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Culture, sports and leisure

Sport

Sportclubs and Sport offers

Current offers can also be found in the events calendar

Kreissportbund e.V. (=KSB)

The Kreissportbund Höxter (the association of sports clubs in the district of Höxter) is the right contact for you and will help you to **find the best sport club for you.**

Contact

Arne Tegtmeyer (Integration through sports)

\$05271 6946 334

@a.tegtmeyer@ksb-hoexter.de

Thorsten Schiller (Managing Director)

\$ 05271 6946 337

@t.schiller@ksb-hoexter.de

Kreissportbund Höxter e. V.

• Moltkestr. 12, 37671 Höxter

⇒ Website KSB

OPEN SUNDAY - Free sports programme for primary school children in the Höxter district

OPEN SUNDAY is an open and free exercise programme for children aged 6 to 11.

There are currently OPEN SUNDAYS in Bad Driburg, Beverungen, Höxter and Warburg.

No registration required! All children in the Höxter district can attend all OPEN SUNDAYS.

Please bring sportswear and indoor shoes!

⇒ Further information

Club search

On the website of the Landessportbund Nordrhein-Westfallen (LSB) you can actively search for sports clubs \Rightarrow Club search



"Sports dictionary"

In the "Sports Dictionary" app, you will find everyday **sports terms** in nine **different languages.**

Users can select their language in the app and have the terms translated (Arabic, Dari, German, English, Farsi, French, Kurdish, Russian and Turkish). All terms are illustrated and set to music to make them easier to recognise and understand. Individual words can also be marked as favourites to create an individual list of the most important vocabulary.

⇒ Further information and link to download the app

Sports clubs

In the Kreis Höxter, there are **277 sports clubs** (01.01.2018) offering a variety of **different types of sports.** Here you can **meet other people** on a regular basis and **exercise together**. Many sports clubs are committed to helping refugees and **offer activities for children, teenagers and adults**.

A trial training is possible in every sport club. You are more than welcome!

For example:

Bad Driburg

You will find a list of all sports clubs on the **Bad Driburg website**.

- TuS Bad Driburg e.V.
- \Rightarrow badmington, football, swimming, table tennis, volleyball, fitness

@magnus.wiechers@tus-bad-driburg.de

⇒ <u>Website</u>

TV Jahn Bad Driburg e.V. - "Stützpunktverein Integration durch Sport"

⇒ martial art (Budo), athletics , table tennis, Turnen, walking

@vorstand@tv-jahn-bad-driburg.de

⇒ Website

Beverungen

You will find a list of all sports clubs on the **Beverungen website**.





• TuS Amelunxen e.V.

⇒ Football, aerobics, fitness, taekwondo, dancing, table tennis, badmington, volleyball

Sports ground: Neuer Weg 4, 37688 Beverungen-Amelunxen

Sports ground:: Grubestraße 3, 37688 Beverungen-Amelunxen

Contact perosn for issues of integration: Dennis Spicker

\$ 05275 987607

@dennis.spicker@tus-amelunxen.de

⇒ <u>Website</u>

Brakel

You will find a list of all sports clubs on the Beverungen website.

♦ Non-Stop Ultra e. V. ⇒ running

Sohlenweg 20, 33034 Brakel

\$ 05272 355408

@info@non-stop-ultra.de

⇒ Website

◆ DJK "Adler 1920" Brakel e. V. - "Stützpunktverein Integration durch Sport"

⇒ Tischtennis, Badminton, Handball, Tanzen, Leichtathletik

@ info@djk-brakel.de

<u>⇒ Zur Website</u>

◆ TV 1980 Brakel ⇒ Archery, Inline Skater Hockey, Volleyball, Judo, Gymnastics, Capoeira, Canoe, Basketball, Fanfare

@ info@tvbrakel.de

⇒ to the website

Borgentreich





You will find a list of all sports clubs on the **Borgentreich website**.

◆ TTV Borgholz ⇒ table tennis

QAm Lullberg 31, 34434 Borgentreich-Borgholz

⇒<u>Website</u>

Höxter

You will find a list of all sports clubs on the Höxter website.

 HLC Höxter - "Stützpunktverein Integration durch Sport" (Handball and Athletics Club Höxter e.V.)

⇒ Athletics, badminton, basketball, handball, gymnastics, rehabilitation sports, judo

Corbiestraße 14, 37671 Höxter

\$ 05271-380511

@info@hlc-hoexter.de

⇒ <u>Website HLC</u>

TuS Ovenhausen 1924 e.V.

⇒ Athletics, football and much more.

QFlurstr. 16, 37671 Höxter

\$ 05278 1333

@stefan.risse@t-online.de

⇒<u>Website</u>

Marienmünster

 ♦ SV Grün-Weiß Kollerbeck ⇒ Football, running, table tennis and cycling

⇒ <u>Website</u>

Nieheim





♦ SV Nieheim West e.V. ⇒ Fooball and martial art (Aikido)

⇒ <u>Website</u>

Steinheim

You will find a list of all sports clubs on the Steinheim website.

◆ SV Steinheim e.V. ⇒ Football, table tennis, athletics, ski, tennis, volleyball, fittness, walking and dance

\$08331 962848

<u>⇒ Website</u>

Circus Kumpulus - acrobatics, juggling, unicycling, ball walking, tightrope walking, clowning

The Kumpulus Circus is a children's and youth circus from Steinheim. Together they practise acrobatics, juggling, unicycling, ball walking, tightrope walking, clowning and much more. For children and young people aged 10 and over and children aged between 3 and 10.

⇒ To the website

Warburg

Warburger Sportverein 1884 e. V. - Stützpunktverein Integration durch Sport

⇒ Football, basketball, volleyball, running and athletics, Zumba and various courses for children and adults

QAuf dem Piepenbrink 1, 34414 Warburg

\$05641 7473027

@geschaeftsstelle@warburgersv.de

Öffnungszeiten: Dienstag: 17:00 bis 19:00 Uhr; Donnerstag: 10:00 bis 12:00 Uhr

⇒ <u>Website</u>

Willebadessen

VBGS Willebadessen e. V. ⇒ Association for Physical Activity Promotion and Health Sport





♀Bogenstraße 13, 34439 Willebadessen

→ <u>Website</u>

There are many other clubs as well!

Gyms (=Fitness studios)

Gyms or "Fitness studios" can be found in many cities. Here every person **trains mostly alone** by himself/herself on the **exercising equipment**. Every gym offers a **variety of facilities and courses.**

Important to know: To be allowed to use the gym, you have to **sign a contract** and **pay a monthly** fee. Most gyms have a contract period of at least **12 months**. Only after this time can the contract be cancelled.

"Kletterzentrum OWI" (=Climbing Centre) in Brakel

The "Kletterzentrum OWL" has 85 different climbing routes and a large bouldering area.

Different **courses** are offered for children, teenagers and adults.

Climbing equipment is available for hire.

Forprices and further information visit the website ⇒ <u>Kletterzentrum OWL</u>

Definitions:

Climbing = with a rope and safety devices up to 15m high. A climbing certificate is required.

Bouldering = climbing at jump height (up to 4.5m high) over a soft gym mat

Address:

Lütkerlinde 12 (next to the Generationenpark Brakel) 33034 Brakel

Contact:

Phone: 05272 3949999 Email: <u>hallo@kletterzentrum-owl.de</u>

Opening times:

Monday, Wednesday and Friday: 3:00 pm – 10:00 pm Tuesday and Thursday: 3:00 pm – 10:30 pm Saturday and Sunday: 10:00 am – 8:00 pm

Sports and courses of the Adult Education Centers (Volkshochschulen=VHS)





The adult education centers have many different **sport courses**. The **dates** can be found on the website or in the program booklets of the adult education centers. Mostly a **registration** and a **fee** is necessary.

Volkshochschule (VHS) - Bad Driburg, Brakel, Steinheim und Nieheim <u>→ Website</u>

Am Rathausplatz 2, 33014 Bad Driburg

\$ 05253 881700

@info@vhs-driburg.de

VHS Zweckverband Diemel-Egge-Weser - Beverungen, Borgentreich, Warburg, Willebadessen <u>⇒ Website</u>

Beverungen +Borgentreich

Weserstr. 16, 37688 Beverungen

\$05273 392125

@vhs@beverungen.de

Warburg +Willebadessen

Q Rathaus zwischen den Städten 9, 34414 Warburg

6 05641921711

@vhs@warburg.de

Volkshochschule - Höxter und Marienmünster <u>→ Website</u>

♥ Möllingerstraße 9, 37671 Höxter

C 05271 9634303

@vhs@vhs-hoexter.de

Membership of the HLC Höxter sports club

Information sheet on HLC membership

The sports club HLC Höxter has various sports departments with different sports. You can **try out the sports programmes 3-4 times free of charge**. If you want to continue doing sports in the club, you must become a member of the sports club (without membership, no further participation is possible).

How do I become a member?





To become a member, please complete the membership **application form (pdf)**. All applications can be completed digitally, signed and sent by e-mail. Paper applications can be handed in directly to the trainer or at the office.

What do I need to know?

- Every club member pays a **club membership fee**. In addition, there is a surcharge for the selected sports department. The money is paid every six months or debited from your account.
- You can apply for a social contribution if you receive social benefits
 (Antrag-Sozialbeitrag.pdf).
 You will need the Huxori Pass for this. You can obtain the
 Huxori Pass from the citizens' office of the town of Höxter (im Rathaus,
 Westerbachstr.45).
- You can cancel your membership. The **written cancellation** must be sent to the HLC by 31 May or 30 November.
- Please note further information (e.g. information for parents) on the HLC website.

Costs

One-off administration fee: 10.00 euros

Monthly fees (prices in brackets: social contribution)

- Adults: 8.00 euros (4.00 euros)
- Young people: 4.50 euros (2.25 euros)
- Family contribution (from 4 persons): 22.00 Euro (11.00 Euro)

Monthly contribution for departments

- Children's Movement Worlds: €1.50
- Fitness-Health: €2.50
- Handball / Volleyball: €2.00
- Athletics: €6.00
- Judo: €4.00
- Swimming: €3.50
- Badminton: €2.70
- Basketball: €4.00
- Rehabilitation sport: €2.50

Contact: Office HLC

QCorbie Straße 14, 37671 Höxter

@info@hlc-hoexter.de

\$+49 (0) 5271380511

website HLC Höxter

Sports guides - Mentoring program





Sports guides (= Sportlotsen)

The **intercultural mentoring program "MENToRee"** provided by the Communal Integrationscentre (=KI) can be applied in the field of sports. Persons who actively participate in sports become **"sports guides"** and **accompany refugees or migrants** ("mentees") to sporting activities organised by sports clubs and other physical activities.

The duration of the guiding program is agreed individually according to requirements.

Reimbursement of costs

Costs arising can be **reimbursed** through the program up to a **maximum of 50 Euros per month** (proof of costs required).

Travel expenses

♦ Other expenses, such as entry fees, hire equipment, membership fees for sports clubs etc. (an invoice must be submitted to the KI).

Are you interested in a certain kind of sport and are you looking for support?

We will try to find a suitable sports guide together with the Kreissportbund (municipal sports association), with initiatives for refugees and the sports clubs.

Would you like to be a sports guide?

We will try to connect you with an interested person.

Have you already found a person who you would like to accompany?

Link to the form ⇒ <u>Mentoringvereinbarung Sportlotsen</u>

Contact:

Agnieszka Weisser

\$052719653618

@ a.weisser@kreis-hoexter.de

Swimming lessons

Swimming lessons for women

The "Kommunale Integrationszentrum (=KI)" organises special **swimming lessons for women** (in the absence of men).

- ⇒ Further information and contact details
- ⇒ here you can find swimming rules in many different languages





Swimming lessons for children

Everyone should be able to swim. The **younger children start learning to swim**, the easier it is for them. In Germany, children usually learn how to swim at the **age of 5 or 6 years**. Then they take a swimming test and get a badge known as **"little seahorse"** (="Seepferdchen"). This is a certificate for your first swimming skills.

The swimming lessons at school are obligate for every child.

In all swimming pools you have to stick to the swimming rules.

⇒ here you can find swimming rules in many different languages

Here is some information on where your child can learn to swim:

Bad Driburg

DLRG Ortsgruppe Bad Driburg e. V.

Hallenbad Bad Driburg

Auf dem Krähenhügel, 33014 Bad Driburg

⇒ Website DLRG Bad Driburg

Brakel

Hallenbad Brakel

Am Bahndamm 28, 33034 Brakel

\$05272 4174

Höxter

DLRG Ortsgruppe Höxter e. V.

⇒ Zur Website DLRG Höxter

Marienmünster/Vörden

SV Vörden von 1923 e. V.

Website ⇒ <u>Schwimmverein Vörden</u>

Freizeithallenbad Marienmünster

Schulstraße 5, 37696 Marienmünster

\$05276 989852

Steinheim





DLRG Schwimmtraining

Website ⇒ <u>DLRG</u>

Freibad Steinheim

Schützenplatzallee, 32839 Steinheim

C05233 8163

Nieheim

Schwimmverein Nieheim e. V.

Am Enskeberg 4, 33039 Nieheim

Schwimmbad am Holsterberg

QZur Warte 14, 33039 Nieheim

Warburg

DLRG Ortsgruppe Warburg e. V.

Website ⇒ <u>DLRG</u>

Schwimmverein 86 Warburg

Vivaldiweg 13, 34414 Warburg

Hallenbad Warburg

Stiepenweg 7, 34414 Warburg

Website ⇒ <u>Hallenbad</u>

Freibad Waldbad Warburg

QWachtelpfad 55, 34414 Warburg

Website ⇒ <u>Waldschwimmbad</u>

Culture

Culture

In the **District of Höxter** there is a large and **varied choice of leisure activities** and events. **Cultural events**, **courses** at an **adult education centre (VHS)** or **sport** are among the most popular activities.

You have to pay for many of the cultural events, for example visits to the cinema, theatre or museum. However, various organisations also **offer cheap or even free activities.**





District of Höxter Culture Office (= Kulturbüro Kreis Höxter)

The Culture Office homepage will provide you with a good overview of cultural activities in the District of Höxter. For example, it includes an event **calendar with festivals**, **workshops and exhibitions**, and a culture database with museums, libraries and music societies.

Contact:

@kultur@kreis-hoexter.de

Julia Siebeck

C 052719653216

Kristin Wiechers

\$052719653226

Website "District of Höxter Culture Office" ⇒ <u>www.netzschafftkultur.de</u>

KulturPass (an offer for all 18 year olds).

⇒ here you can find information on the "KulturPass"

Kulturrucksack Kreis Höxter (an offer for all children from 10 to 14 years).

⇒ here you can find information on the Kulturrucksack

Höxter Intercultural Choir

Since 2016, the **Höxter Intercultural Choir** have been **meeting every Tuesday** to sing together. The choir is an **open group** comprising people from Germany, Iran, Iraq, Syria and Afghanistan. **Anyone can come along and join in any time. The offer is free.**

Why not just come along spontaneously to a choir rehearsal!

Choir direction: Petra Salzburger-Brehmer

When: Tuesdays from 6:30 p.m. until 8:00 p.m.

Where: VHS Höxter assembly hall (Aula), **V** Möllingerstrasse 9, 37671 Höxter

@info@musikschule-hoexter.de or vhs@vhs-hoexter.de

Interreligious Dialogue in Höxter- Round Table of Religions Höxter





Meeting and Collaborating with Other Religions – this is the aim of the "Round Table of Religions" ("Runde Tisch Religion") in Höxter.

Representatives of the **Evangelical, Catholic and Evangelical Free Church** congregations, the **Turkish Islamic "Ulu Mosque"**, the **"Bahá`i"** religious community, **members of the Vereins Welcome e.V**. association and members of staff from the **Communal Integration Centre** meet here together regularly.

Activities:

• Prayers for Peace (=Friedensgebete) - praying for peace

"Prayers for Peace" is generally held **once a month** at various locations. It **begins at 18:30**. After about 30 minutes, there is the opportunity to meet, get to know, exchange information with and talk to other participants.

Current dates can be found under Events.

• Interreligious Outings

Once or twice a year, we organise and stage a communal outing to selected religious locations. Please register your name if you would like to come along.

Contact: Frau Tuija Niederheide

<u>052719653613</u>

@t.niederheide@kreis-hoexter.de

Interreligious Dialogue in Bad Driburg

The meeting for **interreligious dialogue in Bad Driburg** is held **once a month on a Thursday**. The **dates** are announced in the **parish magazine** or in the **local paper**.

Where: In der Haltestelle; Am Hellweg 2; 33014 Bad Driburg

Contact: Frau Jungblut

C05253 5398

@bjungblut@gmx.de

Communal Integration Centre (KI) Cultural Events

The Communal Integration Centre regularly stages a **range of interreligious and intercultural projects**, for example **family festivals**, **theatre projects**, **music projects**, **exhibitions**, **concerts** and cultural trips.

→ Further information

⇒ Communal Integration Centre Event Calendar (= Veranstaltungskalender)

Contact:





Omega Moltkestrasse 12, 37671 Höxter

Tuija Niederheide

\$05271 965 3613

@t.niederheide@kreis-hoexter.de

Adult Education Centres (=Volkshochschulen=VHS)

The Adult Education Centres offer a wide range of different courses. All courses, prices and dates are published in the VHS magazine "Programmheft" and on the centres' websites. If you are interested in taking part in a course, you just have to register and pay the course fees, and then you can begin!

VHS courses in Bad Driburg, Brakel, Nieheim and Steinheim

⇒ <u>To the website</u>

VHS courses in Höxter and Marienmünster

⇒ To the website

VHS courses in Warburg, Beverungen, Borgentreich and Willebadessen

⇒ To the website

Bicycle workshop

Bicycle workshop in Brakel

The bicycle workshop is a project of the **Refugee Aid Brakel**. There are difficulties with mobility, especially in rural areas. After 2015 the idea came up to provide as many refugees as possible with a bicycle. More than **100 bicycles were donated** by citizens in the Höxter district. Many of the bikes had to be repaired first. The bikes were handed out to the refugees in a roadworthy condition. This made some mobility possible.

The bicycle workshop is located in the workshop of the Kolping Vocational College. Bicycles are repaired here with refugees. In this way, the Werkraum has also become a meeting place.

Contact: Adalbert Grüner

Telephone: 05272 9342

Klöckerstraße 10, 33034 Brakel

Opening times: Every Friday from 9 a.m. to 12 p.m. Further dates are possible by arrangement.

⇒ Further information on the subject of bicycles





Holiday programmes in the district of Höxter

⇒ Here you can find information on holiday programmes in the district of Höxter.

