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Culture, leisure, sport

"Ingolstadt_live" - The new leisure and experience platform

Welcome to Ingolstadt_live

The new leisure and adventure platform for Ingolstadt

Ingolstadt has a new website: www.ingolstadt.live.

Here, visitors and residents can find lots of ideas for leisure activities and experiences in the city.

What you can discover on the site:

- current events in the city
- Sights and museums
- Guided tours and cultural offers
- Tips for cycling tours and hikes
- Information on hotels and restaurants
- Travel advice

💡 The platform shows everything important at a glance - regardless of whether you are on a day trip or live in the city.

Particularly practical: the content is updated every day.

There are also new functions on an ongoing basis:

- better filters for the events calendar
- Maps for excursions and places of interest
- a digital assistant called Viktor, which helps you to quickly find the right information

For event organisers: How to enter your events

💡 **Ingolstadt_live** is intended to be a platform for everyone - not just for the city administration.

If you are planning an event in Ingolstadt, you can easily publicise it.

This is how it works:

- Visit the page ems.ingolstadt.live
- Register once - it's free of charge
- Enter your event - it's quick and easy
- Anyone can take part: Clubs, cultural organisations, companies, private individuals.

💡 This creates a joint offer for everyone - from sport to music to city festivals.

Your advantage:

Ingolstadt_live allows you to reach more people.
And everyone finds out what's going on in Ingolstadt.

Would you like help registering or do you have questions about the platform?

Then get in touch with the team behind Ingolstadt_live.

You can find contact details directly on the website or at ☎ +49 (0) 8413053004

Libraries

In a library or bookshop you can borrow books, CDs, learning materials and learning aids to take home. You will need a library card for this. You can get this from your local library. It is also possible to study or read there in peace and quiet.
Find out more on site.

Library in the Herzogskasten

The library is located in the historic Herzogskasten in the city centre. Here you will find media for all ages and tastes on six floors. Around 100,000 items are available in the Herzogskasten.

The building is also suitable for disabled visitors thanks to an access ramp and a lift.

Ingolstadt City Library - main branch in the Herzogskasten



[Hallstraße 2-4](#)

85049 Ingolstadt

☎ 0841 305-3839



0841 305-3849

@s tadtblue cherei@ingolstadt.de

🌐 <https://www.ingolstadt.de/Stadtbücherei/>




Mon - Fri 10:00 - 18:00

Sat. 10:00 - 15:00

The Südwest district library is a family-orientated public library. It is also a school library for the three schools in the school centre. Pupils from the school centre borrow books free of charge.

The school grounds are fenced in. Access to the media return box and the library is only possible on school days


 Mon-Thu 7.00-17.45; Fri 7.00-15.00;
and during school holidays during the opening hours of the district library.

City library - Southwest district library



[Maximilianstraße 25](#)

85051 Ingolstadt


 0841 305-3823



0841 305-3826

 tadttei@lbuecherei.sw@ingolstadt.de

 <https://www.ingolstadt.de/Stadtteilbücherei-Südwe...>

 Mon - Thurs 10am - 5pm Fri 10am - 2pm

School holidays 10 am - 2 pm

Summer holidays

Mon + Tue 10 a.m. - 2 p.m.

Wed - Fri closed

Ingolstadt book bus - on the road for you

The book bus is the rolling branch of the city library. It currently makes 32 stops every two weeks. The book bus is particularly popular with children and parents who appreciate the proximity to their homes. Reading passes can be issued on the bus itself.

Around 4,000 media items are available on the bus. The range includes

- Non-fiction for leisure and education,
- novels,
- children's and youth books,
- DVDs, music CDs, children's CDs,
- audio books,
- NintendoDS games
- and magazines.

We will be happy to obtain titles from the entire stock of the public library for you or reserve borrowed titles for you.

The book bus can also be used with walking aids or wheelchairs.

City library - book bus



[Maximilianstraße 25](#)

85051 Ingolstadt

☎ 0841 305-3821



0841 305-3826

@b [uecherb](#) us@ingolstadt.de

 www.ingolstadt.de/Bücherbus/

More time for families - holidays and leisure

More time for families - holidays and leisure that do you good

A family holiday brings wonderful shared experiences. Parents and children leave everyday life behind them. They discover new places and get to know each other better.

Every family should be able to go on holiday. Non-profit family holiday centres help with this. They have been supporting families for over 50 years. There are simple holiday homes, campsites, castles and hotels. Families spend their holidays by the sea, in the mountains or at lakes.

Leisure for young and old

The family holiday centres focus on joint activities. Parents and children play together and explore nature. Children try out new hobbies. They take part in sports courses and go on exciting excursions. Teachers run courses on education, health and exercise. Parents can relax and recharge their batteries during this time. Single parents particularly benefit from these programmes.

Help for families with little money

Families on low incomes can find affordable holiday offers. Many federal states help with the costs. The family portals of the federal states or www.urlaub-mit-der-familie.de provide all the information and tips on grants.

Recreation in Bavaria and throughout the country

Families receive financial support in Bavaria. This applies to stays in non-profit family holiday centres. Further information can be found at www.zbfs.bayern.de.

Cures for mums and dads with children

Parents who feel exhausted can find help. The Müttergenesungswerk offers counselling in over 1,400 centres in Germany. The counsellors help with the preparation of health cures. These cures strengthen body and soul. Parents gain new strength for their everyday family life.

💡 They can find support from [Caritas](#), [Arbeiterwohlfahrt](#) or [Diakonisches Werk](#).



Offers for women

IN VIA - Offers for women - Life in Bavaria

IN VIA Bayern e.V.

This association supports girls and women through social programmes and projects. The events are aimed at women and children of all nationalities.

IN VIA Bayern e.V. | Veranstaltungen für Frauen und Kinder aller Nationalitäten

📍 [Maistraße 5, 80337 München](#)

✉️ [@info@invia-bayern.de](mailto:info@invia-bayern.de)

☎️ [+49 \(0\) 89512661911](tel:+49(0)89512661911)

🌐 <https://www.invia-bayern.de/angebote/migration-in...>

The courses are organised by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are entitled to stay permanently,
- Asylum seekers with good prospects of staying
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

Reality of life in Bavaria

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here  [IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern](#)

Life in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

Women's swimming day at the Südwest indoor pool

Women's swimming day at the Südwest indoor pool

The Südwest indoor swimming pool regularly organises women's swimming days.

- On this day, girls and women can use the swimming pool and swim in peace.
- Entry is only permitted for females aged 12 and over.
- Girls and boys under the age of 12 are not allowed to take part.

When are the next dates?

The current dates can be found on the [indoor pool website](#) under "Women's Swimming Day".

Why is there a women's swimming day?

Many women attend because they want to feel free and safe while swimming.

- A female supervisor looks after the swimmers.
- All windows in the bathing area are screened off.
- The entrance fees are the same as the normal pool prices.
- Please note:
 - Only small snacks are allowed in the indoor pool.
 - Glass bottles are not permitted.

- Swimwear is compulsory.

Who is organising the initiative?

Ingrid Gumplinger, Integration Officer of the City of Ingolstadt, cordially invites all women. The initiative is the result of co-operation between the Integration Officer, the Migration Council, the Equal Opportunities Officer and the Inclusion Officer. Freizeitanlagen GmbH of Stadtwerke Ingolstadt supports the organisation.

Stadtwerke IN | Hallenbad Südwest

📍 [Lindberghstraße 71, 85051 Ingolstadt](#)

☎ [+49 \(0\) 8008000230](#)

🌐 <https://sw-i.de/freizeit/hallenbad-suedwest/>

Offers for senior citizens

☐☐ More and more older people in Germany

- ☐ In 2020, there were around 18.3 million people over the age of 65 living in Germany.
- ➔ That is more than 22% of the population.
- ☐ This figure continues to rise every year.

☐☐ What does that mean?

- Many older people need help in everyday life or care.
- The older you are, the more often you need help.
- Some live alone - which means they have fewer social contacts.
- ☐ But socialising is important - especially for mental health.

☐ Offers for senior citizens in Ingolstadt

☐ Work for senior citizens in Ingolstadt

☐ On the website of the city of Ingolstadt www.ingolstadt.de/Seniorenarbeit you will find

- Contact persons who can help with questions,
- Information about leisure facilities,
- tips and help for everyday life in old age.

☐ Getting older in Ingolstadt

- ☐ Ingolstadt is a young city - many children and young people live here.
- ☐ But many older people also live in Ingolstadt - and the number is growing.

□ Growing older means:

- new opportunities for a good life,
- but also new tasks and challenges.

□ What is important in old age?

- □ Social contacts
- □ Joint activities
- □□□□ Encounters with other generations
- □ Taking part and belonging
- □ Culture and education
- □ Learning and continuing your education
- □ Helping out in society - for example in clubs and societies

□ There are many opportunities for this.

□ Network "Growing older in a self-determined way"

- □ There is a network in Ingolstadt.
- □ Many organisations work together there.
- □ Aim: to make services for older people even better.

Seniorenbüro - die Kontaktstelle in Ingolstadt für alle Fragen rund ums Älter werden

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

@seniorenbuero@ingolstadt.de

☎ [+498413052830](tel:+498413052830)

🌐 <http://www.ingolstadt.de/buergerhaus>

□♂ Health, education & leisure

On the website of the city of Ingolstadt www.ingolstadt.de/Leben/Senioren/Gesund-fit-aktiv you will find

- □ Contact person for questions,
- □ Tips for leisure activities,
- □ Information and help about getting older.

Exchange and networking


Ingolstadt offers many opportunities for networking and mutual exchange.

Neighbourhood centres in Ingolstadt

There are several neighbourhood centres in Ingolstadt. These offer various services such as counselling, courses and events. The services are usually free or cost little money for the residents of the neighbourhood.

Do you live in the Piusviertel neighbourhood?

Stadtteiltreff Piusviertel | Sozialer Treffpunkt für alle Bewohner aus dem Piusviertel , Sie sind herzlich willkommen

 [Pfitznerstr. 19a, 85057 Ingolstadt](#)

 @stadtteiltreff-piusviertel@ingolstadt.de

 [+49 \(0\) 84130545840](tel:+49(0)84130545840)

 https://www.ingolstadt.de/Stadtteiltreff_Piusvier...

There are various offers for the neighbourhood in the Piusviertel district meeting place. Whether you have questions or simply want to get to know people from the neighbourhood - you are welcome here. You can find more information on the current offers and opening hours on the [website](#).

Do you live in the Augustinviertel neighbourhood? Or do you live in the Monika neighbourhood?

Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für alle Bewohner aus dem Augustin- und Monikaviertel , Sie sind herzlich willkommen

 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

 @stadtteiltreff-augustinviertel@ingolstadt.de

 [+49 \(0\) 84130545820](tel:+49(0)84130545820)

 <https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

There is also a neighbourhood meeting point in the Augustinviertel. You can take part in events here. You can get advice or simply find a place to socialise. You can find more information online on the meeting centre's [website](#).

Do you live in the Konradviertel?

Stadtteiltreff im Konradviertel | Sozialer Treffpunkt für alle Bewohner aus dem Konradviertel , Sie sind herzlich willkommen

📍 [Oberer Taubentalweg 65, 85055 Ingolstadt](#)

✉ @stadtteiltreff-konradviertel@ingolstadt.de

☎ [+49 \(0\) 84130545830](tel:+49(0)84130545830)

🌐 <https://www.ingolstadt.de/Konradviertel>

Many events and courses also take place in the Konradviertel. Whether young or old, there is something for everyone. The exact offers and opening hours can be found on the [website](#) of the neighbourhood meeting place.

Café International

🍷 What is Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

☐ People have been meeting there since 2016 to spend time together.

☐ The café is jointly organised by:
the youth migration service ☐☐,
the Office for Social Affairs of the City of Ingolstadt ☐,
the Cantina International ☐,
and volunteers ☐♂☐♀.

☐ When and where?

Please note: The venues change. You can find the times at



[Café International.](#)

☐ Location: Workshop foyer in the Ingolstadt City Theatre ☐

☐ Days: Monday and Wednesday

☐ Time: 15:00 to 17:30

Stadttheater Ingolstadt | Café International

📍 [Schloßblände 1, 85049 Ingolstadt](#)

✉ @integrationslotsin@ingolstadt.de

☎ [+49 \(0\) 84130550298](tel:+49(0)84130550298)

🌐 <https://theater.ingolstadt.de/mitmachen-vermittlu...>

Community centre - multigenerational centre of the city of Ingolstadt

Bürgerhaus Neuburger Kasten | Familienbildung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

@buergerhaus@ingolstadt.de

☎ [+4984130550053](tel:+4984130550053)

🌐 <http://www.buergerhaus-ingolstadt.de/Organizer.as...>

Bürgerhaus "Alte Post" | Treffpunkt

📍 [Kreuzstraße 12, 85049 Ingolstadt](#)

@buergerhaus@ingolstadt.de

☎ [+49 \(0\) 84130550051](tel:+49(0)84130550051)

🌐 <http://www.buergerhaus-ingolstadt.de/Index.aspx?M...>

People of all ages and cultures meet at the community centre. It is a place where everyone is welcome. Further information can be found on the [website](#).

IN VIA Bayern e.V. - Reality of life in Bavaria

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IN VIA Bayern e.V. | Veranstaltungen für Frauen und Kinder aller Nationalitäten

📍 [Maistraße 5, 80337 München](#)

@info@invia-bayern.de

☎ [+49 \(0\) 89512661911](tel:+49(0)89512661911)

🌐 <https://www.invia-bayern.de/angebote/migration-in...>

Information can be [found here](#).

Cultural clubs and associations

There are many associations in Ingolstadt that offer cultural and social projects. The city's Integration Officer works closely with the Migration Council and other bodies to coordinate these programmes.

A list of cultural organisations in Ingolstadt can be found on the city's [website](#).

Healthy, fit and active in old age

Healthy, fit and active in old age

Exercise keeps body and mind healthy. No medication can replace this. If you exercise regularly, you stay fit. Exercise strengthens coordination and improves quality of life.

The city of Ingolstadt helps senior citizens to stay active. There are many programmes on offer. You will find support in the areas of health, education and leisure.

Our offers at a glance:

Senior citizens' office: Here you can get answers to all your questions about getting older. The counselling is friendly and competent.

Self-help contact centre: This is where those affected, specialists and self-help groups meet. The exchange helps and strengthens.

Health and sport: There are many health courses and sports programmes. Sitting dancing is particularly popular. This form of exercise is designed for people who can no longer stand. Music, simple steps and small choreographies are fun. They strengthen muscles, coordination and stamina. At the same time, they train the memory.

IngolstadtPass: With the IngolstadtPass you receive discounts. The flyer "[IngolstadtPass - Information for senior citizens](#)" shows all the benefits.

Psychosocial counselling: People suffering from illness or addiction can get help here. Relatives can also find support.

Counselling for people with disabilities: This counselling is aimed at older and chronically ill people. It makes everyday life easier.

💡 Exercise provides more satisfaction.

💡 Joint activities such as seated dancing not only promote health. They bring people together.



In this way, life in old age remains active, healthy and full of joy.



Sports programmes

Sport in Ingolstadt

Exercise brings joy. Sport brings even more.

When you do sport, you quickly get to know new people. Sport is an uncomplicated way to socialise. The rules are the same everywhere. People understand each other, even if they don't speak the same language. Sport connects and opens doors.

The [Ingolstadt sports portal](#) shows which sports programmes are available. You can see all the offers on a map. You can find out which clubs there are.

💡 You can search the sports portal. Select your sport. Select the target group and the city district.

💡 You can also visit the ["Sport & leisure"](#) page.

This is what you will find there:

- Current information on sport and leisure
- Events and dates
- Leisure facilities, playgrounds and parks
- Sports clubs, sports and sports facilities in Ingolstadt
- Offers from Ingolstadt's sports clubs
- Help and service for athletes and clubs
- All dates in the calendar of events

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History & Customs

Ingolstadt - the history and customs

History & customs: You are interested in your new home. Then you've come to the right place. Here you will find everything about

- preservation of monuments
- Ingolstadt fortress history: The two apps "[Map App](#)" and "[Story Map](#)" provide you with a comprehensive overview of the history and buildings of the "Ingolstadt Fortress" from 1250 - 1919.
- City Archive
- City history
- City heritage

Which locations, museums, parks and other sights are worth a visit?

Here we reveal what you should see and experience in Ingolstadt:

- [erlebe.bayern/listicles/sehenswuerdigkeiten-ingol...](https://erlebe.bayern/listicles/sehenswuerdigkeiten-ingolstadt)
- [City tours](#)
- [museums](#)

Time for the fruit harvest

Now is harvest time for fruit

Fruit trees grow in many parts of the city.
Anyone can pick fruit there - free of charge.
The fruit is **only for personal use**.

What fruit can I pick there?

For example, there are

- Apples
- cherries
- quinces
- pears
- Plums
- Elderberries
- sloes
- Hazelnuts and walnuts

These trees and shrubs grow in parks and along paths.
There are a total of around 30 such places in Ingolstadt.

Some types of fruit are well-known.
Others are rare or good for people with allergies.

Where can I find the fruit?

There is an overview on the Ingolstadt city website:

- Go to the city's geoportal: [City map](#)
- Click on the Environment and Nature section.
- Select the item Fruit in the city.

There you will find a map with apple symbols.
The symbols show where fruit can be picked.
There are also pictures and descriptions of the fruit varieties.

You can also go directly to the website of the garden centre.

[Garden centre](#)



Important:

The orchard at the garden centre is no longer open.
You are no longer allowed to pick fruit there.
The reason is: safety and liability.

Please observe the following rules when picking fruit:

- Only take as much fruit as you need yourself.
- Handle the trees and meadows with care.
- You pick at your own risk.
- 💡 Nobody is liable if you injure yourself.