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Culture, leisure, sport

General information

General information

There are many cultural events in Munich.
These websites offer a good overview:

 muenchen.de The official city portal

 [In Munich - The city magazine](#)

 [Munich with a child](#)

Free offers

People on low incomes can get free tickets at [Kulturraum](#).

Here you will find  [free offers from museums](#).

At [Musenkuss](#) you can get financial support for cultural visits. They will also support you if you want to realise your own creative projects.

Invitations to events


People with little money should also be able to take part in events in Munich. Free tickets and invitations are available, for example, for Circus Krone, for the children's film festival, for FC Bayern Munich women's team matches, for the spring festival, for the Oktoberfest and much more.

What documents do I need?

- Notice of authorisation or proof of income, assets and rent
- Proof of social or ecological year or federal voluntary service

Where can I get the free tickets?


Contact your [social community centre](#) or one of the following offices:


Amt für Wohnen und Migration
Wirtschaftliche Flüchtlingshilfe
Werinherstraße 89, Haus 34
81541 München
 [089/23340704](tel:08923340704)


Amt für Wohnen und Migration
Zentrale Wohnungslosenhilfe
Franziskanerstraße 8
81669 München

 [089/23340105](tel:08923340105)

Info centre:

 On Monday, Tuesday and Thursday 08:30 - 12:00 and 13:00 - 16:00

 On Wednesday 08:30 - 12:00 and 13:00 - 17:00

 On Friday 08:30 - 12:00

KulturRaum München e.V. (free cultural events)

KulturRaum München e.V.

All people in Munich should have the opportunity to participate in the cultural life of the city. Regardless of origin, age or education. That's why we give donated tickets for cultural events free of charge to people with little money. Our employees then call you personally and offer tickets for events. The tickets are deposited in your name at the box office. You will always receive a second ticket for an accompanying person, who you can take with you to the event. Children can attend an event with their family.

Who for: People who have little or no income. For example, people who have the [Munich Pass](#).

The offer is free of charge.

After registering, you will be sent an email to „KulturGast“. Young people can register as „KulturKicker:in“ and book tickets of their choice online.


 [Registration for adults and families](#)

 [Registration for young people aged between 14 and 23](#)

 KulturRaum München e.V., Zenettstraße 2, 80337 München

Our office is on the 1st floor. The building is accessible via a ramp. A lift (width: 90 cm) is located to the left of the main entrance behind the glass door. This is usually locked. If you need help opening the doors, please call us.

Children can be brought along.

 [08955267183](tel:08955267183)

 German, English, Russian, Ukrainian and Arabic

 [@gast@kulturraum-muenchen.de](mailto:gast@kulturraum-muenchen.de)

 [Website hours](#)

 Monday, Tuesday, Thursday, Friday 10:00 to 16:00

This text contains information on the following search terms:


Culture, Participation, Theatre, Concert, Cinema


Munich City Library

Munich City Library: Offer and registration

Services and registration

Free WLAN, Internet workstations and workstations for individuals and groups are available at all library locations. All libraries offer free online access to 3000 daily newspapers from over

95 countries. With a library card you can borrow books, DVDs or music CDs in many languages for a certain period of time. You can find out where you can find which languages [here](#)  (scroll down to "Medien in anderen Sprachen").

Information about the library is available in over 20 languages. It is available at all locations or can be downloaded from  [here](#).

 [Information in easy German](#)

 [Information in English](#)

Who is it for: Anyone who lives, works or is studying in Munich and the surrounding area can get a library card.

You do not need a library card to visit the library, read on site or attend events.

Costs for the library card:

For people under the age of 18, asylum seekers and refugees, the library card is free of charge.

For young adults (aged 18 and over) in training and studying, pensioners, if you receive social welfare, if you are unemployed or severely disabled, if you are doing voluntary service:

- 10 euros for one year
- 4 euros for a quarter of a year


For all others:

- 20 euros for one year
- 7 euros for a quarter of a year

Documents you need for registration:

- Identity card OR passport with confirmation of registration from the residents' registration office
- Children under the age of 18: ID of a parent or legal guardian, who must also sign the registration form
- Asylum seekers: Residence permit or tolerated stay permit, each valid for at least one month
- If the address of the accommodation is not on the document submitted, an official registration certificate for the address of the accommodation is required.

Contact and locations

The locations of the libraries can be found [at](#)  [here](#). There you will also find all addresses, telephone numbers and e-mail addresses.

Münchner Stadtbibliothek | Leser*innenservice

 [@stb.leserservice@muenchen.de](mailto:stb.leserservice@muenchen.de)

 [+49 \(0\) 89233772434](tel:+49(0)89233772434)

 <https://www.muenchner-stadtbibliothek.de/>

German language café in the city libraries


German language café

Are you learning German and would like to use and improve your language skills? Then twice a week you have the opportunity to talk to other German learners about a free topic in a relaxed atmosphere.

All language levels and age groups welcome.

The programme is free of charge.

You don't have to register - just come along and join in!

You can find the exact dates and locations of the groups [at](#)  [here](#).

If you have any questions:

Münchner Stadtbibliothek | Leser*innenservice

 [@stb.leserservice@muenchen.de](mailto:stb.leserservice@muenchen.de)

 [+49 \(0\) 89233772434](tel:+49(0)89233772434)

 <https://www.muenchner-stadtbibliothek.de/>

Mobile media service for people with disabilities

Mobile media service for people with disabilities

People who are unable to visit the nearest neighbourhood library, or only with difficulty, can make use of the "mobile media service". They are then visited regularly in their home. The specialised staff provide personal advice, deliver the desired media and collect them again at the end of the loan period (6 weeks).

This service of the [Munich City Library](#) is free of charge.

Who for: For people who live in Munich.

Mobiler Mediendienst | Münchner Stadtbibliothek

 [@medienmobil@muenchen.de](mailto:medienmobil@muenchen.de)

 [+49 \(0\) 8923389133](tel:+49(0)8923389133)

 <https://www.muenchner-stadtbibliothek.de/mobiler-...>

Associations, clubs, self-help groups

Found an association yourself

Found an association yourself

Clubs are groups of people with the same interests. There are a large number of clubs, for example sports clubs, music clubs or handicraft clubs.

In a club you can socialise with other people and make new friends. They help people to achieve goals together. These goals can be different. Possible goals are

- Excursions and leisure activities
- Commitment to the needy and disadvantaged
- Protection of nature
- Contact with other people who have the same hobby

Membership of a club usually costs a certain amount per year. Please contact the organisation directly.

Found an association yourself and apply for financial support

You can also set up an association yourself. If money is needed for a specific project, you can apply for financial support. Projects can be supported, for example:

- For improving the lives of people in individual neighbourhoods.
- For the integration of people with a migration background and for the coexistence of people with and without a migration background.
- Against racism and right-wing extremism.
- For people with disabilities.
- For the environment and sustainability.
- For the elderly or for families with low incomes.
- In the field of health.
- In the field of art and culture


Here you will find information and contacts on founding, financing, taxes and the law for associations and initiatives:

 [Further information](#)


Find a foreign association / migrant organisation

Network of Munich Migrant Organisations MORGEN e.V.

MORGEN is the association of migrant organisations in Munich. Our aim is to strengthen, promote and make visible the participation and commitment of people with a migration/refugee background. Are you looking for a meaningful task and want to get to know people from other cultures? Then get involved!

The network was founded in 2013. Over 100 member organisations with over 60 different languages are involved. You can find a list of the organisations here:  [Listed alphabetically](#)

What we offer:

- We provide advice, e.g. on funding programmes and important contact points in the city
- We arrange contacts
- Mother tongue & multilingualism: Regular groups for people who speak their family languages
- Cultural events with the opportunity to join in
- We help if you would like to use a room free of charge
- We support you with questions about education (via the  [BEST](#) project)

Who for: People who have migrated or fled and who are active in a group or association or would like to become one.

 Many different languages

The service is free of charge.

MORGEN e.V.

 [Arnulfstraße 197, 80634 München](#)

 [@info@morgen-muenchen.de](mailto:info@morgen-muenchen.de)

 <https://www.morgen-muenchen.de/>


Services in different languages

Weltkinder - reading aloud in different languages

Weltkinder - Reading aloud in different languages

"Weltkinder" is an event in various Munich city libraries: reading aloud for children in the afternoon. A picture book is read aloud in German and another language or only in another language.

The children experience the story in a playful and creative dialogue. Sometimes they also sing, play or do handicrafts.


You can find out in which library and in which languages the readings take place in [the Munich City Library's](#)  [calendar](#).

Who for: For children aged 3 to 6.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The programme is free of charge.

For questions:

 [089/233772434](tel:089233772434)

**This text contains information on the following search terms:
multilingualism, language learning, language support, mother tongue**

Arabic Saturday School

Arabic Saturday School


Our Saturday school is for children aged 6 to 12 whose mother tongue is Arabic but who are not yet proficient in reading and writing. The children are taught by Arabic teachers. In three classes, divided according to age and level of knowledge, reading and writing are taught in a playful way through fairy tales and songs, local history and Arabic history. The aim is for the children to have a good command of their mother tongue, as this makes it easier for them to learn German. Classes take place weekly (except during school holidays).

Enrolment by e-mail: @ pateninitiative@gmail.com (please give your telephone number, address, first name and age of the children). Arabic-speaking teachers will then contact you.

Parallel to the children's lessons, parents can take part in a German conversation course with German volunteers.

The lessons are free of charge. Textbooks and writing materials are also free of charge. Food and drink during the break costs 10 euros per child per month (15 euros for 2 children, 20 euros for 3 or more children).

 [Find out more](#)


Bellevue di Monaco e. V.
Müllerstraße 2 - 6
80469 München
 [089/55057750](tel:08955057750)

English for beginners

English for beginners

Would you like to learn English? Our volunteer teachers from JUNO will help you.

 Friday from 17:30 - 19:00 for refugee women and men: language level A2

 Friday from 17:30 - 19:00 for refugee women and men: language level B1/2

No registration required - just turn up!

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Bellevue di Monaco
Classroom (rear building, access via the courtyard)
Müllerstraße 2
80469 München
@welcome@juno-munich.org

This text contains information on the following search terms:

Language, Teaching

Mother tongue & multilingualism


Mother tongue & multilingualism

Mother tongue is identity and home. And it is the link to the family. Language is also a potential and offers great opportunities.

The mother tongue is important for many people. At [MORGEN e.V.](#), we are committed to cultivating our own mother tongue and passing it on to the younger generation.

We invest time and commitment in courses and programmes. This enables children born in Munich to maintain their connection to their language, culture and family roots.

For example, we organise a multilingual fairytale festival. At this festival, stories are read aloud in different languages. The stories are told, read, danced, presented as (shadow) theatre or with music.


 [More information](#) about the multilingual fairy tale festival.

Are you interested and would like to take part? Then join us in the working group!

The programme is free of charge.

 [Website](#)

 j.buchova@morgen-muenchen.de

 [015154068044](tel:015154068044)

Swimming pools

Indoor pools

Indoor pools


 [Learn more](#)

Bad Forstenrieder Park

Forstenried

Stäblistraße 27 b

81476 München

 Monday 08:00 - 18:00


Tuesday to Sunday 08:00 - 22:00

Bad Giesing-Harlaching

Giesing

Klausener Straße 22

81547 München

 Saturday - Monday 08:00 - 18:00

Tuesday - Friday 08:00 - 21:00


Ladies' day sauna: Wednesday 10:00 - 22:00

Cosimawellenbad

Bogenhausen

Cosimastraße 5


81925 München

 Daily 07:30 - 23:00**Ladies' day sauna:** Monday 09:00 - 23:00**Dante-Winter-Warmfreibad**

Neuhausen

Postillonstraße 17

80637 München

 Daily except Wednesday 07:30 - 23:00


Wednesday 07:00 - 23:00

Ladies' day sauna: Monday 07:30 - 23:00**Michaelibad**

Ramersdorf

Heinrich-Wieland-Straße 24


81735 München

 Daily 07:30 - 23:00**Ladies' day sauna:** Tuesday 07:30 - 23:00**Müller'sches Volksbad**

Haidhausen

Rosenheimer Straße 1

81667 München

 Daily 07:30 - 23:00


Monday: Large hall only until 17:00

Women's pool day: Tuesday 15:00 - 20:00 (not on public holidays)**Ladies' sauna day:** Tuesday 09:00 - 23:00, Friday 09:00 - 15:00**Nordbad**

Schwabing

Schleißheimer Straße 142


80797 München

 Daily 07:30 - 23:00**Ladies' day sauna:** Wednesday 07:30 - 23:00**Olympia-Schwimmhalle**

Olympiapark

Coubertinplatz 1


80809 München

 Daily 07:00 - 23:00**Ladies' sauna day:** Tuesday 08:00 - 23:00**Prinzregentenbad** (no indoor pool, only summer outdoor pool and sauna!)

Bogenhausen

Prinzregentenstraße 80

81675 München


 Sauna: Daily 09:00 - 23:00**Ladies' day sauna:** Thursday 09:00 - 23:00

Südbad

Sendling

Valleystraße 37


81371 München

 Daily 07:30 - 23:00**Ladies' day sauna:** Thursday 09:00 - 23:00**Westbad**

Pasing


Weinbergerstraße 11

81241 München

 Daily 07:30 - 23:00**Ladies' day sauna:** Monday, Wednesday 07:30 - 23:00**Outdoor pools****Outdoor pools**

Munich's outdoor pools are open from mid-May until the end of the summer holidays in September.

 [Find out more](#)

All are open daily until 18:00, on hot days until 19:00 or 20:00. You can find out how long they are open on the current day [at](#)  by clicking on the pool of your choice.

Bad Georgenschwaige

Schwabing

Belgradstraße 195

80804 München

 Daily except Tuesday 09:00 - 18:00


Tuesday 08:00 - 18:00

Dante-Freibad

Neuhausen

Postillionstraße 17

80637 München

 Daily 09:00 - 18:00**Stadium area:**

Monday, Wednesday, Friday 07:00 - 23:00


Tuesday, Thursday 07:30 - 23:00

Freibad West

Pasing

Weinbergerstraße 11


81241 München

 Daily 09:00 - 18:00**Michaeli-Freibad**

Ramersdorf

Heinrich-Wieland-Straße 24

81735 München


 Daily 09:00 - 18:00

Naturbad Maria Einsiedel

Thalkirchen

Zentralländstraße 28

81379 München

 Daily 09:00 - 18:00

Prinzregentenbad

Bogenhausen

Prinzregentenstraße 80

81675 München


 Daily 09:00 - 18:00 (Fridays already from 07:00)

Schyrenbad

Giesing

Claude-Lorrain-Straße 24

81543 München


 Daily 09:00 - 18:00 (Mondays from 08:00)

Ungererbad

Schwabing

Traubestraße 3

80805 München

 Daily 09:00 - 18:00

Sports and exercise

Bellevue running group

Bellevue running group

Running long distances is good for your body, heart and soul. We run every week together along the Isar River and get fit for the marathon, half-marathon and shorter runs. Everyone is invited to get fit and strong in our group and get to know a diverse group of people. The running group is led by Paul Huf who has many years of running experience and is an enthusiastic runner and triathlete.

 [Find out more](#)

Who's it for: Refugees, residents of Munich


Registration is not required, the service is free.

Meeting point is the courtyard at Müllerstraße 2

80469 Munich

 [089/55057750](tel:08955057750)

 marathon@bellevuedimonaco.de

 alternating Wednesday or Thursday from 18:00

Climbing

IG Klettern München & Südbayern e.V. / Bavaria's best climbers

We regularly organise climbing groups in our climbing hall at Ostbahnhof ("Heavens Gate"). We also organise activities and excursions in the Bavarian countryside and in Austria, Italy and Hungary. Some activities are only one day, some last a whole weekend or longer.

For whom: For children, teenagers and young adults aged 6 to 27. For people with disabilities and/or serious illnesses.

There are special programmes for refugee girls and young women.

The number of places is limited.

The courses take place from October to August.

The courses are free of charge for refugees with a low income.

🗣️ The courses can be held in Pashto and Dari.

There is a disabled toilet. The climbing centre is barrier-free.

IG Klettern München & Südbayern e.V. / Bayerns beste Gipfelstürmer

Speicherstr. 21

81671 München

☎️ [089/200030714](tel:089200030714)

✉️ @team@gipfelstuermer-muc.de

🌐 [@Website](#)

**This text contains information on the following search terms:
Integrative offers, LGBT**

Sports clubs - Find the right sports programme for you!

Sports clubs - Find the right sports programme for you!

There are many different sports programmes in Munich. With the database of the Münchner Sportjugend you can find a suitable sports programme in your area! You can search according to various criteria, for example: club, postcode, type of sport, training day or age.

Here you will find answers to the following questions:


- Which sports club in my area offers training for children and young people?
- Are there suitable programmes for my child?
- What sports can I do in my neighbourhood?
- On which days can I train at the sports club?
- Are the sports programmes open to children and young people with disabilities?

If a suitable programme is available, the club can be contacted easily and directly via a contact form.

You can also enquire about sports programmes that are open to children and young people with disabilities or are specially tailored. A distinction is made between programmes that are open to people with physical, sensory or multiple disabilities and those that are open to young

people with intellectual disabilities.

 [Sports programme database](#)

 [089/15702206](tel:08915702206)

 info@msj.de

Theatre and orchestra


Munich Kammerspiele

Münchner Kammerspiele

The Münchner Kammerspiele is a theatre. We search for new concepts, strange and beautiful languages, tangible physicalities and the connecting narratives of the future.

The themes are:

- Enabling social exchange
- Opening up perspectives
- Telling unheard stories
- Asking for new leaders in theatre: Who speaks? Who decides? What is told and how?
- Finding future forms of living together
- Generating new social knowledge

Here you can find the  [programme](#).

We look forward to seeing you!

Who for: For all interested parties

Duration: From September to July


The number of seats in the theatre is limited. You have to buy a ticket. There is no limit to the number of users for the online offers.

Ticket prices vary depending on the performance. Our programme also includes free lectures, events and streaming offers.

There is barrier-free access to the building and rooms. There is a disabled toilet.

The ticket office is open from Monday to Friday from 11:00 to 19:00 and is located here:

 Münchner Kammerspiele, Maximilianstraße 26-28, 80539 München

 [089/23396600](tel:08923396600)

 theaterkasse@kammerspiele.de

 [Website](#)

This text contains information on the following search terms:
Culture/Art, Entertainment, Music

Munich theatre for children

Munich Theatre for Children






The Munich Theatre for Children has been around for over 50 years. In total, there are around 16 different plays on the programme, which are performed for children by professional actors. The imaginative stage sets and elaborate costumes are also very special. For children aged 4-10 years, the programme includes plays such as fairy tales by the Brothers Grimm, Wilhelm Hauff and Hans Christian Andersen as well as plays by or based on works by Michael Ende, Janosch, Astrid Lindgren, Sven Nordqvist and Otfried Preußler and many more.

Who for: For children aged 4-10

Duration of the offer: September to July

Tickets cost €12.70 (depending on seat selection).

There is barrier-free access to the building and the rooms.

 Dachauer Straße 46, 80335 München
 [089/592411](tel:089592411)
 [@info@mtfk.de](mailto:info@mtfk.de)
 Mornings, depending on performances
 www.mtfk.de

KulturBunt Neuperlach

KulturBunt Neuperlach






We are a centre for culture. We offer a colourful and diverse programme for all cultures and ages. We promote the performing and visual arts. We create free stages and spaces for exhibitions for people who perform theatre or make music.

For whom: all ages and cultures

The prices for our events vary. Some events are free of charge.

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 KulturBunt, Albert-Schweitzer-Straße 62, 81735 München
 [089/63891845](tel:08963891845)
 [@info@kulturbunt-neuperlach.de](mailto:info@kulturbunt-neuperlach.de)
 From Tuesday to Friday 14:00 - 17:00
 [Website](http://www.kulturbunt-neuperlach.de)

This text contains information on the following search terms:
Concerts, Workshops

Munich People's Theatre

Munich Volkstheater

The Volkstheater was opened in 1983.

A new era at the Volkstheater began in October 2002 with Christian Stückl as artistic director. With a new and young ensemble, he created an independent profile and opened up the theatre to young directors who work alongside him. The evening programme is complemented by concerts and readings. In this way, Christian Stückl has succeeded in reaching new audiences while retaining the old ones.

The decision to rebuild the theatre was made in mid-December 2017. By 2021, the new Volkstheater had been built on the Viehhof site at a cost of 130.7 million euros on an area of almost 18,000 square metres. On 15 October 2021, Christian Stückl opened the new location of the Munich Volkstheater with his production of "Edward II".


Who is it for: The Volkstheater's offer is aimed at anyone interested in theatre.


Tickets cost between €6 and €39.


Children can be brought along.

There is barrier-free access to the building and the theatre. There is a barrier-free toilet. Further information [here](#).

 Volkstheater München, Tumblingerstraße 29, 80337 München

 [089/5234655](tel:0895234655)

 [@Online form](#)

 Monday to Friday from 11:00 - 18:00, Saturday from 11:00 - 14:00

 [Website](#)

This text contains information on the following search terms:
Theatre, Culture, Event

Religion

Information on churches and places of worship

Information on churches and places of worship



The religious and ideological composition of Munich is very diverse. As figures are not collected for every religion, it is not known exactly how the different identities and beliefs are distributed.

Around 65% of people in Munich have different world views. Some are not religious, others are. Most people are not members of a community.



Approximately 26% of people in Munich belong to the Roman Catholic Church.

Approximately 9% of people in Munich belong to the Evangelical Lutheran Church.


Catholic churches

Bavaria is characterised by Catholicism. That is why there are many Catholic churches. You can find a list of churches and further information at  [here](#). Here you can find the schedules of the  [church services](#).



Protestant churches

The Protestant church is the second largest community. A list of the churches and further information can be found at  [here](#). You can find the plans of the church services at  [here](#).


Mosques

Many Muslims live in Munich. Further information on mosques in Munich can be found at  [here](#).

Synagogues

There are several synagogues for Jews. Information on synagogues can be found on the  [website of the Jewish community](#) or on the  [website of the liberal Jewish community](#).

Buddhist temples

Here you will find a list of  [Buddhist temples](#).

Hindu temples

Here you will find a list of  [Hindu temples](#).

Advice and questions:

If you have any questions or concerns about religion or ideology, you can seek [advice](#).

Specialist counselling for religious-ideological diversity

Specialist counselling for religious and ideological diversity

We are an open contact point for questions about religion and worldview. You can also come to us with questions about the city of Munich and questions about cooperation with the city administration.

Counselling is solution-oriented, neutral and confidential. This means that no one finds out when you talk to us.

Our goal is to reduce disadvantage and enable religious-ideological diversity and equality.

You will receive from us, for example, orientation, information, support, accompaniment, contact with the city administration.


If you wish, counselling can also take place at your place.

The offer is free of charge.

Interpreters are also available by arrangement.

Children can be brought along.

There is barrier-free access to the building and premises. There is a WC suitable for the disabled.

 [089/23340195](tel:08923340195)

 [@tuan.tran@muenchen.de](mailto:tuan.tran@muenchen.de)

 by appointment only

 [Website](#)

This text contains information for the following search terms:

Faith, Mosque, Temple, Church, Christianity, Judaism, Islam, Buddhism, Hinduism

Munich Adult Education Centre - MVHS

Munich Adult Education Centre - MVHS


We help people to learn. Whether old or young - everyone can find an exciting course with us. There are many courses on different topics, such as politics, society, art, creativity, nature, science, health, environment, cooking, languages, integration, career and much more.

 [Learn more](#)

For whom: For everyone

Requirements and number of places: depending on the course offered.

Costs: depending on the course.

 Mother-tongue counselling is available for some courses.

Childcare is available for some courses.

Barrier-free access to the building and premises as well as toilets for the disabled are available.

Münchner Volkshochschule



[089/480060](tel:089480060)



info@mvhs.de



www.mvhs.de

This text contains information on the following search terms:

Coaching, counselling, training, work, school, study, integration course, visa, naturalisation, German exam, seniors

Meeting people

Meetings in the neighbourhood

Meeting places in the neighbourhood


Everyone should have the opportunity to actively shape their neighbourhood. There are over 50 meeting points for neighbours in Munich. There, people from the neighbourhood can get to know each other and support each other. The motto is "From you - for you". Together, the neighbours implement ideas, projects and campaigns and exchange information about the district.

 [Find out more](#)

There are many different offers from committed neighbours, such as

- Toddler groups
- Senior citizens' cafés
- Cooking together
- Working groups on specific topics
- Using rooms for little money
- events
- Sewing together
- Language groups
- Making music

Every neighbourhood meeting place is a little different, depending on how the neighbours organise it. Come along and help shape it!

Many of the programmes are free of charge. There are costs for some programmes. For more detailed information on the offers or on the accessibility of the buildings and rooms, please contact the  [neighbourhood meeting place](#) in your area.

Old people's and service centres (ASZ)

Alten- und Service-Zentren (ASZ)

There are 33 contact points for older people and their relatives in Munich. We help and advise on all issues relating to old age. There is also the option of visiting you at home.


Our aim is to ensure that older people can be independent, are not lonely and feel mentally and physically well.

There are various courses and programmes on offer:

- Fitness
- education
- language
- computers
- and many other topics


There is also a café and cheap lunches for people on a budget.

Here you can find the flyer in different languages: [German](#), [English](#), [French](#), [Greek](#), [Croatian](#), [Russian](#), [Serbian](#), [Turkish](#), [Ukrainian](#)

The centres are located throughout Munich. You can find the centre nearest you [at](#)  or on the [INTEGREAT city map](#).

Who for: Senior citizens. For relatives and carers of older people. For people who are concerned with issues relating to ageing.

 [Find out more](#)

 There are people who can translate. Please let us know in advance which language you speak.

Access to the buildings and rooms is barrier-free. There are disabled toilets.

Many offers are free of charge. Some offers cost something. You can find out the exact costs on site.

Café Bellevue di Monaco meeting place

Café Bellevue di Monaco meeting place

Our info café is organised and run together with refugees and non-refugees. Here, you can eat delicious, inexpensive food (tea and water are free), and also use the advice services, do an internship, join in as a volunteer, attend cultural and political events and simply meet other people.

 [Find out more](#)


All premises have barrier-free access as well as a disabled toilet.

Müllerstraße 6

80469 Munich

 [089/55057755](tel:08955057755)

 cafe@bellevuedimonaco.de


 Tuesday to Thursday 10:00 - 22:00

Friday, Saturday 10:00 - 01:00

Open house

Open house

A warm welcome! New and old Munich residents - refugees or not - are cordially invited! We offer a lively and open house. Here you can meet, drink tea, chat, get to know each other, cook together, play backgammon or other board games, learn and practise languages, get creative or just hang out. Just drop by - we look forward to seeing you.

To subscribe to the weekly WhatsApp newsletter, simply send "Open House" to  [0176/45571527](https://www.whatsapp.com/channel/00299a017645571527).

 [Find out more](#)

For whom: new and old Munich residents aged 18 and over

Children can be brought along.

Barrier-free access to the building and premises and a disabled toilet are available.

Bellevue di Monaco


Müllerstraße 2

80469 München

In the large hall on the ground floor

 [089/55057750](tel:08955057750)

@cafe@bellevuedimonaco.de

 Always on Wednesday 18:00 - 22:00

ClubIn - International meeting place for young people from 17 to 27

ClubIn - International meeting place for young people from 17 to 27

ClubIn is an organisation for international youth work. We offer various interesting programmes:

- Contact and meeting point for people from all over the world
- Information and advice on the topics of training, studying, au pair, voluntary service in Germany
- Culture and leisure, for example discovering Munich and the surrounding area together
- Education, for example tutoring in German

 [Find out more](#)


 Interpreters are available in Arabic, Spanish, English and French.

The service is free of charge.

Verein für Internationale Jugendarbeit – ClubIn

Friedrich-Loy Straße 16

80796 München

 [089/306686913](tel:089306686913)

@clubbuero@vij-muenchen.de

 Office

On Monday 14:00 - 16:00

On Tuesday 10:00 - 12:00

On Thursday 14:30 - 16:30

📺 Open meeting:

On Thursday 19:30 - 22:00

On Friday 19:30 - 24:00

**This text contains information on the following terms:
get to know people, youth club**

plusPOL - Leisure group for HIV-positive people**plusPOL - Leisure group for HIV-positive people**

plusPOL is a leisure group for HIV-positive people up to the age of 30. No matter what gender or sexuality you are, you are very welcome!

Who it's for: People who would like to do something together and meet new people.

The meetings in the group are anonymous and take place in our youth centre. Our meetings are a safe space. No photos or videos are taken.

If you are unsure before attending for the first time or have any questions about the group, you are welcome to contact our social workers at any time.

The programme is free of charge. There is a small charge for some activities.

The group does not currently take place regularly. Upcoming dates can be found on the website.

plusPOL | diversity e.V.

📍 [Blumenstraße 11, 80331 München](#)

✉️ @pluspol@diversity-muenchen.de

☎️ [+49 \(0\) 8955266986](tel:+49(0)8955266986)

🌐 <https://diversity-muenchen.de/de/gruppen/unsere-p...>

This text contains information on the following search terms:

Lgbt, **bisexual, youth group, queer, gay, lesbian, hetero, aids**

Treffam - International Family Centre**Treffam - International Family Centre**

We help families of all nationalities with children from 0-6 years. We advise you on questions and support you in learning German. You can also get to know other families and exchange ideas with us. People from different countries and religions come together at our centre.

What we offer:

- Counselling and information

- Groups for parents and children
- Playgroups for babies
- Integration course for women (with childcare)
- Language café, German course for children
- Parties, excursions and activities
- Room hire for children's birthday parties
- Volunteering

Who for: Mums, dads, children (0 - 6 years) and women.

🌐 Arabic, Bulgarian, German, English, French, Hindi, Korean, Croatian, Russian, Turkish, Ukrainian

You can bring your children with you. Childcare is available on site.

Many courses are free of charge. There is a small charge for some courses.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

🕒 On Monday and Wednesday 08:30 - 17:00

🕒 On Tuesday and Friday 08:30 - 13:30

🕒 On Thursday 08:30 - 18:00

Treffam - Internationales Familienzentrum

📍 [Tübingerstraße 11, 80686 München](#)

✉ @treffam@diakonie-muc-obb.de

☎ [+49 \(0\) 891269915200](tel:+49(0)891269915200)

🌐 <https://www.diakonie-muc-obb.de/migration/kinder-...>

This text contains information on the following search terms:
Freizeit, Elternberatung, Behörden, kitafinder

Start with a friend e.V. (SwaF) Munich

Start with a friend e.V. (SwaF) Munich

The association was founded in Berlin in 2014. We bring together people from different countries and with different experiences. Our vision is a diverse society. A society in which all people feel comfortable and have an equal say in shaping it.

We connect people who are new to Munich with people who have been in Munich for a long time.

We organise lots of great activities. Our Tandem teams and our community help you to settle in Munich.

Who for: For all people aged 18 and over.

The programme is free of charge.

@muenchen@start-with-a-friend.de

 [Website](#)



[@muenchen_swaf](#)

Search terms:

Leisure, language, sponsorships

MOP - For young people with and without disabilities between the ages of 11 and 21

MOP - For young people with and without disabilities between the ages of 11 and 21

The MOP is a youth centre.

Who it's for: Teenagers and young adults with and without disabilities aged between 11 and 21.


We offer various activities:


- Chill & Learn: Here you can do your homework or relax.
- There are great leisure activities in the youth café: Play table football or billiards, PC room and play station. There are also card games and chess.
- MOP Lounge: Once a month. MOP Lounge is for people aged 16 to 27.
- There is also a band room and a recording studio.
- Sometimes we go on excursions. Once a year we go away together for a few days.

The programme is free of charge. When we go on trips, there are small costs.

You can bring your own food and drink or buy something from us. Nobody has to buy anything.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 Fallmerayerstraße 2, 80796 München

 [089/304073](tel:089304073) or [0176/92344524](tel:017692344524)

@info@mopjugendtreff.de

 [Website](#)



[Instagram](#)

-  Chill & Learn: Tuesday to Thursday from 13:00 - 15:00
 -  Youth café: Tuesday to Thursday from 15:00 - 18:30 and Friday 13:00 - 20:00
 -  Once a month on Saturday 16:00 - 19:00
 -  MOPLounge: once a month on Saturday 19:30 - 23:00
- During school holidays we are open at other times.

This text contains information on the following search terms:
youth centre, inclusion, making music, theatre, table tennis, rapping, boys*, girls*, girls* room, holidays, holiday camp, holiday programme

Intercultural exchange between senior citizens and immigrants

Intercultural exchange between senior citizens and immigrants

Would you like to meet new people? Do you sometimes feel lonely? The "Hallo Projekt" is a social opportunity that promotes exchange between older people and immigrants. The people who join us are of different ages and come from different countries.

The project consists of three parts:

1. Joint activities: walks, games, culture and conversations. This is where we get to know each other better.
2. Tandem programme: One person from the group of older people meets with one person from the group of immigrants to improve their language skills.
3. Events for people who are new to Munich: Participants can meet, exchange ideas and make friends here.


Who for: For immigrants and senior citizens aged 18 and over with at least A2.2 language level.

The programme is free of charge.

There is barrier-free access to the building and the rooms. There is a disabled WC.

 Leb Bunt e.V., Kistlerhofstraße 70, 81379 München

Building 88, 4th floor

 [01713398766](tel:01713398766)

 @contact@leb-bunt.org

 [Website](#)

This text contains information on the following search terms:
Integration opportunity

Aicha's breakfast meeting for women

Aicha's breakfast meeting for women



Would you like to get to know other women over a cosy breakfast? Here you can make new contacts.

Aicha is there so that you can do lots of things together:

- Have breakfast together
- Get into conversation
- Plan and go on excursions together
- Get information on various topics
- Answer your questions

The programme is free of charge.

Who for: For women (and their children)

The meetings always take place at Bellevue di Monaco, unless other meeting places have been agreed. Would you like to join us? Register directly with Aicha via Whatsapp:




[017614939970](https://www.whatsapp.com/chat?phone=017614939970)

 Every Tuesday 10:00 - 12:00

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 [To the offer](#)

Bellevue di Monaco

 [Müllerstr. 2, 80469 München](#)

 [@angebote@bellevuedimonaco.de](mailto:angebote@bellevuedimonaco.de)

 [+49 \(0\) 8955057750](tel:+49(0)8955057750)

 <https://bellevuedimonaco.de/>

**This text contains information on the following search terms:
women, women's meeting place, safe space, breakfast**

Music

Poetry and rap workshop at Bellevue di Monaco

Poetry and rap workshop at Bellevue di Monaco

In regular workshops, participants learn various writing techniques and lyrical stylistic devices in order to work together on their own poetry and rap texts, right through to performance.

The workshop is suitable for beginners as well as advanced learners, native speakers and people who are just learning German. Everyone writes in the language that is closest to them - (live) translations can be worked on in teams or multilingual performances can be practised.

We invite you to join us: Bring your friends, stories, experiences and ideas and write poems!

Who for: Refugees; Munich residents

 [Find out more](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Registration required.


The offer is free of charge.

Müllerstraße 2 Ground floor

80469 München

 [089/55057750](tel:08955057750)

 workshop@bellevuedimonaco.de

 Saturdays 14:00 - 16:00

Bunter Vogel - Intercultural choir for people learning German

Bunter Vogel - Intercultural choir for people learning German

The [Munich Adult Education Centre](#) offers a choir for people who are currently learning German and for anyone who would like to sing together. Whether young or old, beginner or advanced. It's about people coming together and the connection of music.

The programme is free of charge.

There is barrier-free access to the building and the rooms.

 Gasteig, Rosenheimer Straße 5, 81667 München

 Every Wednesday 19:00 - 20:30

To sign up, you need to register on the website:

 [Website](#)

For questions:

 [089/480066169](tel:089480066169)

 @deutsch@mvhs.de

Be creative!

Photography workshop with Paul Huf

Photography workshop with Paul Huf

The photography workshop for young people with a migration background makes it possible for them to discover the world of photography in a playful and creative way. It's not only learning about taking photographs but also about image presentation, image processing and technology.

■ [Find out more](#)

Who's it for: young people with a migration background

Registration required.

The service is free.

Cellar studio, Müllerstraße 6

80469 Munich

■ [089/55057750](tel:08955057750)

■ workshop@bellevuedimonaco.de

■ 1st and 2nd Friday of every month, 3:00 PM - 7:00 PM

Drop-in art workshops

Drop-in art workshops

The drop-in art workshop is a creative space for young people with or without a migration background. There you can experiment with colours and materials, paint pictures and make sculptures. Art gives you the courage to see the world in a completely different way. We will support you in this!

Maria, Anja, Eva, Gregor, Jürgen and Paul (Munich artists).

■ [Find out more](#)

Who's it for: young people with or without a migration background

The service is free.

Müllerstraße 6, cellar studio

80469 Munich

■ [089/55057750](tel:08955057750)

■ kunst@bellevuedimonaco.de

■ the last two Fridays of the month, 15:00 - 18:00

Intercultural workshop at the Pinakothek der Moderne

KunstWerkRaum - an intercultural project at the Pinakothek der Moderne

Our intercultural workshop for people of different ages takes place once a month. The four museums of art, design, architecture and graphics at the Pinakothek der Moderne offer us many points of contact for discussions, joint discoveries and creative experiments. Enjoyment of art, shared experiences and intercultural exchange are at the centre of our activities.

■ Simple German or English

■ [You can find the next dates here](#)

For whom: everyone from 7 to 99 years

Children can be brought along, but may only take part in the programme if accompanied by an adult.

There is barrier-free access to the building and the rooms. There is a disabled toilet. One barrier-free entrance is at Barer Straße, another at Gabelsbergerstraße / corner of Türkenstraße.

Participation in the programme and admission to the museum are free of charge.

The number of places is limited to 25 participants.

Registration at ☎ [089/954115240](tel:089954115240) or @ kunstwerkraum@mpz.bayern.de

Pinakothek der Moderne
Barer Straße 40
80333 München

Build or repair something yourself: House of Self-Labour (HEi)

House of DIY (HEi)

The HEi offers space for everyone who enjoys doing things themselves: in terms of craftsmanship, culture and society!

The open workshops (e.g. wood, textile and metal workshops) can be used by anyone to realise their own projects. It doesn't matter whether you want to try something out for the first time or whether you already know your way around. You can work freely in various professionally equipped workshops, make use of the specialist advice or attend courses. There are also many opportunities for pupils and schools at HEi. The cultural and social aspect is not neglected either, with exhibitions and readings, counselling on many topics and in our workshop café.

Use of the workshops costs €8.80 per hour.

There are also various [courses](#). The number of places for the courses is limited.

■ [Find out more](#)

Who for: All Munich residents

Haus der Eigenarbeit
Wörthstraße 42
81667 München

089/4480623

welcome@hei-muenchen.de

Tuesday to Friday 15:00 - 21:00

Saturday 12:00 - 18:00


This text contains information on the following search terms:

Vocational orientation, crafts, wood, metal, ceramics, jewellery, textile, upholstery, community centre, art, culture, meeting place

Musenkuss München - Online portal for cultural education

Musenkuss München - Online portal for cultural education

Would you like to be creative? Would you like to learn photography? Would you like to paint, do handicrafts or take a theatre course?

Then  [Musenkuss](#) is just the thing for you! Here you will find many creative offers. You can experiment, write, programme, make music or take part in guided tours. There are also various online programmes.

Who it's for: For children, young people, adults and older people. For people with and without disabilities.

Our goal is: Culture for everyone! No matter how old you are, what gender or skin colour you are.

Some programmes cost something, others are free of charge. You can filter the offers by „kostenlos“. This is how you can find the  [free offers](#).

[@musenkuss@muenchen.de](#)

This text contains information on the following terms:

Music, theatre, literature, dance, media, art

Volunteering / Honorary work

Volunteering with the Munich Refugee Council

Volunteering with the Munich Refugee Council


The Munich Refugee Council was founded over 30 years ago and is committed to helping refugees and migrants in Munich. Volunteering is a great way to get to know other people and make new contacts. Regardless of whether you have only been in Munich for a short time or for some time. Our team will help you find a suitable job and support you with any questions you may have.

There are various opportunities to volunteer in the "Gemeinsam Aktiv" project:

- Support with counselling
- Sponsorships for individuals or families

- Support in accommodation centres or at the [Infobus](#)
- Counselling in the [search for accommodation](#)
- Interpreting
- Support at information stands and events

 [Find out more](#)

If you are interested, please register [at](#)  [via this link](#) for the next free information evening.

You can contact us here:

 [Contact form](#)

 [089/12021716](tel:08912021716) ( Tuesday, Wednesday, Thursday 10:00 - 12:00)

 Münchner Flüchtlingsrat, Dachauerstraße 17, 80335 München

 [Website](#)

Munich Volunteer Fire Brigade


Munich Volunteer Fire Brigade

The fire brigade in Munich consists of the professional fire brigade and the volunteer fire brigade. The volunteer fire brigade has around 1,250 members.

Would you like to get involved with us? Then come and join us and we'll show you what we do!

Firefighters experience a lot together. Friendships often develop through the different situations during operations or exercises, events and joint activities. We are like a community - regardless of age, gender, origin and profession. We are different ages, come from different countries and have a lot of fun together. Cohesion and mutual trust are very important.

Who it's for: Anyone over the age of 18 who is mobile without assistance.

 We speak German so that we all understand each other well. It would therefore be good if you have at least [B1 knowledge](#).

If you join us, we will train you as part of the disaster control programme and you will take on a voluntary role.

 Freiwillige Feuerwehr, Heßstraße 120, 80797 München

There is a barrier-free entrance to the building and the rooms.

 [01735261990](tel:01735261990)

 @fuehrung.kats@ffw-muenchen.de

 [Website](#)


**This text contains information on the following search terms:
Help, Self-help, Civil protection**

Find your voluntary position in sport

Find your volunteer position in sport

Would you like to volunteer in sport? And support one of the more than 400 Munich sports clubs with children and young people through your commitment?

You don't need to be a professional, because there are plenty of tasks for which our Munich clubs need support. So whether you are involved in sports on the pitch or in the hall or, for example, organising a tournament - we are grateful for every hour of your valuable time.

Check out the Munich Sports Youth's [database](#) at  to find out about various volunteering opportunities in your area.

We already say THANK YOU very loudly! Your time for a good cause...

Leisure activities for children and adolescents

Financial support for sport for children

Financial support for sport for children

All children and young people in Munich should have the opportunity to take part in sport. Under certain conditions, the City of Munich pays the membership fee for a sports club and the necessary sports clothing and equipment as well as the cost of catering at a training camp. The costs are only covered if they are not covered by the education and participation package (BuT).

 [Find out more](#)

Who for: Children and young people,


- who are under 18 years old
- who have the [Munich Pass](#)
- whose families have a low income (the income limit must be checked individually)
- whose families receive one of the following benefits
 - Subsistence assistance or basic income support (SGB XII)
 - citizen's allowance (SGB II)
 - Benefits according to the Asylum Seekers Benefits Act (AsylbLG)
 - Housing benefit or child supplement

What documents do I need?

Grant notice or proof of income, assets and rent.

Where can I submit the application?

You can submit the application at your [social welfare centre](#). If you receive benefits under the Asylum Seekers' Benefits Act, you can apply here:

 Amt für Wohnen und Migration
Wirtschaftliche Flüchtlingshilfe
Werinherstraße 89 Haus 34
81541 München

MIKADO - Youth culture and education

MIKADO - Youth culture and education

We offer many different programmes for young people:

- Tandem project for young people who have been living in Munich for a long time and young people with refugee backgrounds and / or recent immigrants
- Classes and workshops: Dancing, poetry slam, rapping, art or theatre
- Help with learning
- Programmes for girls only
- Leisure: for example hiking, excursions, cinema, sightseeing
- Sport: for example basketball, football, climbing
- Courses on political education
- Travelling at home and abroad

 [Find out more](#)

Costs:

Membership with us is free of charge. The costs for the programmes vary.

Children can be brought along.


There is barrier-free access to the building and the rooms.

IG – InitiativGruppe


Schertlinstraße 8

81379 München

In the basement

 [089/748088910](tel:089748088910)

 @mikado@initiativgruppe.de

 From Monday to Friday 14:00 - 18:00

HEROES - Against oppression in the name of honour

HEROES - Against oppression in the name of honour

In the HEROES project, young men between the ages of 15 and 21 are trained as multipliers for equal rights. In the weekly training sessions, we critically question oppression in the name of honour. We sit together and discuss topics such as honour, identity, gender roles, racism, prejudice, human rights and equality.

The training sessions take place on Thursdays from 17:30 to 19:30.

After around nine months, you become a HERO. As a HERO, you can run workshops in schools and youth centres together with the group leaders. In these workshops, you bring the topics closer to other young people using role-playing games and discussions. The participants pass on the food for thought that they themselves have gained to others.

 [Find out more](#)

Who for: Young men with a migration background aged between 16 and 23 with a good knowledge of German (at least B2 level).

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Anyone who organises a workshop will be paid an expense allowance.

HEROES München

Goethestraße 53

80336 München

☎ [089/544247-39/ -40](tel:08954424739)

✉ heroes@awo-muenchen.de

🕒 Wednesday 10:00 - 14:00

Thursday 17:00 - 20:00

This text contains information on the following search terms:

boys, leisure, volunteering

Art workshop

Art workshop

Art is a great way to express yourself and tell your own story. We offer educational art group courses.

Who for: For children and young people who have experienced flight

The courses enable participants to better process stressful experiences. They discover their strengths and abilities, their courage and their imagination and are strengthened in their self-confidence.

The courses take place regularly. The list of courses and dates can be found [at](#) 🌐 [here](#). Topics include art, music and photography.

In addition to the courses, we also organise exhibitions, concerts, holiday programmes and joint projects with other children and young people.

All programmes are free of charge.

There is also a centre for advice for refugees.

📍 Refugio München Kunstwerkstatt

Kunstlabor 2

Dachauer Str. 90

80335 München

☎ [015734849999](tel:015734849999)

✉ [@luzi.finck@refugio-muenchen.de](mailto:luzi.finck@refugio-muenchen.de)

🌐 [Website](#)

For children from 6 to 12 years: Playhouse at Westkreuz


Playhouse at Westkreuz

We have many programmes for children and their families. There is a playhouse with play and cultural education projects and an adjoining play area for all children in the neighbourhood. At the Tollplatz, we can create, work, build and experience nature together. The play area is used as an extended play area for projects and is further developed with the children.

There are activities in the afternoon and programmes for school classes in the morning.


Who for: For children aged 6 to 12

The programme is free of charge.


 From Monday to Friday and every first, third and last Saturday of the month. From May to October from 14:30 - 18:30. From November to April from 14:00 to 18:00.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Spielhaus am Westkreuz

 [Aubinger Straße 57, 81243 München](#)

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

 [+49 \(0\) 898344455](tel:+49(0)898344455)

 <https://spiellandschaft-westkreuz.de/>

For people from Aubing - Lochhausen - Langwied: Parent-child get-together for children up to 3 years old


Spielhaus am Westkreuz - parent-child centre for children up to the age of 3 and their parents


There is an open play area where parents can try out movement elements with their children and a crawling carpet for babies. We play and sing. This is helpful for learning the German language. The creative table offers a variety of craft activities with materials that the children can also use at home.

The teacher present is happy to answer questions about children's education, nutrition and health. Once a month, a midwife and a member of the Early Childhood Development team come in to provide targeted support and help.

Who for: For parents with their children aged 0 to 3 years from the Aubing - Lochhausen - Langwied district


The programme is free of charge.

 On Monday and Tuesday 10:00 - 12:00


 [About the offer](#)

There is barrier-free access to the building and the rooms. There is a disabled toilet.

Spielhaus am Westkreuz

 [Aubinger Straße 57, 81243 München](#)

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

 [+49 \(0\) 898344455](tel:+490898344455)

 <https://spiellandschaft-westkreuz.de/>

OLY children's club in the Olympic village

OLY children's centre in the Olympic Village

The OLY children's centre is an open leisure facility in the Olympic Village. All children are welcome, regardless of social background, religion, gender or nationality. There is no need to register, children can come and go as they please.

At OLY you can meet friends, play table football, romp around in the cushion room, play billiards or Wii, listen to music, do arts and crafts, read and much more. On Friday afternoons, we cook or bake together.

During the school holidays, excursions are offered (some for a fee).


Who for: For children aged between 6 and 13

There is barrier-free access to the building and the rooms.

The programme is free of charge.

Helene-Mayer-Ring 9, Eingang G

80809 München

 [089/230695722](tel:089230695722)

 [@kindertreff@diakonie-moosach.de](mailto:kindertreff@diakonie-moosach.de)

 [Website](#)

 From Monday to Friday 14:30 - 18:30

This text contains information on the following search terms:

open youth work, media work, low-threshold

Open children's café

Open children's café

The children's café is a meeting place for children and families.

There are games and craft activities, a reading corner and theatre for children aged 4 and over. You can build something yourself in our carpentry workshop.

Who for: Children aged 6 and over and families.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The programme is free of charge. Only the theatre events cost something. Free tickets are available [here](#).

The children's café is closed during the school holidays.

Pasinger Fabrik

August-Exter-Straße 1

81245 München

☎ [089/8888806](tel:089/8888806)

@ kjwpasing@kulturundspielraum.de

🌐 www.kulturundspielraum.de

🕒 On Wednesday, Thursday and Friday 15:00 - 18:00 and on Saturday 14:00 - 18:00

**This text contains information for the following search terms:
play, family friendly**

Youth leisure centre Treff 21

Treff 21 youth centre

Treff 21 is a youth leisure centre in the Blumenau district of Munich for girls* and young women* as well as for boys* and young men*.

Who it's for: People aged between 10 and 18. There are also special programmes for children aged 6 and over and people aged 18 and over.

There are many different programmes. For example:

- creative activities
- Listening to and making music, dancing, cooking and baking, playing football, basketball, table tennis, billiards or table football
- Meeting friends
- Support with applications, presentations and other school requirements
- Joint excursions, for example to the amusement park or swimming pools

Treff 21 is a non-violent safe space for everyone, where the educational staff actively oppose racism and sexism and are committed to working together in solidarity. Interested people can drop in unannounced during the opening hours of Treff 21.

The service is free of charge.

Gender-conscious work is very important to us. Girls* and boys* with their respective special needs and wishes are given appropriate support. Every week there is a girls* day and a boys* day for gender-specific work.

🕒 **Girls* day, 9 - 18 years:**

Tuesday 14:00 - 18:00

🕒 **Open day for girls* and boys*, 10 - 18 years:**

Thursday 15:00 - 17:30


Friday 14:00 - 18:00

Saturday every 14 days 14:00 - 18:00

🕒 **Open centre for girls* and boys*, 14 - 21 years:**

Thursday 18:00 - 20:30

Friday every 14 days 18:30 - 21:30

 **Boys* day, 10 - 18 years:**

Wednesday 15:00 - 19:00


*: This symbol means that not only girls and women or boys and men are addressed with the respective word, but also transgender and intersex people.

The centre is partially barrier-free. A disabled toilet is available.

Treff 21

 [Terofalstraße 68, 80689 München](#)

 @treff21@schuleberuf.de

 [+49 \(0\) 897003031](tel:+49(0)897003031)

 <http://www.treff-21.de/>

ClubIn – International meeting point for young people from 17 to 27

ClubIn - International meeting place for young people from 17 to 27

ClubIn is an organisation for international youth work. We offer various interesting programmes:

- Contact and meeting point for people from all over the world
- Information and advice on the topics of training, studying, au pair, voluntary service in Germany
- Culture and leisure, for example discovering Munich and the surrounding area together
- Education, for example tutoring in German

 [Find out more](#)

 Interpreters are available in Arabic, Spanish, English and French.

The service is free of charge.

Verein für Internationale Jugendarbeit – ClubIn

Friedrich-Loy Straße 16

80796 München

 [089/306686913](tel:089306686913)

 @clubbuero@vij-muenchen.de

 **Office**

On Monday 14:00 - 16:00

On Tuesday 10:00 - 12:00

On Thursday 14:30 - 16:30

 **Open meeting:**

On Thursday 19:30 - 22:00

On Friday 19:30 - 24:00

**This text contains information on the following terms:
get to know people, youth club**

Children's and youth culture workshop

Children's and youth culture workshop

A workshop for children, teenagers and young adults. Various artists and craftspeople will guide you in the use of materials and tools. They impart their knowledge of the materials and tools and encourage visitors to experiment on their own.

There is also a workshop for bicycles and a project room. Specific topics are dealt with there. You can work independently and develop your own topics, questions, possible functions and activities.

There are also programmes for classes and groups.

Who for: For children aged 7 - 15 years.

🗣️ German, English

Seidlvilla children's and youth culture workshop

📍 Seidlvilla, Nikolaiplatz 1b, 80802 München

The workshop is on the first floor.

🕒 From Thursday to Saturday (except during [holidays](#)) 14:30 - 18:00 (please enquire)

☎️ [089/341676](tel:089341676)

@ kjwseidlvilla@kulturundspielraum.de

🌐 www.kjw-seidlvilla.de

Children's and youth culture workshop Pasinger Fabrik

There is barrier-free access to the building and the rooms. There is a disabled toilet.

■ Pasinger Fabrik, August-Exter-Str. 1, 81245 München

🕒 From Monday to Saturday (except during [holidays](#)) 14:30 - 18:00 (please enquire)

☎️ [089-8888806](tel:089-8888806)

@ kjwpasing@kulturundspielraum.de

🌐 www.kulturundspielraum.de

CultureClouds e. V.: Art and play projects

CultureClouds e. V.

CultureClouds e. V. organises art and play projects for children and young people. We create mobile art, play and open spaces in Munich almost every day of the year. And especially where they are lacking and for those who lack them. We believe in diversity and inclusion and are committed to enabling as many different young people as possible to experience participation and co-determination.

👥 Who it's for: All children and young people, regardless of their physical, mental or linguistic abilities.

We organise various open projects in different public places in Munich. For example, our mobile pop-ups:

- [Tanz. Die. Invasion](#) for everyone
- [Zirkus Pumpernudl](#) for everyone aged 6 and over
- [StrasseOase](#) for everyone aged 3 and over

You can find all the current dates and where the events are taking place in our 📅 [calendar](#), on 📘 [facebook](#) and 📷 [instagram](#).

The offer is free of charge and without registration. Just drop by!

Culture Clouds e. V.

📍 [Saarstr. 7, 80797 München](#)

✉️ [@info@culture-clouds.de](mailto:info@culture-clouds.de)

☎️ [+49 \(0\) 8952300695](tel:+49(0)8952300695)

🌐 <https://culture-clouds.de/>

**This text contains information on the following search terms:
culture, fun, discovery, join in, youth**

Projekt-Laden International Haidhausen

Project Shop International Haidhausen

Our door is open to families, women and children of all nationalities - and to anyone who is interested in intercultural exchange or would like to attend a group or event.

Our group programme:

- The **International Women's Group** is an open group. Here you can socialise, exchange ideas and practise speaking German. Lectures are held on various topics and parties and excursions are organised.
- **International sewing group:** for sewing or learning to sew.
- In spring and summer we offer **cycling courses** for women.
- The **international children's group** with homework supervision is open to primary school children (with registration).
- The **International Girls' Group** and the **International Boys' Group** are open groups for children aged 7 to 12.

💡 There are no groups during the [school holidays](#).

 [Find out more](#)

Who for: For women of different origins, including those with small children. For children from 6 to 12 years.

 There are interpreters for English, Turkish, Farsi and Russian.

You can bring your children with you. There is also childcare.

The open meetings for women, children, girls and boys and the sewing group are free of charge. The bicycle course costs 40 euros.


Verein für Internationale Jugendarbeit – Projekt-Laden International

Metzstraße 37


81667 München

 [089/67973438](tel:08967973438)

 info@projekt-laden.de

 **Office:** from Monday to Friday 10:00 - 16:00

 **Women's group:** on Wednesday 09:30 - 11:30 am

 **Sewing group:** on Monday 17:00 - 19:00

**This text contains information for the following search terms:
leisure, handicraft, tailoring, care, support for children**

Leisure facilities of the KJR

Leisure facilities of the KJR

There are a total of 50 leisure facilities run by the Kreisjugendring in Munich. Here, children and young people can spend time with their peers. They can do what they enjoy: try out table tennis, table football, billiards and other games, listen to music and make music, do handicrafts, sports, dance, go on the internet ... or just talk and laugh with others. The KJR is there for all children and young people.

One of these centres is bound to be near you!

Who's it for: Children, adolescents, young adults

All the services are free.

 [To the individual facilities](#)

**This text contains information about the following search terms:
Leisure activities, children's club, youth club**

KulturRaum München e.V.

KulturRaum München e.V.

All people in Munich should have the opportunity to participate in the cultural life of the city. Regardless of origin, age or education. That's why we give donated tickets for cultural events

free of charge to people with little money. Our employees then call you personally and offer tickets for events. The tickets are deposited in your name at the box office. You will always receive a second ticket for an accompanying person, who you can take with you to the event. Children can attend an event with their family.


Who for: People who have little or no income. For example, people who have the [Munich Pass](#).

The offer is free of charge.

After registering, you will be sent an email to „KulturGast“. Young people can register as „KulturKicker:in“ and book tickets of their choice online.


 [Registration for adults and families](#)

 [Registration for young people aged between 14 and 23](#)

 KulturRaum München e.V., Zenettistraße 2, 80337 München

Our office is on the 1st floor. The building is accessible via a ramp. A lift (width: 90 cm) is located to the left of the main entrance behind the glass door. This is usually locked. If you need help opening the doors, please call us.

Children can be brought along.

 [08955267183](tel:08955267183)

 German, English, Russian, Ukrainian and Arabic

 @gast@kulturraum-muenchen.de

 [Website hours](#)

 Monday, Tuesday, Thursday, Friday 10:00 to 16:00

This text contains information on the following search terms:

Culture, Participation, Theatre, Concert, Cinema

Offers for girls and women


Open meeting place for girls* aged 6 to 17

Open meeting place for girls* aged 6 to 17

Girls* can spend their free time here and meet up with other girls*. There are computers and internet, Switch, table football, help with homework and craft activities.

* The asterisk means that trans women, intersex women and non-binary people are also welcome.


The programme is free of charge. A small fee is charged for food and handicrafts.

 From Tuesday to Thursday 15:30 - 19:30 and on Friday 14:30 - 19:30

Giesinger Mädchen-Treff

 [Rotwandstraße 28, 81539 München](#)

 [@info@giesinger-maedchen-treff.de](mailto:info@giesinger-maedchen-treff.de)

 [+49 \(0\) 896913362](tel:+49(0)896913362)

 <http://www.giesinger-maedchen-treff.de/>

**This text contains information on the following search terms:
socialising**

Blumenau girls' centre

Blumenau girls' centre

We offer a safe and free space for everyone who identifies as female and is between the ages of 9 and 21. We offer great leisure activities and organise excursions.

What you'll find here:

Meeting friends*, dancing, playing sports and music, baking, cooking, creative activities, film afternoons, parties, projects and much more.

It's also about discussing, helping to shape politics, realising your own wishes and contributing your strengths. It is important to talk about problems and find solutions together, to plan one's own future and to strive for an exchange on important topics for girls* and young women* from Blumenau.

We advocate equal rights for all genders, solidarity and diversity and stand up against sexism, racism and other forms of discrimination.

Who for: Girls* and young women* aged between 8 and 18.

There is partial barrier-free access to the building and the rooms.

The open programmes are free of charge. There is a small charge for excursions.

Gelbhofstraße 16

81375 München

 [089/57954661](tel:08957954661)

 [@maedchentreff_blumenau@schuleberuf.de](mailto:maedchentreff_blumenau@schuleberuf.de)

 [Website](#)

 **Open meeting and projects (just drop by!):**

From Wednesday to Friday 14:00 - 18:00

*: This symbol means that not only girls and women are addressed with the respective word, but also transgender and intersex people.

Drop-in sewing workshop

Drop-in sewing workshop

Welcome! We meet every Wednesday in the cellar studio of the Bellevue di Monaco to sew, exchange ideas, have fun and practise German. Here you can get tips and expert support, use our machines and our sewing material. The workshop is only for women.

 [Find out more](#)

Who's it for: female refugees who enjoy sewing; seamstresses

You can bring your children with you.

The service is free.


Bellevue di Monaco

Müllerstraße 6, cellar studio

80469 Munich

 [089/55057750](tel:08955057750)

 naehwerkstatt@bellevuedimonaco.de

 Wednesday 16:00 - 18:00

Women's café

Women's café

Welcome to the intercultural women's café! Here, women of all backgrounds meet with Munich women to talk, dance, laugh, eat, network, plan activities and much more. Why don't you drop by, we look forward to meeting new faces!

Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.


 every Tuesday 18:00 - 21:00

Interkulturelles Frauencafé von JUNO

 [Müllerstr. 2, 80469 München](#)

 [@welcome@juno-munich.org](mailto:welcome@juno-munich.org)

 [+49 \(0\) 1622976474](tel:+49(0)1622976474)

 [+49 \(0\) 17634647785](tel:+49(0)17634647785)

 <https://bellevuedimonaco.de/veranstaltungen/kateg...>

Café Glanz for women - siaf e. V.

Café Glanz for women - siaf e. V.

The Café Glanz für Frauen is a contact point and meeting place for women and children. It offers space for self-initiative, contact and encounters or simply for relaxing, chatting, drinking coffee or having lunch. The café offers affordable culinary delights such as freshly cooked lunches, home-baked cakes and drinks. There is also a café with an open children's room and the terrace is open when the weather is nice.

The café is also the venue for the numerous events organised by the association siaf e. V. Lectures, vernissages, workshops, group meetings, parties and seminars, exhibitions, discussions, film evenings and celebrations take place here. Room hire is possible.

Who for: The programme is aimed at all women.

The café can accommodate around 30 adults and 20 children. Please book in advance for larger groups (10 adults or more)!

No admission, no obligation to consume, the prices on the menu apply.


Children can be brought along.

There is a disabled toilet.

Café Glanz


Sedanstraße 37


81667 München

 [089/4580250](tel:0894580250)

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

 [Website](#)

 From Tuesday to Thursday 09:30 - 16:00

 On Friday 10:00 - 14:00

Open children's room with pedagogical supervision (2 Euro donation):

On Tuesday 09:00 - 12:00

On Thursday 14:00 - 17:00

This text contains information on the following search terms:

Meeting place for women, leisure, mums

Intercultural exchange for women from all over the world

**Intercultural exchange for women from all over the world -
"Fremd-Vertraut", life in Germany**

Would you like to practise German in a small, informal group and find out more about life in Germany? We offer women from all over the world the opportunity to overcome their fear of speaking German in a friendly and relaxed atmosphere. In small groups, we expand our language and cultural skills together with the help of a variety of topics. We exchange ideas, learn from and with each other and go on excursions in the city. We are happy to welcome new participants!


Who for: Women from all over the world with a basic knowledge of German

Entry requirements: Only for female readers

The programme is free of charge.

The number of places is limited. Registration by WhatsApp / phone or e-mail.


There is barrier-free access to the building and the rooms. There is a disabled toilet.

 "Fremd-Vertraut" offers two courses a year: In spring and autumn, 6 weeks each
Mondays and Wednesdays from 9.30 am - 12.30 pm

fremd - vertraut | Verein für Fraueninteressen e.V.

 [Schwanthalerstr. 80, 80336 München](#)

 [@fremdvertraut@fraueninteressen.de](mailto:fremdvertraut@fraueninteressen.de)

 [+49 \(0\) 15906146627](tel:+49015906146627)

 <https://www.fraueninteressen.de/einrichtungen/fre...>

This text contains information on the following search terms:
Learn German

Bewegt – exercise for women


Moved - gymnastics for women

The low-threshold open programme takes place in a room that cannot be seen from outside.
The multilingual group leader has a migration background. There is one hour of gymnastics
for women followed by 30 minutes of gymnastics for children.


Who for: Mothers and children with a migration background

There is barrier-free access to the building and the rooms. There is a disabled toilet.


The programme is free of charge, donations are welcome.

 Tuesdays 09:15 - 10:15, not during holidays.

Verein Stadtteilarbeit

 [Moosacher Straße 11a, 80809 München](#)

 [@c.schmidt@verein-stadtteilarbeit.de](mailto:c.schmidt@verein-stadtteilarbeit.de)

 [+49 \(0\) 899901650](tel:+490899901650)

 <https://www.verein-stadtteilarbeit.de/>

This text contains information on the following search terms:
movement, health, sport, exercises


Drop-in meeting point for women from all over the world

Open meeting for women from all over the world

Welcome to the Open Meeting Centre! Here, women from all over the world have the opportunity to exchange ideas in a relaxed atmosphere, practise their German and get to know other women. We talk about many topics and offer an open space for your wishes and ideas.


For whom: for women / female readers from all over the world

Children can be brought along.


 Every Friday from 10:00 - 12:00

The offer is free of charge.

Bellevue di Monaco (Cellar studio)
Müllerstr. 2
80469 München

 [0176/34647785](tel:017634647785)

 [@laura.zimmer@juno-munich.org](mailto:laura.zimmer@juno-munich.org)

 <https://www.fraueninteressen.de/einrichtungen/off...>

This text contains information on the following search terms:

Learn German

Self-assertion and self-defence for girls and women

Self-assertion and self-defence courses for girls aged 4 and over, adolescent girls and women

"Wildwasser München" is a specialist centre to support women in cases of sexual violence and to protect women and girls from sexual violence.

We also offer self-assertion and self-defence courses in refugee shelters, residential facilities, youth centres, schools, kindergartens and many other places.

- Women and girls learn to set boundaries: "Leave me alone!", "Go away!", "Don't touch me!"
- Women and girls learn to defend themselves - with words, but also with hitting, kicking and more.
- Women and girls learn how and where they can get help.
- Women and girls learn what their rights are.

 [Learn more](#)

Who for: Girls aged 4 and over, adolescent girls and women, including those with disabilities

 Interpreters are available.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

We adjust the price individually so that everyone can take part. The offer costs between 0 and 80 euros.

Wildwasser München e. V.

Thomas-Wimmer-Ring 9

80539 München

☎ [089/61466286](tel:08961466286)

@ praevention@wildwasser-muenchen.de

**This text contains information on the following search terms:
training, prevention, safety, emancipation, self-determination**

Offers for LGBTI*

refugees@diversity - Buddy Programme

refugees@diversity - Buddy programme

Are you lesbian, bisexual, gay or trans*? Have you fled to Munich from your home country and would like to get to know other like-minded people or offers within the Munich scene? Then you've come to the right place!

We will provide you with a buddy who will accompany you to events in Munich's queer scene. So you don't have to go anywhere on your own and always have someone at your side who can answer all your questions about queer offers and organisations in and around Munich.

You can also visit the [youth groups](#) and events at diversity together with your buddy. This makes access to our community easier.

Who for: LGBTIQ* people with a refugee background aged between 14 and 27.

The programme is free of charge. Some events cost something.

Please make an appointment.

diversity München e. V.

Blumenstraße 11

80331 München

☎ [089/55266986](tel:08955266986)

@ beratung@diversity-muenchen.de

🌐 [Website](#)

**This text contains information on the following search terms:
youth group, hiv, aids**

JUNGS - leisure group for gay and bisexual boys

JUNGS - Leisure group for gay and bisexual boys

The JUNGS is a leisure group for gay and bisexual boys (and people who are questioning their sexual orientation) between the ages of 18 and 27.


If you would like to do something together and get to know new people, you are very welcome.

If you are unsure before attending for the first time or have questions about the group, you can contact us at any time.


Our meetings are a safe space. Therefore, no photos or videos are taken.

The programme is open to trans men and non-binary people.

The programme is free of charge. There is a small charge for some activities.

 The meetings usually take place on Fridays at 19:00. You can find the exact dates [here](#).

JUNGS | diversity e. V.

 [Blumenstraße 11, 80331 München](#)

 [@jungs@diversity-muenchen.de](mailto:jungs@diversity-muenchen.de)

 [+49 \(0\) 8955266986](tel:+4908955266986)

 <https://diversity-muenchen.de/gruppen/jungs/>

This text contains information on the following search terms:

Lgbt, youth group, queer

JuLes - Leisure group for lesbian and bisexual girls

JuLes - Leisure group for lesbian and bisexual girls


JuLes is a leisure group for young lesbian and bisexual girls (and people who are questioning their sexual orientation) aged between 14 and 19 who would like to do something and meet new people.

If you are unsure about joining for the first time or have any questions about the group, please feel free to contact us at any time.


Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

The programme is open to trans women and non-binary people.

The programme is free of charge. There is a small charge for some activities.

 Every first Saturday of the month at 15:00. On all other weekends on Sundays at 15:00, together with the [youngsters](#).

JuLes | diversity e. V.

 [Blumenstraße 11, 80331 München](#)

 @jules@diversity-muenchen.de

 [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/jules/>

This text contains information for the following search terms:

Lgbt, youth group, queer


JuLeZ - open offer for young LBT*

JuLeZ - open programme for young LBT*

JuLeZ is an offer for girls* and young women* aged 12 to 27 who define themselves as lesbian, bi, a, non-binary, trans*, queer or inter*. Julez offers the opportunity to get to know girls* and young women* who feel the same way. The group is led and supervised by two social pedagogues. We cook together and then have a varied programme of activities:

- being creative
- games evenings
- Picnics on the Isar
- Excursions, for example to the cinema or a bike ride


The aim of the programme is to create a safe space to discuss important topics of the clients* if necessary and generally to create an opportunity for exchange.

 Every Thursday from 5 pm to 9.30 pm. Not on public holidays or during school holidays.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

The offer is free of charge. There is the possibility to pay a small, voluntary amount for dinner, but this can also be done according to individual possibilities.

JuleZ | IMMA Café

 [Jahnstraße 38, 80469 München](#)

 @julez@imma.de

 [+49 \(0\) 8923889143](tel:+49(0)8923889143)

 <https://imma.de/infos-für-euch/julez/>

enBees - Leisure group for young non-binary people

enBees - Leisure group for young non-binary people

enBees is a group for non-binary people (and people who are questioning their gender identity) between the ages of 14 and 27.

Would you like to meet new people and do something together? Then you've come to the right place!


If you are unsure before the first meeting or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space, so no photos or videos are taken. This ensures your anonymity.


Who for: For non-binary people between the ages of 14 and 27

The term "non-binary" describes people whose gender identity is neither male nor female or does not correspond to the two labels male and female.

The offer is free of charge. There is a small charge for some activities, for example when we go on excursions.

 The meetings take place on the 2nd Thursday of the month at 18:00 and on the 4th Saturday of the month at 15:00.

enBees | diversity e. V.

 [Blumenstraße 11, 80331 München](#)

 @enbees@diversity-muenchen.de

 [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/enbees/>

**This text contains information on the following terms:
Lgbt, bisexual, queer, lesbian, gay, youth group, non-binary**

frients - leisure group for young trans* people

frients - leisure group for young trans* people


frients is a leisure group for young trans* people aged between 14 and 27 who would like to do something together and meet new people. If you are unsure about joining the group for the first time or have any questions about the group, you are welcome to contact our social education workers at any time. Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

Who for: Trans* women and men aged between 14 and 27, regardless of whether you are still at the beginning of your journey or have already reached your personal goal.

The programme is free of charge. There is a small charge for some activities.

 Every second Saturday of the month at 2 pm.

frients | diversity e. V.

 [Blumenstraße 11, 80331 München](#)

 @friends@diversity-muenchen.de

 [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/friends/>

This text contains information on the following search terms:


Lgbt, queer, youth group


diversity Café

diversity Café


The diversity Café is the second location of the queer youth centre diversity München. The diversity Café welcomes all young LGBTIQ* people and their friends. You can meet new people and chat over drinks and snacks.

diversity Café:

 On Tuesday and Thursday 16:00 - 20:00

 On Sunday 15:00 - 19:00

diversity Bar:

 On Wednesday 19:00 - 24:00

If you are unsure before attending for the first time or have any questions, please feel free to contact us.


Who for: For young LGBTIQ* people and their friends up to the age of 27.

The offer costs a contribution towards expenses for some activities.

diversity München e. V.

Blumenstraße 11

80331 München

 [089/55266986](tel:08955266986)

 @info@diversity-muenchen.de

 www.diversity-muenchen.de

This text contains information on the following search terms:

Lgbt, trans, bisexual, gay, lesbian, queer, non-binary, cafe, leisure time

bi.yourself - leisure group for young bisexual people

bi.yourself - leisure group for young bisexual people

bi.yourself is a leisure group for all bisexual and pansexual people (as well as people who are questioning their sexual orientation) between the ages of 14 and 27 who enjoy doing things together and meeting new people.

If you are unsure before joining for the first time or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space. Therefore, no photos or videos are taken. This ensures the anonymity of the participants.

The programme is open to trans and non-binary people.

The programme is free of charge. There is a small charge for some activities.

bi.yourself | diversity e. V.

📍 [Blumenstraße 11, 80331 München](#)

✉️ [@bi.yourself@diversity-muenchen.de](mailto:bi.yourself@diversity-muenchen.de)

☎️ [+49 \(0\) 8955266986](tel:+49(0)8955266986)

🌐 <https://diversity-muenchen.de/de/gruppen/biyoure...>

This text contains information on the following search terms:

Lgbt, youth group, queer

youngsters - leisure group for young gay, bisexual boys between the ages of 14 and 19

youngsters

The youngsters are a leisure group for young gay and bisexual boys (and people who are questioning their sexual orientation) aged between 14 and 19 who would like to do something together and meet new people.

If you are unsure about attending for the first time or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space, so no photos or videos will be taken to protect your anonymity.

The programme is open to trans boys and non-binary people.

🕒 Always on Sundays from 15:00

The programme is free of charge. There is a small charge for some activities.

youngsters | diversity e. V.

📍 [Blumenstraße 11, 80331 München](#)

✉️ [@youngsters@diversity-muenchen.de](mailto:youngsters@diversity-muenchen.de)

☎️ [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/youngste...>

This text contains information on the following search terms:

Lgbt, youth group, queer

WILMA - Leisure group for lesbian and bisexual women

WILMA - Leisure group for lesbian and bisexual women



WILMA is a leisure group for young lesbian and bisexual women (and people who are questioning their sexual orientation) aged between 18 and 27 who would like to do something together and meet new people.

If you are unsure about attending for the first time or have any questions about the group, you are welcome to contact us at any time.


Our meetings are a safe space: To protect your anonymity, no photos or videos are taken.

The programme is open to trans women and non-binary people.

The programme is free of charge. There is a small charge for some activities.

 The meeting takes place twice a month, usually from 19:00 - 22:00. The exact dates can be found at  [here](#).

Wilma | diversity e. V

 [Blumenstraße 11, 80331 München](#)

 @wilma@diversity-muenchen.de

 [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/wilma/>

This text contains information on the following search terms:

LGBT, youth group

AroSpAce - Leisure group for young aromantic & asexual people

AroSpAce

AroSpAce is a leisure group for young people between the ages of 14 and 27 who are on the aromantic and/or asexual spectrum (i.e. also demi, grey etc.) or who are questioning their identity in this respect and who would like to meet new people and do something with like-minded people.


If you are unsure before attending for the first time or have any questions about the group, you are welcome to contact us at any time.

Our meetings are a safe space, so no photos or videos are taken to protect your anonymity.

The programme is free of charge. There is a small charge for some activities.

 Always on the 2nd Tuesday of the month at 19:00.

AroSpace | diversity e. V.

 [Blumenstraße 11, 80331 München](#)

 @arospace@diversity-muenchen.de

 [+49 \(0\) 8955266986](tel:+49(0)8955266986)

 <https://diversity-muenchen.de/de/gruppen/arospace/>

This text contains information on the following search terms:

Lgbt, youth group, queer

Munich Kyiv Queer

Munich Kyiv Queer

Fight for Global Rights - Solidarity knows no borders.

Lesbians, gays, bi, trans* and Inter* (LGBTI) suffer from disenfranchisement, persecution and attacks in many places around the world. We stand by their side in solidarity.

The Munich Kyiv Queer contact group was founded in 2012. We campaign specifically for the human rights of homo-, bi-, trans* and inter* people in Ukraine. The partnership between Kyiv and Munich is the basis for this. Since then, a lively cooperation has developed between the lesbian, gay and trans* groups of both cities, which are linked by friendship. The joint projects have long since extended beyond Kyiv to the whole of Ukraine.


Currently, we mainly offer help for LGBTIQ* refugees from Ukraine who come to Bavaria/Munich, but we also support queer people locally.

What we offer: Counselling, accommodation, group meetings with refugees and helpers, paperwork, German courses

For whom: LGBTIQ*


The offer is free of charge. Children can be brought along.

There is barrier-free access to the building and the rooms. There is a disabled toilet.

 German, English, Ukrainian, Russian

 Munich Kyiv Queer c/o Sub e.V., Müllerstraße 14, 80469 München

 info@MunichKyivQueer.org

 [Website](#)

Forum Queeres Archiv München e.V. - LesBiSchwulTransInter* in Geschichte und Kultur

Forum Queeres Archiv München e.V. - LesBiSchwulTransInter* in Geschichte und Kultur

The association has set itself the goal of promoting, collecting and making accessible contributions and findings on the everyday life, culture and history of lesbians and gays.

 [Find out more](#)

Who for: LGBTIQ* people and anyone interested in the topic.


Children can be brought along.


The programme is free of charge.


Forum Queeres Archiv München e.V.


Bayerstraße 77c (in the rear building on the 3rd floor)


80335 München

 [089/23269794](tel:08923269794)

 [@info@forummuenchen.org](mailto:info@forummuenchen.org)

 Tuesday 12:00 - 18:00

 Wednesday 10:00 - 16:00

 Thursday 10:00 - 16:00

Borrow cargo bikes free of charge

Borrow cargo bikes free of charge

A cargo bike is a bicycle that can be used to transport goods or people.

You can hire cargo bikes on the website  www.freie-lastenradl.de.

Who for: For people aged 18 and over.

There are different types of bikes. Some of the bikes


- have an electronic drive
- have a trailer
- are suitable for transporting children
- have three wheels
- have two wheels


The offer is free of charge.


How often and for how long can I hire a cargo bike?

Each person can borrow a bike a maximum of twice a month for a maximum of three days.

How does it work?

To be able to hire a bike, you must [register](#) at . You also need a valid identity document.

On the  [map](#) you can see where the available cargo bikes are located.

 Below the map, you can filter by specific characteristics of the bikes.

For questions:

 [@info@freie-lastenradl.de](mailto:info@freie-lastenradl.de)

 [Website](#)