

Table of Contents

Social life	2
Financial matters and contracts	2
Basic information on contracts	2
Insurances	2
Mobile phone	2
Current account	3
Taxes and tax returns	4
Internet and free hotspots	4
Mobility	5
Public transport	5
Cycling	6
Driving licence and driving	8
Leisure and exchanges	9
Open meeting places and encounter cafés	10
Parks and barbecue areas	10
Support groups	11
Offers for senior citizens	12
Religious practice	13
Culture	13
Libraries	13
Music and entertainment	14
Museums	15
Theatre, opera and event venues	15
Festivals and events	16
Culture magazine	17
Independent scene	18
Sports offers	18
General information on sports programmes	18
Swimming pools	18
Become active as a volunteer	20

Social life

Financial matters and contracts

Basic information on contracts

Particularly important: You have not understood something? You can't read the document? Then don't sign anything. A signed contract often obliges you to pay money. It is sometimes very difficult to cancel this. Always check and compare several offers. Take your time to decide. Don't let anyone pressure you into signing a contract.

Insurances

Social insurances

In Germany, there are five important social insurances that everyone must have. These insurances help you if, for example, you are unemployed, fall ill, need nursing care, have an accident at work or get older. Pension, accident, long-term care and unemployment insurance are automatically there for you. When it comes to health insurance, you can choose one of various health insurance companies.

Supplementary insurance

There are also many other types of insurance that you can take out in addition. These insurances are useful to protect you from financial problems. The [consumer advice centre](#) can give you more information about these insurances.

Liability insurance

Liability insurance is particularly important. If you accidentally cause damage to someone, you have to pay for it, for example if someone is injured or something is broken. Liability insurance helps you and your family to cover such costs. It is up to you to decide whether you want to take out this insurance, but it is highly recommended that you do so.

Mobile phone

The mobile phone market in Germany is very large. There are many providers and many different contracts and costs. There are generally two different mobile phone contracts in Germany: **Prepaid contract** and **fixed-term contract**.

- The prepaid contract has no fixed contract term. You top up your mobile phone with money and can use it to access the Internet or make calls.
- With a fixed-term contract, there is a minimum contract period. This is usually 12 to 24 months. This contract is automatically renewed if you do not cancel it. If you do not want the contract to be renewed automatically, you must cancel in writing. Pay attention to the deadline.

💡 Do not sign any [contracts](#) if you do not understand them.

Do you want to sign a contract? Check the conditions carefully beforehand. Ask yourself whether a prepaid contract might suit you better.

With both a fixed-term contract and a prepaid contract, you can choose between three options:

1. With a flat rate, you can make unlimited calls, send text messages and use the Internet up to a certain data volume
2. With an inclusive package, you have a fixed quota of units for making calls and sending text messages and a fixed data volume for using the Internet, for which you pay a fixed price. When your units are used up, you can book additional units or additional data volume. You will usually have to pay more for this. 💡 **Please note:** With many providers, additional data volume is automatically added when your data volume is used up. This additional data volume can cost a lot of money. It is therefore essential that you switch off the automatic rebooking of data volume (data automatic). You can do this via the online customer portal or your provider's hotline. Ask for written confirmation that you have switched off the automatic data volume.
3. You can also pay directly for every call, every text message and every use of the Internet. This is usually more expensive than with a flat rate or an inclusive package, but you only pay for what you actually use. And there are no hidden costs.

💡 Your [Helferkreis](#) will help you choose and take out a good contract.

Current account

Would you like to pay money via a bank? Then you need a current account. Your money is always available in your current account. Would you like to withdraw money from your account? Or would you like to make cashless payments? Then you need to have enough money in your account. Otherwise you will have to pay interest to the bank.

With a current account you can:

- Make transfers
- Receive cashless payments (payments from public offices / authorities / social benefits are often only transferred to a current account)
- Set up standing orders
- Participate in direct debits
- Cashing cheques, making cashless payments with the EC/Maestro card
- Withdraw cash at the bank counter or at an ATM
- Print out your account statements


Opening an account


Decide which bank you would like to have an account with. Make an appointment to open an account. Please bring one of your legitimisation documents with you. This includes your proof of arrival, residence permit or identity card. If no current address is noted on the identification document, please also bring a registration certificate or a comparable document.

- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.

Always keep your card and PIN code separate!

- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this case, you must ask your bank.
- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

💡 Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month. Compare the services offered by the bank.

💡 If you do not speak German or English, please bring an interpreter with you.

💡 If you need help using your debit card correctly, ask your [helper organisation](#).

Taxes and tax returns

Taxes are important. They help the state to function. They provide the state with money for public spending. It can be used to build roads. It is used to pay teachers and police officers. It finances many important things.

You pay taxes everywhere. When you go shopping, when you eat out, when you fill up with petrol. That's the **sales tax**. And when you work. That's **income tax**. Are you employed? Then your employer has already deducted your taxes. Are you self-employed? Then you have to pay tax on your income yourself.

Tax identification number

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number. Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

💡 Do you need help with your tax return? It is best to contact your local income tax association. If you have further questions, the tax office can also help you.

Internet and free hotspots

Mobile internet

You have mobile internet on your phone. This is very useful. It means you can look things up online while you are out and about. For example, you can find an address. The internet costs money. The best option is to get a contract. This could be a fixed-term contract or a prepaid contract. You can find more information [here](#).

💡 You don't need the internet to use Integreat. You only need internet to download and update the data.

Wi-Fi at home

If you want to use the internet at home, you will need a router. There are various companies that can sell you a router and a contract. The best way to find out about this is from your local [support network](#).

Public, free WLAN hotspots in Kaiserslautern

Free Wi-Fi is available at several locations (hotspots) in Kaiserslautern. In these places, you can surf the internet with your own device.

Public hotspots:

- [Ice Rink Kaiserslautern, Lauterstraße 51](#)
- [City Council Kaiserslautern, Willy-Brandt-Platz 1](#)
- [Business Development Kaiserslautern, Fruchthallstraße 14](#)
- [Schneiderstraße 10](#)
- [Steinstraße](#)
- [Eisenbahnstraße](#)
- [BIC KL - Business + Innovation Center, Trippstadter Str. 110](#)
- for more hotspots click [here](#).

💡 As an asylum seeker in Germany, you have no legal right to internet access (Wi-Fi) in your accommodation. So there is normally no Wi-Fi in the accommodation facilities. If there is a telephone connection in the accommodation, you have the option to sign up for a Wi-Fi contract yourself. Ask your [support network](#) to help you choose a good contract. Talk to the other people living in the accommodation about the cost. Consider whether a contract that you can terminate at any time is better than one that lasts for a long time (for example, 2 years). Before agreeing a contract, ask your accommodation facility support staff whether Wi-Fi is technically possible and how you can give the technician access the building.

Mobility

Public transport

You can reach many places in your neighbourhood by public transport, such as buses and trains. You can also [cycle](#). Exercise is healthy. Cycling doesn't cost a lot of money. Cycling is also good for the environment.

Public transport

Um in Kaiserslautern ans Ziel zu kommen, stehen Ihnen öffentliche Verkehrsmittel zur Verfügung. Innerhalb der Stadt fährt der Stadtbus. Sie wollen in Nachbarstädte? Dann gibt es gegebenenfalls auch die Bahn

💡 Travelling without a ticket is penalised! You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.



Timetable information in and around Kaiserslautern

All local public transport lies within the fare zone of the Verkehrsverbund Rhein-Neckar (VRN). The VRN [timetable information](#) therefore covers all bus routes in and around Kaiserslautern. You can find an overview of the various tickets [here](#).

City buses

The [city bus route network map](#) gives you an overview of all 14 city bus routes in Kaiserslautern.

Night bus

Every night from Friday to Saturday and Saturday to Sunday, Kaiserslautern's night buses usually run every hour from midnight to all parts of the city.

 [Further information about the night bus](#)


Cycling

Bicycle

Are you going to be living in Kaiserslautern for a while? Then it's worth buying a bike. It's cheaper than travelling by public transport.

 Important traffic rules for cyclists (selection):

- Always ride on the right-hand side of the carriageway.
- Do not ride next to each other, but behind each other.
- If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel).
- Children up to the age of 11 may use the footpaths on bicycles.
- It is forbidden to use a mobile phone on a bicycle.

 Purchase and repairs: Pay attention when buying. Your bike must be equipped as follows. This means it is roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (2 per wheel)
- Reflectors on the pedals
- Bell

- Two independent brakes

Hire bikes

You can hire a bike in Kaiserslautern via [VRNnextbike](#), in Vogelwoogstraße via the [VELO](#) project and at the railway station via the Deutsche Bahn [Call-a-Bike](#) system.

Buying bikes

You can buy a new bike. You can also buy a second-hand bike. Search for used bikes on [Ebay classifieds](#). The best place to buy a new bike is a bike shop.

There are various shops in Kaiserslautern:

Con Rad der Fahrradladen in Kaiserslautern

📍 Glockenstraße 4, 67655 Kaiserslautern

☎ 0 [6318914](#) 89

🕒 Monday - Friday: 10:00 - 18:00, Saturday: 10:00 - 15:00

🌐 [Appointment booking](#) or [website](#)

Meister-Rad.de

📍 Bismarckstraße 41, 67655 Kaiserslautern

☎ 0 [6313613](#) 9773

🕒 Monday, Tuesday, Thursday, Friday: 13:00 - 18:00, Saturday: 10:00 - 13:00

🌐 [Website](#)

Kaufmann bike shop

📍 Königstraße 37, 67655 Kaiserslautern

☎ 0 [6312168](#) 3

🕒 Monday - Friday: 10:00 - 18:00, Saturday: 10:00 - 14:00

🌐 [Website](#)

You can find more shops at 🌐 [Google Maps](#).

Repair service

Repair Café

If your bike needs to be repaired, you can go to the **Repair Café**, where they will help you repair your bike. The Repair Café takes place every 2nd Tuesday of the month. More information [here](#).

Bicycle workshop

Malteser Hilfsdienst, in cooperation with the Arbeits- und sozialpädagogisches Zentrum (ASZ), also offers a monthly [bicycle workshop for refugees](#) in the Colosseum and, if required, in Asternweg.

Contact for donors:

Arbeits- und sozialpädagogisches Zentrum (ASZ)

☎ [06313163610](#)

Contact for helpers:

Michelle Sturgis-Kratz

Malteser Relief Service Kaiserslautern

☎ [06313418212](tel:06313418212)

@ Michelle.Sturgis-Kratz@malteser.org

Driving licence and driving

A driving licence can be very useful. Especially if you live in a village or a small remote town. Often there is no connection to public transport here. Then a driving licence is helpful. And buying a car is often necessary. Would you like to get a German driving licence? Or do you already have a driving licence from your home country? And now you want to transfer it? Transfer means that the driving licence is also valid in Germany. On this page we provide you with this information.

Is my driving licence valid in Germany?

Do you want to drive in Germany yourself? Then you need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in Germany. You may only drive in Germany with a driving licence from your home country for the first six months. The six months start when you first register with the police in Germany. You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

Do you still want to drive yourself after six months? Then have your driving licence rewritten.

If you are only visiting Germany, you may drive with your foreign or an international driving licence. You must always have your driving licence with you when you drive.

💡 During your asylum procedure, all your documents remain with the BAMF. You will usually only get them back when your asylum procedure is finished. As long as your driving licence is at the BAMF, you are not allowed to drive yourself.

How do I change my driving licence?

Report to your local driving licence authority or driving licence office. It can sometimes take a while before you get an answer. The authority sometimes gets a lot of applications at once. Contact the relevant office before your six-month driving licence expires. You have to go to the driving licence office in person. There you will have to show various documents:

- Identity card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or an ophthalmologist)
- Confirmation of participation in a first aid course. You can find a course in your area, e.g. at the ASB or the Johanniter.
- The original of your foreign driving licence (an international driving licence is not sufficient). As a rule, you must also submit a certified German translation.
- A declaration that your foreign driving licence is still valid.

The driving licence office will then decide whether your driving licence can be transferred without an examination. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 Before the test, it is good to visit a driving school. Germany has a lot of traffic rules and signs. However, unlike those who are taking their driving licence for the first time, you do not have to take driving lessons.

How can I get a German driving licence?

To get a driving licence for the first time, follow these steps:

- Register at a driving school. In large cities, there are driving schools with instructors who speak Arabic and Persian, for example. You can find driving schools near you on drivolino.de or fahrschulen.de.
- Take a first aid course. You can find a course near you at the Arbeiter-Samariter-Bund or the Johanniter.
- Take an eye test at an optician or an ophthalmologist. The eye test costs about 7 euros. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be taken away?

If you disregard important traffic regulations, you can lose your driving licence. A distinction is made here between a driving ban and the withdrawal of your driving licence.

- If you are banned from driving, you will have to hand in your driving licence for a few months at the fine office. During this time you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, your driving licence loses its validity. This means that you are no longer allowed to drive yourself and are not allowed to obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? You have driven a car while drunk? You have accumulated 8 penalty points? These are reasons for withdrawing your driving licence.

You get penalty points for various breaches of the rules, for example if you drive too fast. The penalty points are also known colloquially as "points in Flensburg".

💡 Have you just obtained your driving licence? Then you are two years into your probationary period. You have violated traffic regulations during your probationary period. Then you have to attend a remedial seminar. You may also need psychological counselling. In addition, your probationary period will be extended by another two years. You don't take part in the remedial seminar and the counselling? Then your driving licence will be taken away. Examples of traffic violations include running red lights, driving without lights at night, and driving drunk. Parking in the wrong place is not a traffic offence. In this case, you only have to pay the fine.

Leisure and exchanges

Open meeting places and encounter cafés

There are many opportunities to talk to other people in Kaiserslautern. Regardless of whether they come from Germany or have had a refugee experience. There are various events such as meeting cafés, Café International, multicultural cookery evenings or language cafés. Everyone is welcome.

There are many opportunities to get to know each other, make new friends and learn more about other cultures. The events are open to anyone who would like to talk to and learn from each other. If you would like to know when and where these meetings take place, you can have a look here:

 [Die Vielfalter e.V.](#)

Parks and barbecue areas

Parks

Kaiserslautern is a city that has a lot of greenery! In addition to the large Palatinate Forest, there are also many beautiful parks. For example, there is the Volkspark in the east of the city, the Stadtpark in the south-west and the Wildpark am Betzenberg. In these parks you can go for a walk, relax, do sports and there are many playgrounds for children. In the wildlife park you can even see animals that live in the woods.

There is also a special Japanese garden on Lauterstrasse. You have to pay admission there, but it looks great because it's just like a real Japanese garden.



The garden show in Kaiserslautern costs admission and is open from March to October. There is a beautiful garden park with lots of different activities. You can explore a dinosaur nature trail, play on the playground, do sports and relax in the beer garden.

You are not allowed to make an open fire or barbecue in the parks and green spaces. If you want to barbecue, you can hire special barbecue areas with covered huts in Kaiserslautern. You can then barbecue there with friends or family.

Barbecue areas



In summer, it often smells deliciously of grilled meat or fresh vegetables sizzling on the barbecue. But you are only allowed to barbecue in certain designated areas. There are three public barbecue areas in Kaiserslautern where you can do this. There you can barbecue with friends or family and enjoy the summertime!

Signposted barbecue areas in Kaiserslautern:

 [Mölschbach barbecue hut](#)

 [Hohenecken barbecue hut](#)

 [Siegelbach barbecue hut](#)

Important: Please take your rubbish with you. You can throw the leftover charcoal into the charcoal containers provided.

Support groups


There are groups that can help you free of charge. They are in your neighbourhood and support you with leisure activities and sports. If you would like to learn German, they can also help you with this. If you have any questions, you can ask the friendly helpers. They can help you with writing letters, shopping, sports and even travelling by bus. Even if you have questions about your bank account, they are there to help. Many of these groups help you learn German, and you can easily contact them by e-mail.

Here you can find a list of help groups in Kaiserslautern:

Helferkreis Kalkofen e.V.

 [Geranienweg 7, 67657 Kaiserslautern](#)

 <http://www.helferkreis-kalkofen.de/>

 nfo@helferkreis-kalkofen.de

There is a list of helper groups in Kaiserslautern. There are also people working there who are paid to help the volunteers. They give them tips, start new projects and organise training courses so that the helpers can help even better.

Kaiserslautern City Council Volunteer Coordination

City Hall North,

📍 [Benzinoring 1, 67657 Kaiserslautern](#)

☎ 06313654471

@ [hrenamt](#) @kaiserslautern.de

Caritas Centre Kaiserslautern

(support, information and contact centre for refugees and volunteers)

Sigrid Molz

📍 [Engelsgasse 1, 67657 Kaiserslautern](#)

☎ 0631361200

@ [caritas-zentrum.kaiserslautern@caritas-speyer.de](#)

@ [ulrike.ebert-wenski@caritas-speyer.de](#)

DRK, Volunteer Coordination Alte Post

Erhard Ploch

📍 [Logenstr. 37, 67655 Kaiserslautern](#)

☎ 063180093460

@ [e.ploch@kv-cls.drk.de](#)

Malteser Hilfsdienst e.V., Coordinator Integration Guides Kaiserslautern

Michelle Sturgis-Kratz

📍 [Mainzer Str. 25, 67657 Kaiserslautern](#)

☎ 06313418212

@ [Michelle.Sturgis-Kratz@malteser.org](#)

Offers for senior citizens

In 2021, about 18.4 million people older than 65 years lived in Germany. And that number is growing every year. They now make up over 22% of the total population. Older people often need nursing care or help at home. The older they are, the more likely they will need help. Some of them live alone. That can mean they have less contact with other people. Contact with other people is important for our mental health.

Here you can find offers for seniors in your region.

Senior Citizen Advice Centre

Kaiserslautern City Council

Mrs Roscher

📍 City Hall West, Maxstraße 17, 67659 Kaiserslautern

☎ 0631 / 365 4611 or 0162 / 2487 988

@ d.roscher@kaiserslautern.de

Information for older people in Kaiserslautern

🌐 [https://www.kaiserslautern.de/sozial leben wohnen...](https://www.kaiserslautern.de/sozial_leben_wohnen...)

Signpost and Guidebook "Growing Older in Kaiserslautern

🌐 <https://aelter-werden-in-kaiserslautern.de/>

Religious practice

There are many different religions in Germany. Many people follow a particular religion. They organise themselves in their own communities. For example, in a church, mosque or synagogue.

Contact with a community is important. Here you can worship together. It makes it easier to interact with your fellow human beings. There are various groups or meetings for this. Find out more on the community websites. You can also call or introduce yourself personally.

Culture

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:

Kaiserslautern City Library

📍 [Klosterstraße 8, 67655 Kaiserslautern](#)

☎ [06313652484](tel:06313652484)

@s tadtbib liothek@kaiserslautern.de

🕒 Monday and Friday: 10:00 - 12:00 and 14:00 - 18:00
 Tuesday and Thursday: 10:00 - 18:00
 Wednesday: 10:00 - 12:00
 Saturday: 9:00 a.m. - 12:00 p.m.

In addition to the city library, there are eight district libraries in Kaiserslautern. You can find out where they are located [here](#).

Music and entertainment

Fruchthalle Kaiserslautern



The Fruchthalle is a very special place! Many different events take place there, such as concerts, performances and important meetings. Such places are important because they make culture colourful and bring people together.

📍 [Fruchthallstraße 10, 67655 Kaiserslautern](#)
 ☎ [06313653450](tel:06313653450)
 @ kultur@kaiserslautern.de
 🌐 [To the Fruchthalle website](#)

Kammgarn



The Kammgarn cultural centre offers a wide range of music and entertainment for everyone, young and old. A special event is the annual "International Jazz Festival", which you should not miss!


🌐 [To the Kammgarn website](#)
 📍 [Schoenstraße 10, 67659 Kaiserslautern](#)
 ☎ [06313652607](tel:06313652607)
 @ service@kammgarn.de

Emmerich-Smola Music School and Music Academy


This is for children, teenagers and adults.

If you are looking for a great music programme for yourself or your children, the Emmerich-Smola Music School is just the right place. You can get more information and enrol [here](#) if there are places available.


Give them a call at:

 [06313652263](tel:06313652263)

Old Town Hall

 [St.-Martins-Platz 3, 67657 Kaiserslautern](#)


@e [mmerich](mailto:mmerich-smola.musikschule@kaiserslautern.de) -smola.musikschule@kaiserslautern.de


 Monday - Friday: 8:00 a.m. - 12:30 p.m.

Monday - Thursday: 13:00 - 16:00

Museums

Kaiserslautern City Museum (Theodor Zink Museum | Wadgasserhof)

 [Steinstraße 48, 67657 Kaiserslautern](#)

 [06313652327](tel:06313652327)


 Wednesday - Friday: 10:00 - 17:00

Saturday, Sunday and public holidays: 11:00 - 18:00

Upcoming events, exhibitions and prices can be found [here](#).

mpk - Museum Pfalzgalerie

 [Museumsplatz 1, 67657 Kaiserslautern](#)

 [06313647201](tel:06313647201)

@i [nfo@mpk](mailto:nfo@mpk.bv-pfalz.de).bv-pfalz.de

 Tuesday and Wednesday: 10:00 - 17:00

Thursday: 11:00 - 20:00


Friday to Sunday: 10:00 - 17:00


 [link](#)

Every year just before Christmas, the cultural market takes place in the [Fruchthalle](#) Kaiserslautern. Would you like to visit the cultural market? Then follow this [link](#) for more information.

Theatre, opera and event venues

Pfalztheater Kaiserslautern

 [Willy-Brandt-Platz 4+5, 67657 Kaiserslautern](#)

 [063136750](tel:063136750)

@vorverkauf@pfalztheater.bv-pfalz.de

The Pfalztheater shows many different plays for all people who enjoy going to the theatre. There are operas, musicals, funny operettas, plays and even modern dance. There are about 400 performances a year. Sometimes they also perform their plays in other places in

Germany or even in other countries.

The theatre has three groups that do different types of performances. They also have their own orchestra that makes the music, a choir that sings and extra singers and actors who take part in the plays.



Festivals and events

Everything must go!

The popular theatre and music festival where the motto of the city centre is "Everything must go!".

 [To the website of the "Alles muss raus!" festival](#)

This special festival brings together artists, disabled and non-disabled, from many different countries. Every year, the festival turns Kaiserslautern's city centre into a great place where everyone can meet, celebrate together and experience the diversity of culture.



Other annual events in Kaiserslautern that are well worth a visit:

 [Long Night of Culture](#)

 [Swinging Lautern](#)

for more concerts click [here](#)

The city of Kaiserslautern has a [calendar of events](#). There you will find other great events, such as the "[Lautrer Kerwe](#)" or the [weekly market](#), where you can buy fresh food or flowers every Tuesday and Saturday.

The programme booklet is published every year. Here you will find numerous events to look up: [Klasse programme](#)

Culture magazine

Culture magazine Lutra



 [To the website of the cultural magazine LUTRA](http://www.lutra-kl.de)

LUTRA is a cultural magazine with articles on art, theatre, music and more. It appears twice a year and is published by the city of Kaiserslautern. Many local institutions work together to produce it.

Independent scene

Kaiserslautern offers a lot of culture. In addition to the public institutions, there are also many private initiatives and associations. They contribute to making life here special and diverse. Openness and diversity are important characteristics of this city.

If you would like to find out more about the "independent scene", you [will find](#) many exciting offers and events [here](#).

Sports offers

General information on sports programmes

Enjoying exercise is one thing. But sport offers you another opportunity: sport makes it easier to settle into a new environment and socialise. The rules of sport recognise no cultural or national boundaries. People usually understand each other even without a common language. Sport offers a good and informal way of socialising with locals through personal contacts.



Sport- und Freizeitangebote für Kinder und Jugendliche finden Sie [hier](#).

Swimming pools

Whether adventure pool, lake or outdoor pool, Kaiserslautern has just the right thing for every water enthusiast.

Outdoor pool Waschmühle

With around 7,200 square metres of water and a lying area of 25,000 square metres, it offers plenty of opportunities for swimming and splashing around.

 [Waschmühle 1, 67659 Kaiserslautern](#)
 [06313704108](#)

Opening hours (during the season):

Monday 8:00 a.m. - 8:00 p.m.

Tuesday 12:00 p.m. - 8:00 p.m.

Wednesday 8:00 a.m. - 8:00 p.m.

Thursday 8:00 a.m. - 8:00 p.m.

Friday 8:00 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 8:00 p.m.

Sunday 8:00 a.m. - 8:00 p.m.


The till closes at 7:00 p.m.

Last admission is 7:00 p.m.

Bus connection: Line 112 (Waschmühle, Bad)

Admission prices for the season can be found [here](#).

Gelterswoog lido

In the past, the adventurous did not shy away from the march to  [Gelterswoog](#). The still water with its blooming water lilies and the high fir forest made the 'Hohnegger' an attraction for youth.

in the season

daily from 9:00 until 20:00

Admission prices:

Adults (from 12 years): € 4.00

Children (from 6 years old): € 2.50



Children (until 6 years): FREE

Annual pass: 80,00 €

Kaiserslautern Heated outdoor pool

In the immediate vicinity of the Volkspark and in the indirect vicinity of the Wildpark, the recreation seeker can make a stop in the city's heated outdoor pool.

Spacious sunbathing lawns between the pools as well as some other surprises invite you to enjoy a relaxed bathing pleasure.

 [Am Warmfreibad 1, 67657 Kaiserslautern](#)
 [06314146884](#)

Opening hours:

Monday 12:00 p.m. - 8:00 p.m.
Tuesday 8:00 a.m. - 8:00 p.m.
Wednesday 8:00 a.m. - 8:00 p.m.
Thursday 8:00 a.m. - 8:00 p.m.
Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 8:00 a.m. - 8:00 p.m.



The till closes at 7:00 p.m.

Last admission is 7:00 p.m.

Admission prices for the season can be found [here](#).

monte mare

On the high plateau of the PRE-Park, surrounded by a multitude of attractive shopping and leisure possibilities, you will find the monte mare, a world of experience around water, warmth and wellness.

 [Mailänder Straße 6, 67657 Kaiserslautern](#)
 [063130380](#)

Opening hours (all year round):

Mon - Fri: 10:00 a.m. - 9:00 p.m.
Sa - So: 10:00 - 19:00

For admission prices and more information click [here](#).

Bus connection: Line 4/104 (Direction monte mare)

In all swimming pools you must adhere to the bathing rules.

Become active as a volunteer

Volunteering and civic engagement in Kaiserslautern

In Germany, a great many people do voluntary work. That means they work voluntarily in their free time because they enjoy it. These people do not get paid for it. One also says: to get involved. This means working for other people or for a cause. Everyone can work as much as they want. For almost all voluntary work you have to speak good German. For some activities, speaking German is not so important.

There are very many ways to get involved. For example, you can

- actively participate in the [bicycle workshop](#)
- become a homework helper in the "Läuft bei dir?!" project
- work as a sports coach in a sports club
- Become a climate protection sponsor
- conducting reading summer interviews with children and young people

- Become an integration guide with the Maltesers
- Smartphone coaching by refugees for senior citizens([flyer](#) on the project)
- sort, pack and hand out animal food
- and many other things...

You can get to the different projects via this [link](#).

Free advice

If you would like to volunteer in Kaiserslautern and already speak good German, you can get advice. To do so, please contact:

Volunteer Coordination

📍 Benzinoring 1, 67657 Kaiserslautern

☎ [06313654471](tel:06313654471)

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