



MPU because of drinking and driving, what do I have to consider?

First of all, you must submit an application for the reinstatement of your driving licence to your driving licence authority. It is important to note the ban period that has been imposed on you! Since you need a positive opinion from an assessment centre to regain your driving licence, it makes sense to prepare professionally for this medical-psychological examination, since the failure rate at the MPU is very high without preparation. It therefore makes sense to start MPU coaching at an early stage in order to prepare effectively for the MPU and thus be able to prove your suitability of character.

The blood alcohol limit in Germany is 0.5. If you exceed 1.1 per mille, your driving licence will be suspended and if you exceed 1.6 per mille, you will have to undergo an MPU.

However, an MPU can also be ordered earlier or for other reasons. This is regulated

- in the Road Traffic Act StVG, StPO
- in the Driving Licence Ordinance FeV §11,13,14 Appendix 4

When can I prove abstinence?

We work together with renowned laboratories that will look after you individually. The laboratory will discuss the procedure with you. To be accepted into the abstinence programme, you enter into a contract with your laboratory. It is important that the laboratory is certified and accredited so that it is recognised by the authorities!

The duration of the abstinence to be proven also varies. Talk to your MPU coach about this. It makes no sense to go to the MPU before the proof of abstinence is complete, otherwise a negative report will be issued and you will have to go to the MPU again.

What does professional preparation cost?

On average, 8 sessions of 90 minutes of individual coaching are needed to be able to go to the MPU with a good feeling. However, it varies from person to person and depends on your own strengths, resources, self-reflection and motivation, as well as your offence. A real insight and change in behaviour must be achieved, which cannot be achieved by dubious offers with much less time. See your coaching not only as MPU preparation, but rather as a real enrichment for your entire life, for which it is worth investing in professional preparation! Since we do not offer dubious package deals, but rather programmes that are individually tailored to you, we also do not offer flat-rate prices. Please contact us without obligation and we will work with you to create YOUR goal-oriented package. It is advisable for you to contact us promptly to discuss everything else.



How can I prove drug abstinence?

You must actually be completely abstinent and drug-free during your abstinence! If you are proven to have used a single drug during your ordered abstinence period, this will result in a rejected MPU and thus a negative report. The laboratory will explain the exact procedure of the abstinence programme to you. It is important that your laboratory is certified and that it is also recognised by the authorities.

Can I also do my abstinence test directly via the MPU Coaching Team?

We work together with SYNLAB HOLDING GMBH, Labor Dr. Wisplinghoff and Charité Berlin, one of the most renowned companies for human medical laboratory diagnostics. Of course, they have all the necessary certificates and accreditations according to DIN EN ISO/IEC. We will be happy to assist you in contacting your contact persons at the respective laboratories.

You conclude a contract with the respective laboratory and also settle your accounts directly with them.

For the proof of abstinence from alcohol, you will be contacted randomly and asked to appear at your collection point within the next 24 hours. We as a coaching team will support you in your abstinence and work out strategies with you so that you can get through the abstinence.

What does the MPU cost?

The costs of the MPU are laid down in the nationwide uniform fee regulation GebOSt 451-499. The costs depend on the offence in question. TÜV Rheinland states the following costs:

MPU due to one or more alcohol-related offences: 383.18 euros

MPU because of points in road traffic (without conspicuous behaviour): 332.01 euros

MPU due to alcohol-related offences and points in road traffic: 546.21 euros

MPU due to drug-related offences: 335.50 euros

MPU due to criminal offence(s): 332,01 Euro

MPU because of drug conspicuity and points: 698,53 Euro

MPU because of drugs and alcohol: 724.12 euros

Source: TÜV Rheinland (as of 2007) All data without guarantee. Errors excepted. The fees for the MPU are based on the Fee Ordinance for Road Traffic Measures (GebOSt) as last published in the Federal Law Gazette (fee numbers 451-499).



I am supposed to go to the MPU, what do I have to do now?

The driving licence authority first wants to know which assessment centre you will go to. You inform the authority of this, which you are free to choose. The authority will then send your file to this assessment centre. The assessment centre will then contact you. As a rule, you must first pay the fee before you can get an appointment.

Can I refuse an MPU?

You can refuse an MPU, but then you will not be able to get your driving licence back.

Can I apply for the MPU within the ban period?

It is important to check which conditions you have to fulfil in order to be able to attend the MPU. In principle, it is possible to apply for a new driving licence 3 months before the end of the ban period. To avoid pointless costs, talk to your coach, who can look at your case individually.

How long does it take to get an MPU appointment at the assessment centre?

In order to get an appointment, your documents must be received by the assessment centre and the fee you paid for the MPU must be paid. It usually takes about 14 days.

How long do I have to live abstinence before I can take the MPU test?

The duration of the proof of abstinence depends on the substance or the consumption. As a rule, you can assume that abstinence must be proven for more than one year, although there are also deviations. The important thing for the MPU is to gain insight, learn strategies and behavioural changes to avoid substance use.

Am I really considered an alcoholic with 1.6 per mille? What does a negative MPU mean in this case?

There is no general answer to this question. Someone who drives a vehicle with 1.6 per mille is very likely to be used to alcohol, because with this per mille level it is almost impossible to operate a vehicle. If someone is not used to alcohol, he is no longer capable of acting at 1.6 per mille.

It is advisable to speak to a specialist if someone is used to alcohol, so that the alcohol consumption can be analysed in detail.

1.6 per mille does not necessarily mean that the MPU will be negative. In an MPU coaching session, you and your coach will work out strategies to adjust your consumption behaviour. If you can prove this at the MPU, nothing stands in the way of a positive report.

Do I have to send a negative report to the authorities?

You can decide yourself whether the report should be sent to the authorities, because you are the client.



Why am I required to attend a follow-up training course?

The assessor has determined that you can regain your fitness to drive after attending a retraining course. You should see this as a great opportunity! If you do not attend the retraining, you will have to undergo another MPU.