

Culture and leisure

There are many ways to spend your leisure time in the Mettmann district.

For example, you can attend cultural events. You can also take courses at the adult education centre or do sport.

Many cultural activities cost money. For example, you have to pay admission to the cinema, theatre or museums.

But there are also free activities. These are offered by various organisations.

If you would like to get to know the Mettmann district, the neanderland.de website offers many tips for excursions and events in the region.

You can find local offers here:

Erkrath

Hand in Hand advice centre and meeting centre

The Hand in Hand advice and meeting centre is a place for all people. No matter what nationality, status or identity you have - you are very welcome!

We offer help with bureaucracy. We support you with applications, for example for residency, benefits from the job centre or other issues.

If we are unable to help, we will put you in touch with the right organisation.

The Hand in Hand advice and meeting centre is a meeting place for all Erkrath residents. Volunteers and organisations can also meet here.

We provide information about offers and events that bring people together and help with integration.

We plan events ourselves and help to establish contacts between people and organisations.

Contact information:

Circle of Friends for Refugees in Erkrath e.V.

 [Beckhauserstraße 16g, 40699 Erkrath](#)

 [+49 \(0\) 15737946318](tel:+49015737946318)

 info@fkfe.de



<https://freundeskreis-fluechtlinge-erkrath.de/begegnungszentrum>

Hilden

Refugee guides in the city of Hilden at AWO Hilden

The refugee guides at AWO Hilden help refugees in many areas:

- They receive help with forms and writing to authorities.
- The refugee guides can accompany you to appointments, for example with authorities, doctors, landlords or other organisations.
- You will be supported with applications and in your search for training places
- The refugee guides will accompany you to flat viewings and support you with rental contracts.
- You will receive help with contracts, for example tenancy agreements or employment contracts.
- Language courses to help you learn German.
- The refugee guides organise excursions for migrants and immigrants. The excursions help you get to know the neighbourhood.

Contact information:

 @floh.hilden@gmail.com

 Albert Hullen

Mettmann

Leisure activities for political participation

Integration-Kulturzentrum e.V. in the district of Mettmann

The organisation works with people of all ages: children, young people, adults and senior citizens. People with and without an international family history are welcome.

The association offers many programmes:

The offer includes cultural education projects, holiday programmes and programmes for the development of children.

These also include programmes for political participation through joint activities.

The association offers youth clubs and leisure activities for young people.

It also offers artistic activities such as music, dance, theatre and sport.

The association also offers tutoring and other educational programmes.

The organisation also supports people who have fled Ukraine.

It offers language courses as well as counselling, support and leisure activities for children and young people. These programmes are also often available in Ukrainian.

Contact information:

Integration-Kulturzentrum e.V. Kreis Mettmann

 [+49 \(0\) 15234216312](tel:+49(0)15234216312)

 @Lilia.Lawruk@ikz-kreis-m



ikz-kreis-me.de

 Frau Dipl.-Ing. Lilia Lawruk (Ehrenamtliche Geschäftsführerin)

Velbert

Music programme

Integrationshilfe Langenberg e.V.

The IHLA COMBO was founded in 2017. It is an integrative and international music project of the IHLA.

Today, 25 children, young people and adults from eight countries are part of the group, including people from Germany. Many of the participants came to Velbert as refugees in 2015. Some of these refugees came with their families, others came alone.

The IHLA COMBO began as a small drumming group. Within a year, it grew into a group with 20 musicians and many different instruments.

The group has participants from eight countries. Singing is now also part of the group to expand the diversity of the music.

The aim of the project is to offer children and young people a free space in which they can feel music and express their feelings.

The participants bring songs from their home country and present their culture. In this way, everyone learns from each other and discovers new music.

Contact information:

Integrationshilfe Langenberg e.V.

 [Am Pastoratsberg 4, 42553 Velbert](#)

 [+49 \(0\) 17664377078](tel:+49017664377078)

 info@ihla-verein.de