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## Leisure/culture/sport

### Mima - Counselling centre for sport/creative/educational activities

Mima is a counselling service for people from non-EU countries who live in Oberhausen . We help you to find sports, creative and educational programmes. We provide personalised advice and work with you to find suitable activities for you or your child. If you wish, we can accompany you to your first appointment and help you get in touch with the club or course organiser.

Everyone should be able to develop their strengths.

If you are looking for a particular sport, want to be creative or learn something new, then make an appointment with the "mima" advice centre.

Website:

[www.mima-oberhausen.de](http://www.mima-oberhausen.de)


Contact:

 Stefan Eichler / Alev Cömert

 [02088575660](tel:02088575660)

 [02088575682](tel:02088575682)

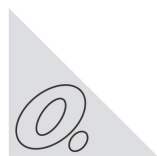
[@mima@ruhrwerkstatt.de](mailto:@mima@ruhrwerkstatt.de)

 RUHRWERKSTATT Kultur-Arbeit im Revier e.V.

[Akazienstr. 107, 46045 Oberhausen](#)



Kofinanziert von der  
Europäischen Union



stadt  
oberhausen



Kommunales  
Integrationszentrum  
Oberhausen

## Leisure and exchange

### Libraries

In a library or bookshop you can borrow books, CDs, learning materials and learning aids to take home. You will need a library card for this. You can get this from your local library. It is

also possible to study or read there in peace and quiet.  
Find out more on site:

 [City library](#)

## Support groups

In many neighbourhoods and communities, there are groups that work for you without payment. Volunteers can help you find your way around your neighbourhood. They can help you take part in leisure activities and sports programmes. You can learn your first German language skills here. If you have questions about everyday life, ask the volunteers. For example, if you don't understand a letter in German or if you want to know where there are good shops and sports facilities or how bus travel works. Volunteers can also help you with questions about a bank account. Many volunteer groups also offer help if you would like to learn German. Helferkreise can be contacted by e-mail.

## International Children's Academy

### Was ist die Internationale KinderAkademie?

- The founding of the International Academy in 2008 set an example against child poverty in the city of Oberhausen
- die kurbel – Katholisches Jugendwerk Oberhausen GmbH and other partners founded the programme for children
- Since 2017, TalentMetropole Ruhr has been actively and financially supporting the Internationale KinderAkademie actively and financially

### What are our programmes for you?

- Internationale KinderAkademie is for children between the ages of 5 and 14
- outside of school, the children discover many new areas of knowledge and learn about their talents
- Within the city of Oberhausen and throughout the Ruhr region, important organisations in the fields of culture, politics, social affairs, science and business are visited




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### When does it take place?

At weekends and always during the holidays

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### The contact persons are

 Andrea Berndt  
 [02089942477](tel:02089942477)  
 [@a.berndt@die-kurbel-oberhausen.de](mailto:a.berndt@die-kurbel-oberhausen.de)

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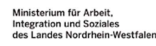
 [ZIB Bildungsoffensive](#)

 [Styrumer Str. 41](#), 46045 Oberhausen

 [02089942477](tel:02089942477)

 [@zib@die-kurbel-oberhausen.de](mailto:@zib@die-kurbel-oberhausen.de)

## The co-operation partners are:



## Offers for senior citizens

In 2020, around 18.3 million people over the age of 65 lived in Germany. And this number is growing every year. They now make up more than 22% of the total population. Older people often need care or help in the home. The older people are, the more likely they are to need help. Some also live alone. This sometimes means that their social contacts become fewer. Social contacts are important for mental health.


 [Counselling for the elderly](#)

## International women's group

Women from different countries meet to exchange experiences from their home country and Germany. The aim is to communicate with each other in German wherever possible. The aim is to develop a better understanding of each other.

The group takes place with childcare!

The group meets every 2nd Tuesday at the Protestant Family and Adult Education Centre on the

 Marktstr. 154 in 46045 Oberhausen


When is the next meeting?

 [+49 \(0\) 2088500852](tel:+49(0)2088500852)

 [Dates of the International Women's Group](#)



## Volunteering / Honorary work

Are you interested in volunteering? Perhaps you don't yet know exactly what you want to do? We can show you the possibilities. You are welcome to use our practical  [online database](#) to find suitable volunteer work.

## Culture

### Cultural promotion

### Financial support for independent and cultural projects in Oberhausen

Cultural and artistic projects are important for every city. They enrich the city's cultural offerings.

The city of Oberhausen also provides financial support for independent and cultural activities. The city's culture committee decides on grants of 500 euros or more. The cultural office decides on grants of less than 500 euros.

Further information can be found [here](#).

Das Kulturbüro steht Ihnen gerne zur Verfügung, um sie zu beraten und sie zu unterstützen.

### Sie erreichen uns unter:

 [Gewerkschaftsstr. 76-78, 46045 Oberhausen](#)

 [@kulturbuero@oberhausen.de](mailto:kulturbuero@oberhausen.de)

 [02088252809](tel:02088252809)

### Cultural prizes

### Jugendkulturpreis

The Oberhausener Jugendkulturpreis honours the artistic activities of young people and young adults aged between 10 and 21. They are given the opportunity to show their artistic endeavours to the public. Projects and people or institutions that promote and support young people are honoured.

All further information about the Jugendkulturpreis can be found [here](#).

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## CityARTists

Das NRW KULTURsekretariat vergibt gemeinsam mit der Stadt Oberhausen und anderen Städten zehn Preise von insgesamt bis zu 50.000 EUR. Die Ausschreibung richtet sich an Oberhausener Künstler ab dem 50. Lebensjahr.

Weitere Informationen finden Sie [hier](#).

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## "I'm from here!"

You are from here? I am from here!

The winners of the "I'm from here" competition have been announced.

Oberhausen residents were invited to record what they love about their neighbourhood in a short video or audio clip.

The winners were Timon Rubbert and Mina Telli with the video „Stimmen aus der Heimat“. The prize was organised by NRW KULTURsekretariat.

If you have any questions, please contact Volker Köster:  
[@volker.koester@oberhausen.de](mailto:@volker.koester@oberhausen.de)

## Religious practice

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

Contact with a community is important. Here you can celebrate worship together. It makes it easier to socialise with your fellow human beings. There are various groups or meetings for this purpose. Find out more on the community's website. You can also call or introduce yourself in person.

## Public holidays and festivals

### Public holidays and festivals

People from different religions and cultures live in Germany.

The Bundesamt für Migration und Flüchtlinge ( BAMF) has produced a calendar. The calendar shows the festivals and public holidays of the various religions in Germany. It also includes important days of remembrance and public holidays.

Here is the link to the calendar of BAMF:

 [BAMF calendar](#)

There is also a calendar for Nordrhein-Westfalen. The calendar is called "Interreligiöser Kalender". This calendar shows the festivals and public holidays of the major religions in Nordrhein-Westfalen. It also explains what people celebrate on these days.

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Here is the link to the calendar for Nordrhein-Westfalen:

 [Calendar of the MKJFGFI](#)

## Sports programmes

### General information

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

### Aquapark Oberhausen

The design of Oberhausens 's new water world is characterised by the "black gold of the Ruhr". The AQUApark is the world's first mining adventure pool.

The aquapark covers 25,000 square metres. It consists of a sports pool and a leisure pool. There is also a fitness pool and fun pool. There is also an outdoor pool and a children's pool. There is also a wellness area.

Highlights include the longest X-Tube slide in Europe and the Black Hole slide. Everything you see here has been built in the character of the "Zeche".

 [Aquapark Oberhausen](#)

 Heinz-Schleußer-Straße 1, 46047 Oberhausen


### Oberhausen Sports Association (SSB)

The city sports association (SSB) is the umbrella organisation for Oberhausener sports clubs. It is housed in the "Haus des Sports" with its sports department.

As a member of the state sports association NRW , SSB supports the promotion of sport. The association pursues charitable purposes. It is independent and politically neutral. It is the umbrella organisation for Oberhausener sports clubs and sees itself as a service provider. In addition, SSB is a service provider and partner to its affiliated clubs.

The SSB enables Oberhausener citizens to find and practise their sport. Age, gender and ability are not relevant. There are more than 220 clubs with 38,000 members in Oberhausen.

 [City Sports Association Oberhausen](#)

 [Sedanstraße 34, 46045 Oberhausen](#)