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Leisure, culture, sport

General information

Düsseldorf has many cultural offerings.
Anyone interested in culture can take advantage of these offers.

Düsseldorf culture portal

You can find lots of information about culture in Düsseldorf on the Kulturportal Düsseldorf website.

For example about:

- Art
- music
- dance
- theatre
- Books and reading
- Nature and history

There are also special programmes for children and families.
You can see when and where events are taking place in the cultural calendar.

More information at:

 www.kulturportal-duesseldorf.de

Art:card Düsseldorf

The Art:card is a special admission ticket for museums.
With the Art:card you can visit many museums free of charge for 1 year.
It is also valid for the Night of the Museums.

Important:

- The card costs 100 euros.
- It is only valid for one person.
- The card cannot be passed on.
- The card is valid for 12 months from the first day of use.
- There is no preferential admission with the card.

Further information

More information on art, culture and leisure in Düsseldorf can be found here:



www.duesseldorf.de/kulturamt/kultur-duesseldorf

Reduced tickets

People with little money (for example recipients of social benefits) often get discounted tickets.

Ask the organisations or the websites for discounts.

Benefits/discounts

Family Sunday and Happy Hour in Düsseldorf's museums

In Düsseldorf, everyone can experience art and culture.

There is a special offer for this in the city's museums:

- On Sundays, admission to many museums is free.
- During the week, the last hour before closing is also free.

This applies to these museums:

- Heinrich Heine Institute & Schumann House
- Düsseldorf Theatre Museum
- Düsseldorf City Museum
- Maritime Museum
- Goethe Museum
- Film Museum
- Hetjens - German Ceramics Museum


More information can be found here:

 [Website Family Sunday and Happy Hour](#)

Düsseldorf culture portal

You can find out about cultural events in Düsseldorf and the surrounding area in the Düsseldorf culture portal. The culture portal shows you what is on offer in the following areas

- art
- music
- dance
- Theatre
- Literature
- Nature
- history

There are programmes for children and families. You can search for events of interest to you directly in the  [cultural calendar](#) .

 [Düsseldorf culture portal](#)

Musenkuss Düsseldorf

Musenkuss is an online portal for cultural education. The platform collects offers and information on many cultural events. You can search for offers for children. For example, there are also holiday offers. There are also courses and events for adults.

You can find an overview here:  [Musenkuss Düsseldorf](#).

events

Large events

Japan Day

The largest Japanese cultural festival in Europe takes place in Düsseldorf every year. The highlight of Japan Day is the big fireworks display on the Rhine.

 [Further information](#)

Rhine funfair

A funfair is held in Düsseldorf every year. There are games, food and music.

You can find information about the Düsseldorf Rhine funfair [at](#)  [here](#).

France Festival

The France Festival takes place in summer. It is a celebration of friendship between Germany and France. There are many French products and French food. Different regions of France are also represented.

 [Further information](#)

Art points

Düsseldorf artists open their studios to the public. You can visit these exhibition venues on two weekends in September. Get into dialogue and experience the diversity of the Düsseldorf art scene.

 [Further information](#)

Carnival

Carnival in Düsseldorf is a celebration of joy, creativity and community. It starts on 11 November at 11:11 am. Many Düsseldorfers join in the celebrations. But there are also many tourists. There are parades, parties and an exuberant atmosphere. The carnival season ends at Aschermittwoch. The date depends on Easter. In 2026, Ash Wednesday is on 18 February.

Historical background

The roots of carnival lie in ancient festivals that celebrated spring.

Important events

Opening ceremony

The celebrations traditionally begin on 11 November at 11:11 a.m. in front of the historic town hall with a speech by the Hoppeditz. The Lord Mayor has to respond to the Hoppeditz 's funny

speech. The Hoppeditz is a figure of the Düsseldorf carnival. He "wakes up" at the beginning of the carnival and emerges from a giant mustard pot.

"Old Wives' Day"

On "Altweiber" day, people celebrate in the streets of the city centre. People wear costumes and are exuberant. On this day, the town hall is "stormed". The people symbolically take over power in the city centre.

Rose Monday parade (Rosenmontagszug)

A highlight of the Düsseldorf carnival is the Rosenmontagszug parade, which takes place on the Monday before Aschermittwoch. There are decorated floats, music groups and costumed participants. There are many international groups. Düsseldorf is known for its many often satirical floats. Many spectators stand at the side of the road. They watch the procession and catch the sweets that are thrown from the floats.

Street festivals

Many street festivals and events take place in the city during the carnival season. The centre of the action is the old town, where locals and visitors celebrate in costume.

Costumes and traditions


Costumes are a central part of the carnival celebrations. Participants dress up in elaborate and creative outfits. The costumes are very different. They range from traditional carnival attire to humorous costumes.


[Website carnival in Düsseldorf](#)

Libraries

Stadtbüchereien Düsseldorf: Offer and registration

General information

Düsseldorf has a large  [central library \(KAP1\)](#) at the main railway station. There are also smaller libraries in many neighbourhoods. Here you can borrow books, but also newspapers, DVDs, CDs and much more. In the central library, you can also book rooms for learning (learning boxes) or for recording a podcast or video (LibraryLab).

In the Library of Things, you can also borrow items such as sewing machines, outdoor toys, fitness equipment, musical instruments or gaming equipment. This is not possible at every location. You can find the respective locations [here](#)  or by selecting a location on the map. Free WLAN is available in all public libraries. All city libraries offer free online access to 3000 daily newspapers from over 95 countries.

The libraries also regularly organise readings, exhibitions and other events. Current dates can be found on the respective library page.

Library card

The library card is free for people under the age of 21 and Düsseldorf holders.

For all others:


- 20 euros for one year
- with SEPA direct debit for 13 months 20 euros

Documents you need to register


- ID card OR passport with confirmation of registration from the residents' registration office
- Children under the age of 16: ID of a parent or legal guardian, who must also sign the registration form
- If the address of the accommodation is not stated in the document submitted, a certificate of registration from the local authority stating the address of the accommodation is required.

Borrowing

You can search for books and other media online or on site.

 [Click here](#) for the online catalogue.


Many media can now also be borrowed and viewed directly online.


 [Click here](#) for the online lending service

Children's and youth library


There is plenty for children and young people to discover in Düsseldorf. The central library in KAP1 and all district libraries have their own areas with lots of media for children and young people.

The Hassels library even has its own library just for children. It also organises special events just for children and young people.

Go to the children's library  [here](#).

The youth library can be found at  [here](#).

Contact and locations

All locations, opening hours and contacts can be found at  [here](#) or here in the app under "Places".

Library of things

Items can be borrowed from the central library and the Benrath, Bilk, Flingern, Garath, Gerresheim, Rath, Unterbach and Unterrath district libraries.

You can borrow items with a library card. You do not have to buy the items. Examples are


- games consoles
- sewing machines
- Outdoor games
- fitness equipment

- and much more

You can find all the information [here](#). Scroll down to "The library of things".

Storytelling café and multilingual reading aloud in the public libraries

Coffee & Cookies storytelling café in the central library

Every 1st Thursday of the month at 5 pm, the storytelling café "Coffee & Cookies" takes place in the  [Central Library](#).


Relaxed conversations in German - Talk in German language

For people from all countries and of all ages.

For people from all countries and of all ages.

Free of charge and without registration! No fees, no inscription!

Bilingual reading hour in Rath

Every last Friday of the month from 4 to 5 pm at  [Stadtteilbücherei Rath](#).

We read in German and Ukrainian.

For children aged 4 and over.


Admission is free, no registration necessary.

Adult Education Centre Düsseldorf VHS

Experience the colourful world of lifelong learning with the Volkshochschule Düsseldorf. Find out more about the approximately 4,000 courses, seminars, workshops and excursions on offer each year.

A feel for trends coupled with over 100 years of experience as an education provider is the basis for the extensive programme. This ranges from vocational and school education, languages and sport to a wide range of personal development programmes.


One focus is on German as a foreign language. The VHS offers numerous different courses in this area. No matter why you want to learn the language, the VHS will find the right programme for you. The VHS also offers language examinations and the naturalisation test.

You can find more information about all the courses on offer here:  [VHS Düsseldorf](#)

 VHS Düsseldorf

Bertha-von-Suttner-Platz 1

40227 Düsseldorf

 0211 8994150

 vhs@duesseldorf.de

 Monday-Wednesday: 9.00-16.00

Thursday: 9.00-18.00

Friday: 9.00-14.00

Museums

K20 Art Collection North Rhine-Westphalia

The art collection is a museum for art.
For the federal state of North Rhine-Westphalia.
Paintings by famous artists are shown here.
For example:

- Pablo Picasso
- Gerhard Richter
- Paul Klee

The museum has existed since 1961.
The museum is in Düsseldorf.
There are 2 houses of the museum in Düsseldorf.

The K20 Museum is on Grabbeplatz.
Here you can see art from the years 1904 to 2023.
You can see a particularly large number of works of art by Paul Klee.
The works of art by Paul Klee have been in the museum since 1961.

[Click here to go to the museum's website.](#)

Children and young people up to the age of 18 have free admission.

Free admission for everyone is available every first Wednesday of the month.
This always applies from 6 pm to 10 pm.

K21 Art Collection North Rhine-Westphalia

The art collection is a museum for art.
For the federal state of North Rhine-Westphalia.
Paintings by famous artists are shown here.
There are 2 houses of the museum in Düsseldorf.

Museum K21 is in the Stände-Haus-Park.
Here you can see art from the years since 2000.

[Click here to go to the museum's website.](#)

Children and young people up to the age of 18 have free admission.

Free admission for everyone is available every first Wednesday of the month.
This always applies from 6 pm to 10 pm.

Art Palace

The Kunstpalast is a museum.

It belongs to the city of Düsseldorf and is located in the Ehrenhof.

There are 130,000 works of art in the Kunstpalast.
The works are from 11 centuries.
The collection is therefore diverse and colourful.
The collection includes, for example

- Buddha statues
- Very large paintings
- photographs
- Modern objects made of glass
- Works of art made of wood or plastic
- Glasses that work in a similar way to a computer game

Some works of art come from faraway countries.
Others are from Düsseldorf.
All works of art tell stories.

The Kunstpalast is a place for everyone.
There are also many offers for families and children.

The Kunstpalast also includes

- the NRW-Forum
- the Robert Schumann Hall

The Kunstpalast also organises events with music and other themes.

NRW Forum

Welcome to the NRW-Forum Düsseldorf!

NRW is the abbreviation for North Rhine-Westphalia.

In the NRW-Forum there are:

- Art
- photos
- design
- Pop culture
- Social media
- Computer games
- Artificial intelligence
- Art made with the computer

Our exhibitions at the NRW-Forum are often unusual.

We are a place for important questions.

We are looking for a new way of looking at things.

You can often join in.

The artists come from all over the world.

With us there are:

- exhibitions
- talks
- short performances by artists
- festivals
- concerts
- courses

Our programme is often about important topics for people.

The NRW-Forum is a place where people can exchange ideas.


Children and adults are welcome to join us!

Here is the link to our start page:

<https://www.nrw-forum.de>

The NRW-Forum is part of the Museum Kunstpalast Foundation.

Aquazoo Löbbecke Museum

This  [Aquazoo Löbbecke Museum](#) is a combination of zoo, aquarium and natural history museum. Animals from more than 500 species live in the aquazoo. Many different exhibits can also be seen. Some of these can be touched.

The exhibition tells the story of the origin of life. The many different forms of life in water, on land and in the air are presented. Visitors to the Aquazoo learn how important animal and plant species are to the world.

 [Website of the Aquazoo](#)

Düsseldorf Restoration Centre


The RED (Düsseldorf Restoration Centre) is a place where experts take care of the preservation of art and cultural assets. We work for the city of Düsseldorf and support the museums, exhibitions and archives. Conservators ensure that we can view works of art in museums today and in the future. Their work is very important, but you often don't see it. We show what they do and provide exciting insights into this profession.

 [Website](#)

Instagram:  [@red_duesseldorf](#)

facebook:  [RED - Düsseldorf Restoration Centre](#)

ShippingMuseum Duesseldorf

The  [SchifffahrtMuseum](#) is easy to find. It is located in the historic castle tower, directly on the banks of the Rhine in Düsseldorf. The tower is the last remaining building of the old


Düsseldorf castle. On seven floors, history comes alive for young and old. From the deep vaults to the lantern high up in the tower, everything here revolves around the Rhine and shipping.

Children and young people under the age of 18 are always admitted free of charge.

On weekdays, admission is free in the last hour from 5 pm.

Admission is free on Sundays.

 [Website](#)

 The website can also be translated into English and eight other languages at the top right.

Heinrich Heine Institute

The Heinrich Heine Institute is a centre for international Heine research. It has an archive, a library and a museum. It also organises events. It is also a centre for diverse literary and cultural education.

The permanent exhibition "Romanticism and Revolution" at the Heinrich Heine Institute is the only exhibition on Heine's life and work in the world. He was born in Düsseldorf in 1797 and died in Paris in 1856.

 <https://www.duesseldorf.de/heineinstitut>

The Schumann House

The Schumann House Düsseldorf is a modern music museum. The exhibition shows the work of the world-famous musicians Clara and Robert Schumann in Düsseldorf. The museum was honoured with the German Design Award in 2025.

 [Link](#)

Benrath Castle

Benrath Palace is a baroque palace with a large park.

It houses the Natural History Museum and the Museum of Garden Art.

With a wide range of events and guided tours, Benrath Palace invites visitors to discover culture, nature and history.

 [Benrath Palace](#)

 The website can also be translated into English at the top right.

Düsseldorf City Museum

The Stadtmuseum is the oldest museum in Düsseldorf. You can learn a lot about the history of the city there.

For example, you can see


- Models of old castles and palaces,
- old toys,
- fashion from the past,
- old photos and pictures.

The exhibition is in two languages: German and English. It shows things from very early times to the present day.

In the city museum, everyone can participate and help shape the exhibition. It is a place for everyone in the city. There are often new exhibitions. They deal with important topics for the city and the future.

There are also

- Events,
- concerts,
- festivals,
- guided tours,
- workshops and
- programmes during the holidays.

You can find more information about the current exhibitions at  [here](#).

Kunsthalle Düsseldorf


The Kunsthalle Düsseldorf is a place for contemporary art. It has been showing art since the 1960s. The Kunsthalle works closely with artists from Düsseldorf and also shows art from other countries. It aims to bring together people from the region and from all over the world.

There are many different offers at the Kunsthalle. Visitors can view exhibitions, take part in events, hold talks or participate creatively themselves. In this way, everyone can actively experience art.

 [Website](#)

The website can also be translated into English at the top right.

Hetjens - German Ceramics Museum

The  [Hetjens- German Ceramics Museum](#) in Düsseldorf showcases the world of ceramics. Ceramics are made from clay and fired in a kiln. These include bowls, cups and vases. The museum goes back to the collector Laurenz Heinrich Hetjens. He donated his collection to the city in 1906 so that many people could see and understand ceramics.

The museum contains pieces from many countries around the world and from over 8,000 years of history. You can find out how ceramics were used in the past and what ideas artists have today. The museum constantly presents new exhibitions on various themes and cultures. Visitors can get creative themselves in the museum's own pottery workshop.

 [Website of the Hetjens](#)

 [Instagram Hetjens](#)

 [Facebook Hetjens](#)

KIT - Art in the tunnel

KIT - Art in the Tunnel was opened in 2007 directly under the Düsseldorf Rhine embankment promenade, between the car tunnels. KIT is a special place for young contemporary art. The KIT Café is located above the tunnel. The café is very popular and offers a beautiful view of the Rhine.

From the café, visitors go down a large staircase or take the lift to the exhibition area below ground. The room is 140 metres long and runs parallel to the Rhine. The works of young artists invited by director Gertrud Peters are displayed on the plain concrete walls.


There are around four different exhibitions per year. The main focus is on modern art by young artists: Paintings, sculptures, photography, videos and installations. KIT supports the young artists, gives them their first experience of exhibitions and helps to publicise their work. KIT also offers workshops and guided tours so that visitors can better understand the art.

 [Website](#)

The website can be translated into English at the bottom left.

Film

Cinemas


There are many different cinemas in Düsseldorf. Some cinemas also show films in the original. The cinema programme then says "OmU", which stands for "Original mit Untertiteln". In this case, the subtitles are in German. In the  [culture portal](#) you will find an overview of the cinemas in Düsseldorf and current events.


Film Museum

Located in the heart of the old town, the film museum was founded in 1993. As an **interactive museum**, it offers exciting access to the world of film from its beginnings to the present day.

In addition to the **permanent exhibition** on four floors, the film museum organises regular events and special exhibitions. The museum's cinema, the **Black Box**, also shows a daily cinema programme.


Filmmuseum Düsseldorf

 [+49 \(0\) 2118992232](tel:+49(0)2118992232)

 Schulstraße 4, 40213 Düsseldorf

 [Website of the Film Museum - City of Düsseldorf](#)


Music

In the  [Kulturportal](#) you will find a lot of information about music. The categories are categorised according to musical genres.

In the link you will find a list of current events.

zakk

The zakk (Zentrum für Aktion, Kultur und Kommunikation gGmbH) is an important cultural centre in Düsseldorf. Concerts, readings, parties, contracts and many other projects take place here. It is committed to cultural diversity in Düsseldorf and reflects this with its programme. The zakk is a place for everyone in Düsseldorf. It offers space for new things and for a pluralistic social dialogue.

 [+49 \(0\) 2119730010](tel:+49(0)2119730010)

 [@info@zakk.de](mailto:info@zakk.de)

 [Location](#)

 [Website](#)

Clara-Schumann-Musikschule


People who want to make music are very welcome at Clara-Schumann-Musikschule!

You can learn almost any instrument with us. From accordion to xylophone. Or do you prefer singing? That's also possible with us.

There are also symphony orchestras, wind bands, jazz combos and choirs. You can take part here if you have already mastered your instrument or Simme.


We look forward to seeing you!

Click here for the  [online registration](#).

 Prinz-Georg-Str. 80, 40479 Düsseldorf

 [Website](#)

 [@csm@duesseldorf.de](mailto:csm@duesseldorf.de)

 +49 (0) 2118927433

Clara Schumann Music School Lessons

We offer lessons alone or in groups.


The group consists of 2 to 6 people.

You can learn the following instruments:

- Accordion


- recorder
- viola
- cello
- bassoon
- guitar
- Vocals
- harp
- horn
- Keyboard
- clarinet
- piano
- double bass
- mandolin
- marimba
- oboe
- Organ
- Timpani
- Trombone
- Transverse flute
- Percussion
- tenor horn
- trumpet
- tuba
- violin


You can also start at the music school as a small child in the Liedergarten or early music education programme.

Take a look here if you would like more information:  [Lessons and instruments](#)

Clara Schumann Music School Orchestra

You can also play together with others in our orchestra. Please register before your visit at [@csm@duesseldorf.de](mailto:csm@duesseldorf.de)

More information about the orchestras can be found [at](#) .

If it is not specifically stated, the orchestras take place in the  Prinz-Georg-Str. 80, 40479 Düsseldorf take place.

Orchestra for beginners:

The small string orchestra, Monday, 4-4.50 pm

Beginners from 7 years and one year of lessons are welcome.

Band No. 1 - The wind orchestra, Thursday, 3.45-5pm

Beginners from the age of 9 and one year of lessons are welcome.

Claras zarte Saiten - The plucked string orchestra, Wednesday, 5.45-6.35pm
Beginners from one year of lessons on mandolin, guitar or double bass are welcome.

Orchestra for advanced players:

Claras Strings, Thursday, 3.40-5.20 pm
Advanced players from the age of 9 play here.

Junior wind orchestra, Tuesday, 4.30-6pm
Advanced children with wind instruments aged 13 and over play here.

Green Horns Big Band Thursday , 6-7.40 pm
Advanced teenagers with wind instruments or percussion who are enthusiastic about pop, funk and jazz play here.

Guitar orchestra, Wednesday, 5.45-6.35 pm
Guitarists with several years of lessons are members of the orchestra.

Jazz workshop for everyone aged 10-100, Monday, 6-8.30 pm
Have you mastered your instrument and think jazz is cool? Are you 10? Or already 70? It doesn't matter! Everyone is welcome here.

The big orchestras of the Clara Schumann Music School

Clara Schumann Players - The big symphony orchestra, Thursday, 18.15-19.55, Tonsaal des Humboldt-Gymnasiums
Do you play a wind or string instrument and are you already really good? Are you between 12 and 20 years old? Then join our large symphony orchestra!


Youth wind orchestra, Wednesday, 5.30-7.30 pm
Are you between 14 and 30 years old and have been playing a wind instrument for a while? Then join the youth wind orchestra. Here we rehearse film music and challenging pieces.

UHU-Orchester - the orchestra for everyone under 100, Monday, 20-21.40 hrs
Do you love making music with others? Do you want to play in a big orchestra? Everyone plays in the UHUs, whether you're 30, 50 or 80. Everyone is welcome.

Die CSM Big Band, Wednesday, 19.40-21.45 hrs
Do you have years of experience in other big bands? Are you really good on your instrument and love improvisation? Do you enjoy playing at gigs all over the city? Then come to the CSM Big Band.

Clara Schumann Music School Choirs

Do you love singing? Then why not join one of our choirs?
Please register in advance at silvia.bodamer@duesseldorf.de

All choirs take place in the  Prinz-Georg-Str. 80, 40479 Düsseldorf in the **Kammermusiksaal** take place.

Mini choir, Tuesday 15-15.50 hrs
For children who are 5 and 6 years old

CSM boys' choir, Tuesday, 3.50pm - 4.40pm

For all boys aged 7 to 10

CSM girls' choir, Tuesday, 4.40-6.20 pm

For all girls aged 7 to 10

CSM youth choir, Wednesday, 5-6.40 pm

For all young people aged 11 to 19


CSM Youth Chamber Choir, Wednesday, 6.40-7.30 pm

Advanced teenagers from 11 to 19 years old

Clara Schumann Music School Bands and Percussion

Do you like pop and rock music? Do you want to cover songs or write your own? Or do you play drums and want to join a combo with like-minded people?

Then join one of our bands or drum groups. Please register in advance at [@csm@duesseldorf.de](mailto:csm@duesseldorf.de)

All bands and percussion groups take place in the  Prinz-Georg-Str. 80, 40479 Düsseldorf take place

Mixed-Up - The inclusion band, Tuesday, 6-7.15 pm, room 0.29

All children and young people play together here and we live inclusion! We cover well-known pop songs and play several gigs a year.

"The Couch" - The Pop & Rock Band, Thursday, 6-6.50 pm, Room 308

Have you been singing for a while and play guitar, bass or drums? Would you like to cover and write your own songs? Come and join us!


PERCUSSION STUDIO Wednesday, 17.45-18.35, Room 203

Have you been playing drums for a year and want to play with others in a combo? Then come along.

Düsseldorf Percussion, Tuesday and Thursday, 18-19.40, room 203

Have you been playing drums for a long time, can you even play the timpani and mallet instruments? Do you know what a marimba and a xylophone are? Then come along. We work together on challenging pieces.


Get creative!**Learning Centre Studio Düsseldorf**

The  [Lernort Studio](#) offers a variety of courses from many different creative fields (e.g. breakdancing, music, sculpture, acting, drawing, etc.). The Lernort Studio is an institution of the state of NRW and the state capital Düsseldorf and offers open courses for all Düsseldorf pupils from the 10th grade onwards.

Condition for courses:

All courses are open to Düsseldorf school students from the 10th grade and all Düsseldorf young people up to the age of 25.

Enquiry/contact:

If you are interested, you can register on the pages of the respective  [course areas](#) using the form

[enquiry about course participation / contact] to the relevant lecturers.

Registration:

The actual registration takes place directly in the courses (on site)!

Of course, you can also come along to the courses and have a look around.

Course fee:

18€ per course/per half-year!


The fee is waived (up to 2 courses) if the course is credited at your school in the elective area ("Diff. courses").


Further information from the lecturers.

The fee for one course is waived for Düsseldorf holders.

Holidays:

The Lernort Studio is closed during school holidays.

 [+49 \(0\) 211330633](tel:+49(0)211330633)

 Aachener Straße 39, 40223 Düsseldorf

 [@info@lernort-studio.de](mailto:info@lernort-studio.de)





[Lernort Studio Düsseldorf - Free space for artistic work](#)

Akki e.V.

Akki (Akki - Aktion & Kultur mit Kindern e.V) is an organisation for the cultural education of children and young people in Düsseldorf. Akki organises projects and activities for and with everyone from the age of 5 to 27. You can take part in the projects and contribute your own ideas. At Akki you can try out different areas, get creative and discover new things. For example, you can dance, make films, build your own houses or produce radio plays. Akki organises everything for the projects (location, materials, technology, participants) and you decide for yourself what you want to do in the project. The results of the projects are important and can be shown at the end. Many projects are free of charge. You have to register for the projects in advance at Akki .

 Tom Birke

 [+49 \(0\) 2117885533](tel:+49(0)2117885533)

 Siegburger Str. 25, 40591 Düsseldorf

 [Internetseite von Akki](#)

Sport

Sport plays a major role in Düsseldorf. Many people in the city play sport regularly, and the number is growing every year. The city of Düsseldorf supports all those who enjoy sport - with good programmes, financial assistance and modern sports facilities.

The Sports Office is an important partner in this endeavour. It is the central point of contact for all questions relating to sport in Düsseldorf. The Sports Office helps citizens when it comes to sport and exercise. It supports the local sports clubs in their work.

The aim of the Sports Office is to get as many people as possible moving - whether young or old. It supports sports clubs with grants, ensures the construction and maintenance of sports grounds and promotes both popular and competitive sport. In this way, the office ensures that sport in Düsseldorf is possible for everyone.

Sports portal - Which sport suits you?

Find your sport on the Düsseldorf sports portal. On the Düsseldorf sports portal, you can use an image search to find out which sport suits your motivation. The location of the offer is also displayed on the page. The link will take you to the sports portal page.

 [Sports portal](#)


Sports clubs

Sports clubs - quickly explained

What is a sports club?

In a sports club, people of all nationalities can do sport together: Women, men, children, people with disabilities. People who are interested in sport meet voluntarily in a sports club. These people do sport together for fun. Some clubs also offer competitive sports.

Where can I find a sports club?

There are over 360 sports clubs in Düsseldorf, with over 100 different types of sport. Find a sport that you enjoy. You can find a club near you at:  [Sports portal](#)

What does the sports club offer for the money?

Being a member of a sports club costs money. Many clubs cost little money. The costs vary depending on the sport. The club itself is not allowed to earn money; it organises, manages and finances itself.

- Sports facilities, sports equipment
- Trained coaches and trainers
- Events such as club festivals and competitions
- Community in sport

Do you have any questions? Do you need help?

Get in touch:

@sportamt@duesseldorf.de

Sport in the park

Sport in the Park is a non-binding and free health and fitness training programme for the untrained as well as sporty people of all ages. The project is aimed at people with and without disabilities.

The link will take you to the city's website. There you can download the current flyer and a map of the offers in the city.

[!\[\]\(5a0dc21eab05840747a6a93fd3061feb_img.jpg\) Link to Sport in the Park](#)

Sports promotion for children

The city of Düsseldorf offers sports promotion for children.

Check`D

The model for promoting exercise, sport and talent for children in Düsseldorf. Sports motor skills tests are carried out at various age groups. The tests are analysed digitally via the sports portal. Recommendations are made to the children with the help of artificial intelligence. Follow-up events to familiarise children with the sports facilities in Düsseldorf will take place afterwards.

Click on the link for more information.

[!\[\]\(05ebac037cc6375f048d1fb0bccffd53_img.jpg\) Check D](#)

The city offers the following follow-up events to familiarise children with sport.


Kids in Action

The Kids in Action sports action day shows the diversity of sport in Düsseldorf and invites children in the first to fifth school classes to familiarise themselves with and try out the activities on offer.

Click on the link for more information.

[!\[\]\(80c6bed9eea3405d65d99e3946f11e9c_img.jpg\) Kids in Action](#)

Olympic Adventure Camp

Games, sport and fun for children, teenagers and young adults aged 6 to 21. At the outdoor sports week Olympic Adventure Camp on  Apollo-Platz in the last week of the summer holidays in North Rhine-Westphalia, the diversity of Düsseldorf sports can be actively experienced and tried out.

Click on the link for more information.








[!\[\]\(08bcf346fe35bbd2c88bf0aa8fef929a_img.jpg\) Olympic Adventure Camp](#)

Multifunctional sports areas


Since 2017, the city of Düsseldorf has provided 100,000 euros every year. The project is planned until 2027 and the money comes from the sports department. The city is using it to build new multifunctional sports areas. These spaces can be used by everyone. One such space is to be created in every neighbourhood.


The concept was developed jointly by several departments. These include the garden and forestry department, the social services department and the sports department.

These sports fields are already finished:

-  [Garath exercise park](#)
-  [Wittlaer exercise park](#)
-  [Am Hackenbruch neighbourhood park](#)
-  [Sankt-Franziskus-Straße](#)
-  [Theodor-Heuss-Bridge](#)
-  [Zoopark](#)
-  [Heerdt leisure centre](#)

Arena Sportpark and district sports facilities

The  Arena-Sportpark comprises the entire area of the old Rheinstadion that can be used for sports. The Arena-Sportpark is located between the arena, exhibition centre and Rheinbad. The area covers 95,000 m² and offers opportunities for sporting activities.

The centrepieces of the  [Arena-Sportpark](#) are the athletics hall and the small martial arts track.

The small athletics track is free to use for private individuals. Tickets must be purchased on site to use the athletics hall.

Further information can be found via the link.

 [Arena Sportpark page](#)

Ice skating

The  [ice rink](#) on Brehmstraße offers ice skating times.

For more information, visit the page via the link.

 [Page of the Brehmstraße ice rink](#)

Inclusive sport

Find your sport in the Düsseldorf sports portal. There you can use an image search to find out which sport suits your motivation. If you tick the box in the search "mit Behinderung", all offers for people with disabilities will be displayed. The location of the offer is also shown on the page. The link will take you to the sports portal page.



[Düsseldorf sports portal](#)

If you have any questions about inclusive sport, you can contact  Ms Dagge by email.

@ruth.dagge@duesseldorf.de


Swimming

Rhine - danger to life!

Swimming in the Rhine is forbidden and life-threatening!

The Rhine is very dangerous even for very good swimmers. Every year, several people in Düsseldorf die while swimming in the Rhine.

Anyone who swims in the Rhine risks a fine of up to 1000 euros.

 There are strong currents. That's why it's dangerous even if you only go a little way into the water.

[The Rhine](#)

Indoor swimming pool

Here is a list of all indoor swimming pools in Düsseldorf.

 [Bäder Düsseldorf](#)

Outdoor pool

Here is a list of all the outdoor pools in Düsseldorf.

 [Bäder Düsseldorf](#)

Lakes

There are several lakes in Düsseldorf and the surrounding area. You can swim in some of them.

You can find an overview and further information here:

 [Seen in Düsseldorf](#)

Swimming lessons for children

Düsseldorf's swimming pools offer swimming courses for children. You can find an overview here:

[Swimming courses for children](#)

There are also other providers of swimming courses. You can find them on the Internet.

Swimming courses are usually subject to a charge. The costs for courses at private providers are usually higher than at municipal swimming pools. It is best to find out in advance how much the course you have chosen will cost.

Swimming courses for teenagers and adults

There are also swimming courses for adults and teenagers. You can find the offers here:

[Swimming courses for adults](#)

Swimming for women only

There are swimming times for women only in the Münstertherme. Please check the website for the current times.

[Münster Therme](#)

Offers and groups

Clubs

Clubs are very important in Germany. This is where people who have the same interests and goals come together.


What exactly is an association?

An association is a group of people. They want to achieve or do the same thing. It can be the same hobby, e.g. sport. But it can also be the same goals, e.g. climate protection or helping people in need.

An association should exist permanently, not just for a short time. The people in the association are called members.

There are so-called migrant organisations (MO) in Düsseldorf. These organisations were founded by immigrants.

They have a wide variety of orientations, such as religious, cultural, political or for joint leisure activities.

Are you looking for an organisation from a specific country? You can find an overview [at](#)  [here](#).

How do I become a member of an association?

You need to fill in an application form. Each association has its own form for this.

Membership of an association costs an annual fee. The clubs themselves decide how high the annual fee is.

There are often more favourable rates for children.

You have little money and your child would like to join a club? Sometimes the city of Düsseldorf pays the annual fee for your child.

Ask the Office for Social Affairs and Youth about benefits from the education and participation package.

What advantages does a club have for me?


- You meet people with the same hobbies and interests.
- You get to know new people.
- You can get involved with others in the same cause.
- You learn something new about your interests.
- Club programmes are usually only for members.
- Club offers are cheaper than commercial offers.
- You can get involved in the club and take on responsibility.
- You can do something good for yourself and others.
- and much more

Are there special programmes for children in clubs?

Many clubs have groups for children and families. Parents don't always have to be members. In some clubs you can only register your children. Children can do sports, dance, sing and learn to swim in clubs, for example. Trained coaches accompany your children.

Self-help group

What is a self-help group?

A self-help group is a meeting place for people who are affected by the same problem. These can be physical illnesses or psychological and social problems. The groups meet regularly. Participants exchange ideas and help each other. You can search for a suitable group [at](#)  [here](#).

Welfare organisations

What are the welfare organisations (Wohlfahrtsverbände)?

These include

- [Caritas](#)
- [Diaconia](#)
- [German Red Cross](#)
- [AWO](#)
- [The Paritätische](#)
- [Jewish Community Düsseldorf](#)

They have an umbrella organisation. It is called [liga Wohlfahrt](#). They are not political. Some are church-based.

The welfare organisations do work that is important and useful for society. That is why they are also called "non-profit" organisations. They work in various areas. For example, they work with young people, care for the elderly or help the disabled.

Voluntary work

Being active as a volunteer

What is voluntary work?

Volunteering is work for which you don't get paid.
People who volunteer help voluntarily in their free time.

Volunteering is important.
It brings people together.
It creates trust and cohesion.
It shows: I take responsibility for others.

There are many ways to get involved as a volunteer.
For example, you can:

- help older people
- Support people with disabilities
- Help neighbours
- Protect nature
- help as a language mediator
- work in a sports club
- help at an animal shelter
- and much more

Would you like to do voluntary work?
You can search for a suitable voluntary position here:

 [Website of the city of Düsseldorf](#)

 [AWO volunteer exchange](#)

 [Caritas Volunteer Agency Impuls](#)

 [MachMit - Volunteer Centre of the Diakonie Düsseldorf](#)

 [Düsseldorf active](#)

 [SKFM Coordination Volunteering](#)

Parliamentary sponsorship programme

Hosts and mentors wanted for young people from the USA!

We are looking for committed hosts and mentors for the participants of the 43rd Parliamentary Sponsorship Programme for Young Professionals (PPP).
When? October 2026 to June 2027.

What is the Parliamentary Sponsorship Programme (PPP)?

The exchange programme is sponsored by the German Bundestag and the US Congress. Young people from the USA between the ages of 18 and 24 come to Germany for several months. They live and study here and gain practical experience.

How can I take part?

Hosts can be families, couples, flat-sharing communities and older people.

Important: A university or college must be within one hour's travelling time by public transport.

Note: Hosts receive a monthly expense allowance.

Online information evening

Interested parties can take part in an online information evening. The evening will take place on 27 May 2026, 7 - 8 pm


You can register for the information evening [here](#)

Further information and testimonials can be [found here](#).


Lay language mediators wanted!

On 18 April, another basic training course for lay language mediators will take place in Redlichstraße. There are still places available. We are mainly looking for Albanian, Chinese, Eritrean, Fula, Slovakian, Somali, Turkish and Vietnamese. But other languages are also needed.

If you are interested, please contact the Municipal Integration Centre:

 [+49 2118921543](tel:+492118921543)


 [@karl.herbst@duesseldorf.de](mailto:karl.herbst@duesseldorf.de)


What is the lay language pool? You can find out [at](#)  [here](#).

meet other people and make friends

There are many places in Düsseldorf where you can meet new people.

One possibility, for example, are the  [Welcome Points](#), which can be found in many parts of Düsseldorf.

There are also many public spaces where you can meet a wide variety of people who may have similar interests to your own. These could be parks or a library, for example. You can find lots of information and offers on the tile  [Leisure, culture, sport](#). There is sure to be something that interests you!

There are many exciting offers for families in the  [family and neighbourhood centres](#) .

The ["zuhören draussen"](#) initiative also offers you new contacts and interesting conversations. Free of charge and voluntary.


Migrant organisations

Migrant organisations are groups founded by people who come from one or more countries. Most of the members of these groups are also from other countries. These groups have different goals and ideas.

For example:

- Associations that celebrate traditions and festivals from their home country.
- Groups that pray together or talk about religion.
- Associations that talk about politics and important issues.
- There are also clubs in which only women, men, parents, older people or children and young people take part.

You can find some migrant organisations in the House of Cultures in Düsseldorf.

 [House of Cultures](#)

Religion

Religious communities in Düsseldorf

Most people in Düsseldorf have no religious denomination. Nevertheless, Düsseldorf is a city with many religious communities. Most people with a religious denomination are Roman Catholic. This is followed by members of the Protestant church. There are also many people of the Muslim faith. Düsseldorf is also home to a large Jewish community (the third largest in Germany). Other smaller communities include the Old Catholics, Mormons, Jehovah's Witnesses and Buddhists.

Religious freedom

There is freedom of religion in Germany. Everyone is allowed to believe what they want. You are allowed to practise your religion as long as you do not violate the Basic Law. Freedom of religion is a fundamental right. In other words, it is a law.

State and religion are not separated in all areas in Germany. The state works together with religious communities. For example, it organises religious education in schools.

Freedom of religion means:

- All people are free to practise and choose their religion and beliefs.
- All people have the freedom not to be religious and to say so.
- Anyone who does not believe in God is allowed to say so publicly.
- Members of different denominations may marry each other.
- Marriage only counts as a legally valid marriage before the registry office.
- Marriages that were only concluded in a religious ceremony are not officially recognised.

Religious festivals

You can find an overview of all religious festivals in the [interfaith calendar](#).

Leisure activities for children and young people

 [Here](#) you will find further offers.

Family Navigator

In the Family Navigator Düsseldorf you will find many current offers on the subject of family. Select a topic and the age group of the children. You will then be shown all the offers.

 [Family Navigator Düsseldorf](#)

Art:card junior

The Art:card junior is an annual pass for museums in Düsseldorf. It is for children and young adults up to the age of 21.

The card costs

- 15 euros for the first child
- 10 euros for the second child
- 5 euros for the third child
- The card is free from the fourth child

More information can be found here:

 [Artcard](#)

Musenkuss Düsseldorf

Musenkuss Düsseldorf is a website with many offers for cultural education. Here children, young people and adults can find courses, projects and workshops on:

- Art
- music
- theatre
- dance
- film
- Literature and more

The aim: everyone should be able to experience and learn about culture.

The site is run by the Düsseldorf Cultural Office. It also helps schools, cultural institutions and clubs to network better.

More information at:

 [Musenkuss](#)

Leisure activities for families

In Düsseldorf there are many events, courses and counselling services especially for families. There is sure to be something suitable for you.

In the Navigator for Families, you can search for specific family-related offers.

 [Navigator](#)

The Familien- und Stadtteiltreffs website offers many programmes for families.

 [Familien- und Stadtteiltreffs](#)

Leisure activities especially for senior citizens

Cultural autumn

There are many wonderful events in Düsseldorf in autumn and winter.
The programme is called Kulturherbst.

You can find more information [here](#)

Dream cinema

Every 2nd and 4th Wednesday of the month at 11:00 a.m. there is a choice of two films at the UFA Palast Düsseldorf.
Admission costs 6.50 euros and includes coffee and cake and stimulating conversation. The box office opens at 9.30 am.

More information can be [found here](#)

Leisure activities especially for people with disabilities

 You can find more information about leisure activities [here](#).

Leisure activities especially for LGBTQI*

LSBTQI* is an abbreviation.

It means:

Lesbians, gays, bi people, trans people, queer people and others.


In Germany, everyone is allowed to live as they wish.


All people are welcome.

Düsseldorf Queer - information site for queer people

This is a  [website](#).


It provides information for queer people about

- Groups and organisations
- events
- A  [city map](#) for queer places

- Information also in  [English](#)

Groups and clubs


There are groups

-  [For all](#)
-  [For lesbians](#)
-  [For gays](#)
-  [For Trans-Menschen](#)

The groups meet.

You can talk.

You can do something together.


 [Here](#) you will find events aimed at the groups mentioned above.

Examples of clubs

Here are some clubs in Düsseldorf

CSD Düsseldorf e. V.

Do the Christopher Street Day


 Luegallee 6, 40545 Düsseldorf

 team@csd-d.de

You can find more information at  [here](#).

Düsseldorf Dolphins e.V.

gay and lesbian swimming club


 Lindenstraße 144, 40233 Düsseldorf

 kontakt@duesseldorf dolphins.de

You can find more information at  [here](#).

[frauenberatungsstelle düsseldorf e.V.](#)


helps lesbian women


 [+49 \(0\) 211686854](tel:+49(0)211686854)

 info@frauenberatungsstelle.de

You can find more information at  [here](#).

Heartbreaker e.V.

Supports the  [Aidshilfe](#)

 heartbreaker@duesseldorf.aidshilfe.de

You can find more information at  [here](#).

International LGBTQIA+ Düsseldorf e.V.

Group for queer people from other countries

You can find more information at  [here](#).

You can find events on  [facebook](#)

KG Regenbogen e.V.

Queer Carnival Club


@andreas.mauska@kg-regenbogen.de


@norman.sandrock@kg-regenbogen.de

You can find more information at  [here](#).

kom!ma - Verein für Frauenkommunikation e.V.

Political events for women, One Billion Rising

 Himmelgeister Str. 107, 40225 Düsseldorf

 [+49 \(0\) 211314910](tel:+49(0)211314910)

@buero@komma-duesseldorf.de

You can find more information at  [here](#).

Puppy & Friends NRW e.V.

For the fetish community

 c/o Aidshilfe Düsseldorf e.V., Johannes-Weyer-Straße 1, 40225 Düsseldorf

@info@puppy.nrw

You can find more information at  [here](#).

Pride Düsseldorf e.V.

does events


 [Aidshilfe Düsseldorf e.V.](#), Johannes-Weyer-Straße 1, 40225 Düsseldorf

@info@prideduesseldorf.com

You can find more information at  [here](#).

Queere Geschichte(n) Düsseldorf e.V.

Association for queer history

 Bachstraße 68, 40217 Düsseldorf

@info@queere-geschichten-duesseldorf.de

You can find more information at  [here](#).

Queeres Zentrum Düsseldorf e.V.

Meeting place for queer people

P.O. Box 10 41 03, 40032 Düsseldorf

 Aidshilfe Düsseldorf, Johannes-Weyer-Straße 1, 40225 Düsseldorf


@info@queereszentrum.org

You can find more information at  [here](#).

Schwulenberatung Düsseldorf e.V.

Help for gay men

Postfach 130745, 40557 Düsseldorf

 [+49 \(0\) 2114953453](tel:+49(0)2114953453)

[@info@schwulenberatung-duesseldorf.de](mailto:info@schwulenberatung-duesseldorf.de)

You can find more information at [here](#).

TSC conTAKT Düsseldorf e.V.

Dance club for same-sex couples
Postfach 10 50 26, 40041 Düsseldorf
[@info@kontakt-duesseldorf.de](mailto:info@kontakt-duesseldorf.de)

You can find more information at [here](#).

VC Phönix Düsseldorf e.V.

Queer sports club
👤 Markus Uebel
📍 Bunzlauer Weg 21, 40627 Düsseldorf
[@sport@vcphoenix.de](mailto:sport@vcphoenix.de)

You can find more information at [here](#).

Verein für Schwule Subkultur e.V.

Meetings and series of events
[@hallo@schwule-subkultur.de](mailto:hallo@schwule-subkultur.de)

You can find more information at [here](#).

Vöklinger Kreis Düsseldorf

Network for gay executives
👤 Moritz Leick
[@duesseldorf@vk-online.de](mailto:duesseldorf@vk-online.de)

You can find more information at [here](#).

Weiberkram e.V.

Sports club for women and lesbians
[@vorstand@weiberkram-duesseldorf.de](mailto:vorstand@weiberkram-duesseldorf.de)

You can find more information at [here](#).

1001plateau e.V.

For more visibility of diversity
📍 Kruppstraße 99, 40227 Düsseldorf
[@vorstand@1001plateau.com](mailto:vorstand@1001plateau.com)

You can find more information at [here](#).

Initiatives

📍 PULS


Centre for queer youth
📍 Corneliusstraße 28, 40215 Düsseldorf
☎ [+49 \(0\) 21121094852](tel:+49(0)21121094852)
[@info@puls-duesseldorf.de](mailto:info@puls-duesseldorf.de)


You can find more information at [!\[\]\(3a826c315649e5ff8d9ba7aee7a8e49e_img.jpg\) here](#).


You can also watch a [!\[\]\(6c52b702f5bb101efc4b3234d01ee644_img.jpg\) YouTube video](#)


SCHLAU Düsseldorf

Education about diversity in schools

 Kjell Herold

 [+49 \(0\) 17618009832](tel:+49017618009832)

 Corneliusstr. 28, 40215 Düsseldorf


 info@schlau-duesseldorf.com

You can find more information at [!\[\]\(b3c43aac59394256bcd38a2701b16027_img.jpg\) here](#).

Bibliothek für Lesben und Schwule

Books, readings, book tables

 Markus Gickeleiter and Andrea Schroeder

 Bürgerhaus Angermund, Graf-Engelbert-Straße 9, 40489 Düsseldorf


 Sundays from 15.00 to 16.30

 usbd2010@web.de

You can find more information at [!\[\]\(49d16ba3fbf8b6002ff14b303fd69be1_img.jpg\) here](#).

LSBTIQ+ FORUM DÜSSELDORF

Meetings of queer groups

 forumduesseldorf@web.de


You can find more information at [!\[\]\(68460ad283ba1377980bd2dc095e3b44_img.jpg\) here](#).

You can also find the forum on [!\[\]\(f38df260f53225785e48a20a998ff142_img.jpg\) Facebook](#)

Stadtarchiv Düsseldorf

Collection on queer history

 Kerstin Früh

 [+49 \(0\) 2118999235](tel:+4902118999235)

 kerstin.frueh@duesseldorf.de

You can find more information at [!\[\]\(8605762469bc9ddb00c57866be15c7e7_img.jpg\) here](#).

Düsseldorf Queer

Central information platform for the community

 info@duesseldorf-queer.de

You can find more information at [!\[\]\(0a8e1be85db5576ff6748df6d94b7089_img.jpg\) here](#).

Would you like to take part?

Many offers are free of charge. You can often simply drop by.
Ask by e-mail or visit the website.

Theatre and orchestra

Recital Hall

The **Tonhalle** is a concert hall.

Around 350 concerts with over 300,000 spectators take place here every year. The broad spectrum ranges from classical music and jazz to pop and soul concerts as well as cabaret.

The Tonhalle is also the musical home of the Düsseldorf Symphony Orchestra. The orchestra consists of 130 musicians.

 [Homepage | Tonhalle Düsseldorf](#)

Düsseldorf Theatre

The **Düsseldorfer Schauspielhaus** is one of the most famous theatres in Germany. Here you can see impressive theatre performances. It is a beautiful place for a cultural evening.

The theatre's main venue is the Schauspielhaus in the heart of the city, with its three stages - Großes Haus, Kleines Haus and Unterhaus - as well as the open foyer.

 [Homepage | D'haus - Düsseldorfer Schauspielhaus](#)

Opera and ballet


German Opera on the Rhine


The Deutsche Oper am Rhein is one of the great opera houses in Germany. Thanks to its soloist ensemble, the choir and the celebrated **Compagnie Ballett am Rhein** it has developed into one of the top addresses for music theatre and dance in Europe.

There are two venues: the Düsseldorf Opera House and the Duisburg Theatre. There are over 280 events every year.

They include

- opera
- operetta
- ballet
- contemporary music theatre productions
- Repertoire for young audiences
- Gala concerts
- numerous special events
- Supporting programmes.

 Heinrich-Heine-Allee 16a, 40213 Düsseldorf

 [+49 \(0\) 2118925211](tel:+49(0)2118925211)

 [Website Deutsche Oper am Rhein](#)

Theatermuseum Hofgartenhaus Düsseldorf (TMD)

The TMD theatre museum Hofgartenhaus Düsseldorf is located in the Hofgartenhaus. The museum is a place to encounter performing arts.

There are various offers, for example:

- Exhibitions,
- mediation programmes,
- performances, such as Drag evenings and Voguing-Balls.

You can find more information on the  [website](#).

more theatres

In the **Kulturportal** you can get an overview of the various theatres in Düsseldorf. Here you will find information on festivals and the independent theatre scene in Düsseldorf, for example. Among other things, there is also an English-language theatre group. You can also search for events on the portal.


 [Theatre](#)

Young theatre


The Junges Schauspiel is a theatre. The theatre is for children and young people. It is the largest children's theatre in North Rhine-Westphalia. And it is one of the best theatres in Germany.

The theatre has 8 permanent actors. Sometimes other actors join them and the theatre puts on 6 new plays a year.

There are also other events. Over 60 thousand visitors come to the theatre every year.

The theatre is located in the Central building near the main railway station. Click here for the  [website](#).

listening outside

 ["zuhören draussen"](#) is a hands-on project in Düsseldorf that gets people talking to each other in public spaces.

What is it about?


The project creates open spaces for dialogue - for example in squares, parks or in front of social facilities. Volunteers or initiators go outside with a clear signal (for example a sign saying "I'm listening") and offer to

- to listen
- to start a conversation
- to share thoughts, concerns or ideas

The aim

- Counteract loneliness

-
- Promote dialogue between different people
 - Use public space as a meeting place
 - Create low-threshold dialogue opportunities (without registration and free of charge)

If you would like to register for one of the events, it is best to use the  [Zuhör.App](#). Alternatively, you can also register for the [newsletter](#). You will then receive all dates and locations by email.

You can also find zuhören draussen on social media:

[Instagram](#)

[Facebook](#)

[Linked-In](#)

There is also the [Zuhören.podcast](#)

Do you have any questions or suggestions? Then **please contact us:**

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