Westphalia	5.5	5.5	0.0
387	Wesel	North Rhine-Westphalia	6.9	6.8	-0.1
391	Solingen-Wuppertal	North Rhine-Westphalia	9.7	9.8	0.1
411	Bad Hersfeld-Fulda	Hessen	4.0	4.1	0.1
415	Darmstadt	Hessen	5.2	5.3	0.1
419	Frankfurt	Hessen	6.9	7.1	0.1
427	Gießen	Hessen	5.2	5.1	0.0
431	Hanau	Hessen	6.2	6.3	0.2
433	Bad Homburg	Hessen	5.7	5.8	0.1
435	Kassel	Hessen	6.4	6.3	-0.1

LMD-No.	Labour Market District (in German)	Federal State	2025	2026 GDP: +0,8 %	Change 2025 to 2026 in percentage points <sup>1)</sup>
439	Korbach	Hessen	4.6	4.5	-0.2
443	Limburg-Wetzlar	Hessen	5.8	6.0	0.2
447	Marburg	Hessen	4.7	4.6	-0.1
451	Offenbach	Hessen	6.6	6.7	0.0
459	Wiesbaden	Hessen	7.0	6.9	0.0
511	Bad Kreuznach	Rhineland-Palatinate	6.0	6.2	0.2
515	Kaiserslautern-Pirmasens	Rhineland-Palatinate	6.8	6.8	0.0
519	Koblenz-Mayen	Rhineland-Palatinate	4.7	4.6	-0.1
523	Ludwigshafen	Rhineland-Palatinate	7.0	7.2	0.2
527	Mainz	Rhineland-Palatinate	5.7	5.8	0.1
543	Landau	Rhineland-Palatinate	5.1	5.3	0.1
547	Rhein-Wied-Westerwald	Rhineland-Palatinate	4.8	4.8	0.0
555	Saarland	Saarland	7.4	7.5	0.1
563	Trier	Rhineland-Palatinate	4.5	4.5	0.0
611	Aalen	Baden-Württemberg	4.3	4.4	0.1
617	Freiburg	Baden-Württemberg	4.3	4.2	-0.1
621	Göppingen	Baden-Württemberg	4.8	4.9	0.2
624	Heidelberg	Baden-Württemberg	4.7	4.8	0.1
627	Heilbronn	Baden-Württemberg	4.8	4.9	0.1
631	Karlsruhe-Rastatt	Baden-Württemberg	4.5	4.5	0.0
634	Konstanz-Ravensburg	Baden-Württemberg	3.8	3.8	0.0
637	Lörrach	Baden-Württemberg	5.1	5.2	0.1
641	Ludwigsburg	Baden-Württemberg	4.2	4.3	0.1
644	Mannheim	Baden-Württemberg	7.9	8.2	0.4
647	Nagold-Pforzheim	Baden-Württemberg	4.7	4.7	0.0
651	Offenburg	Baden-Württemberg	4.1	4.2	0.1
664	Balingen-Reutlingen	Baden-Württemberg	4.3	4.3	0.1
671	Waiblingen	Baden-Württemberg	4.6	4.7	0.1
674	Schwäbisch Hall-Tauberbischofsheim	Baden-Württemberg	3.9	3.8	0.0
677	Stuttgart	Baden-Württemberg	5.7	5.9	0.2
684	Ulm	Baden-Württemberg	3.2	3.4	0.1
687	Rottweil-Villingen-Schwenningen	Baden-Württemberg	4.6	4.7	0.1
711	Ansbach-Weißenburg	Bavaria	3.1	3.2	0.1
715	Aschaffenburg	Bavaria	5.0	5.2	0.2
723	Bayreuth-Hof	Bavaria	4.8	4.9	0.1
727	Bamberg-Coburg	Bavaria	4.1	4.1	0.1
729	Fürth	Bavaria	4.0	4.0	0.1
735	Nürnberg	Bavaria	6.2	6.2	0.0
739	Regensburg	Bavaria	3.6	3.7	0.1
743	Schwandorf	Bavaria	3.8	3.8	0.0
747	Schweinfurt	Bavaria	3.8	3.9	0.1
751	Weiden	Bavaria	4.3	4.3	0.0
759	Würzburg	Bavaria	3.4	3.4	0.1
811	Augsburg	Bavaria	4.8	4.8	0.1
815	Deggendorf	Bavaria	4.1	4.1	0.0

LMD-No.	Labour Market District (in German)	Federal State	2025	2026 GDP: +0,8 %	Change 2025 to 2026 in percentage points <sup>1)</sup>
819	Donauwörth	Bavaria	2.8	2.9	0.1
823	Freising	Bavaria	3.1	3.1	0.0
827	Ingolstadt	Bavaria	3.3	3.4	0.1
831	Kempten-Memmingen	Bavaria	3.1	3.0	-0.1
835	Landshut-Pfarrkirchen	Bavaria	4.1	4.1	-0.1
843	München	Bavaria	5.0	5.2	0.2
847	Passau	Bavaria	4.1	4.1	0.1
855	Rosenheim	Bavaria	3.2	3.2	0.0
859	Traunstein	Bavaria	3.6	3.6	0.0
863	Weilheim	Bavaria	3.5	3.5	0.0
900	Berlin	Berlin	10.3	10.6	0.3
Germany (western/eastern/total)					
Germany, western			5.9	6.0	0.0
Germany, eastern			7.8	8.0	0.2
Germany, total			6.3	6.4	0.1

<sup>1)</sup> Due to rounding off, the differences between the two unemployment rates may diverge from the shown rates.

Note: Unemployment rates based on the number of people in the civilian labour force; estimate under the assumption that the number of mini-jobs, civil servants, self-employed and working family members remains constant in the years 2024 and 2025.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

## 12 People Capable of Working and Eligible for Benefits<sup>1)</sup> in the Federal States yearly average

	2025 <sup>1)</sup>	2026 GDP: +0,8 %			Growth Rate 2025 to ... 2026 (in %)		
	Average	Average	Lower Bound	Upper Bound	... Average ...	... Lower Bound ...	... Upper Bound ...
<b>Federal State</b>							
Schleswig-Holstein	137,300	132,300	129,000	135,700	-3.6	-6.0	-1.2
Hamburg	133,700	130,200	127,700	132,800	-2.6	-4.5	-0.7
Lower Saxony	367,900	353,600	345,900	361,300	-3.9	-6.0	-1.8
Bremen	66,400	64,700	63,500	65,900	-2.6	-4.4	-0.8
North Rhine-Westphalia	1,112,700	1,081,800	1,065,000	1,098,600	-2.8	-4.3	-1.3
Hessen	287,200	280,700	274,700	286,800	-2.3	-4.4	-0.1
Rhineland-Palatinate	157,600	153,200	149,800	156,600	-2.8	-4.9	-0.6
Baden-Württemberg	350,300	343,700	335,400	351,900	-1.9	-4.3	0.5
Bavaria	324,400	316,000	307,000	325,000	-2.6	-5.4	0.2
Saarland	57,800	55,400	54,300	56,400	-4.2	-6.1	-2.4
Berlin	326,000	315,600	309,300	322,000	-3.2	-5.1	-1.2
Brandenburg	106,500	99,800	97,200	102,300	-6.3	-8.7	-3.9
Mecklenburg-Vorpommern	80,300	74,900	73,200	76,700	-6.7	-8.8	-4.5
Saxony	182,500	175,700	170,600	180,800	-3.7	-6.5	-0.9
Saxony-Anhalt	121,300	114,700	112,200	117,200	-5.4	-7.5	-3.4
Thuringia	83,900	77,600	75,800	79,400	-7.5	-9.7	-5.4
<b>Germany (western/eastern/total)<sup>3)</sup></b>							
Germany, western	2,995,000	2,912,000	2,852,000	2,971,000	-2.8	-4.8	-0.8
Germany, eastern	901,000	858,000	838,000	878,000	-4.8	-7.0	-2.6
Germany, total	3,896,000	3,770,000	3,691,000	3,849,000	-3.2	-5.3	-1.2

<sup>1)</sup> "erwerbsfähige Leistungsberechtigte".

<sup>2)</sup> Numbers for 2025 are yearly averages based on real values for January to November and an estimate for December and not forecasts.

<sup>3)</sup> Values for Germany (western/eastern/total) are rounded off to the nearest 1,000. Due to rounding off, the sums for Germany (western/eastern/total) may diverge slightly from official statistics.

Total values correspond to those in the IAB-Kurzbericht 5/2026.

Source: Own forecasts based on data of the Federal Employment Agency. © IAB

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