

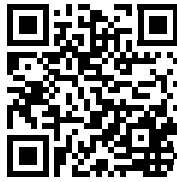
# Für 'n Appel und 'n Ei (As Cheap as Chips)

Free and Cheap  
Leisure activities  
in Bergisch Gladbach



Frauenbüro  
Bergisch Gladbach





digital copy at  
[www.bergischgladbach.de/appel-und-ei.aspx](http://www.bergischgladbach.de/appel-und-ei.aspx)

## INTRODUCTION

After almost ten years it has come around again! As a trainee in the Frauenbüro/Gleichstellungsstelle (Women's Office/Equal Opportunities Office) of the council of Bergisch Gladbach this year I had the lovely task of bringing the brochure "Für'n Appel und 'n Ei" back to life, shaping and drawing up both the contents as well as the design. I have pursued this task with great enthusiasm and joy.

Simply getting out; seeing, hearing or experiencing something different! We all recognise this need, however leisure activities are often expensive. This brochure points towards the leisure opportunities which are either free or cheap. It helps support those families, children, youths, and pensioners, who either can not afford costly leisure activities or do not want to spend lots of money.

"Für'n Appel und'n Ei" can not only be considered as an incentive to save money, but also lead to the realisation that free and cheap offers definitely have their appeal. In the brochure many leisure institutions and offers in Bergisch Gladbach are taken into account. Nevertheless this brochure does not claim to be a complete list of leisure activities.



(From the left: Michaela Fahner, Emma Scheer, Gitta Schablack)

Together with the Gleichstellungsstelle (Equal Opportunities Office) we would like to wish you a lot of fun in searching out, and carrying out, many of the great leisure offers! We would love to hear about further suggestions and any feedback that you might have on: 02202/142647

Bergisch Gladbach, December 2013

A handwritten signature in cursive script, appearing to read 'G. Schablack'.



# Contents

## Leisure Activities subdivided into different Categories:

CHILDREN AND YOUTH INSTITUTIONS	PG 8
SPORT	PG 14
GAMES	PG 15
NATURE	PG 18
CREATIVITY	PG 22
READING AND THE NEW MEDIA	PG 23
ART AND CULTURE	PG 27
MUSEUMS	PG 28
SPEECHES AND TALKS	PG 31
ONE OFF EVENTS AND TIPS FOR EVENTS	PG 31

# CHILDREN AND YOUTH INSTITUTIONS

## BlueCake – A Home for the Youth in Moitzfeld

Price: free

Where: 59 Moitzfeld, 51429 Bergisch Gladbach

When: Every Friday we have an open door policy between 17.00–20.00Uhr

Info: BlueCake  
Tel.: 02204/810660  
Internet: [www.bluecake.de](http://www.bluecake.de)  
Email: [info@bluecake.de](mailto:info@bluecake.de)

Note: As a part of the open door policy the Bluecake open to all children and youths in the appropriate age group. According to your wishes, and the level of demand, events are run at these times. In addition there are offers such as discos, networking parties, holiday-programmes etc. Information about our current programmes is published on our notice boards and on the internet-site and can also be obtained in the Bluecake.

## Café Leichtsinn

Price: free

Where: 8 Dr.-Robert-Koch-Straße, 51465 Bergisch Gladbach

When:	Wednesday	16.00 – 20.00
	Thursday	16.00 – 20.00
	Friday	16.00 – 24.00
	Saturday	19.00 – 24.00

**Info:** Café „Leichtsinn“  
Tel.: 02202/93622-24  
Internet: [www.cafe-leichtsinn.de](http://www.cafe-leichtsinn.de)  
Email: [kontakt@cafe-leichtsinn.de](mailto:kontakt@cafe-leichtsinn.de)  
Facebook: Cafe Leichtsin

**Note:** Awaiting visitors is a modern furnished cafe with a nice atmosphere, cheap drinks and small snacks. Depending on the day of the week there are different offers. Moreover different events, like exhibitions and small music events take place here too.

### **Children and Youth Centre FrEsh**

**Price:** Free

**Where:** 33 Am Schild, 51467 Bergisch Gladbach

**When:**

Monday	14.30 – 19.30
Tuesday	14.30 – 20.00
Wednesday	15.30 – 20.00
Thursday	16.30 – 21.00
Friday	15.30 – 21.00

Programme changes daily, more precise information can be found on the internet-site or via telephone.

**Info:** Children and Youth Centre FrEsh  
Tel.: 02202/85665  
(contactable from around 13:00 until closing time)  
Internet: [www.fresch.net](http://www.fresch.net)  
Email: [info@fresch.net](mailto:info@fresch.net)



**UFO – Jugendkulturhaus der AWO  
(UFO- Youth Culture House of the AWO)**

Price: free

Where: 68 Kölner Straße, 51429 Bergisch Gladbach

Monday

Kidscafé (from the age of 10) 15.00 – 20.00

Tuesday

Kidscafé (from the age of 12) 16.00 – 20.00

Theatre Group 18.00 – 20.00

Youth-Café (from the age of 14) 20.00 – 23.00

Wednesday

Kidscafé (from the age of 12) 16.00 – 20.00

Acoustic-Bar (from the age of 14) 20.00 – 23.00

Thursday

Kidscafé (from the age of 12) 16.00 – 20.00

Youth-Café (from the age of 14) 20.00 – 24.00

Friday

Events and bookings

Saturday

Events

Info: UFO – Jugendkulturhaus der AWO  
Tel.: 02204/54922  
Internet: [www.ufo.awo-rbk.de](http://www.ufo.awo-rbk.de)  
Email: [jugendkulturhaus@awo-rhein-oberberg.de](mailto:jugendkulturhaus@awo-rhein-oberberg.de)

Note: The Youth Culture House UFO is a meeting place for young people between the ages of 10 and 27. Young people can meet with friends in the UFO

Kids- und Youthcafé and spend their free time together either leisurely or actively. Additionally particular at the weekends youth cultural events take place, for example party and concert series, theatre performances, exhibitions and much more. In well-equipped rehearsal rooms they also have the opportunity to practice in professional conditions.

In the holidays the Youth Culture House offers a varied programme.

### **CROSS Gronau –Meeting Place for Children and Youths**

Price: All offers except the boxing-training are free.

Where: 122 Mülheimer Straße, 51467 Bergisch Gladbach

When:

Tuesday	
Open Meeting	16.00 – 20.00
Girls Group (10-13 Yrs)	17.00 – 18.30
Open Boxing training	17.30 – 19.00
Wednesday	
Open Meeting	16.00 – 21.00
Theater Group (14-16Yrs)	17.00 – 18.30
Street Dance (from 14 Yrs)	19.00 – 20.00
Thursday	
Open Meeting	16.00 – 21.00
Boys Groups (10-13Yrs)	17.00 – 18.30
Streetdance for Girls (10-14 Yrs)	16.30 – 18.00
Theater Group (from 16Yrs)	19.00 – 21.00

Friday	
Open Meeting	16.00 – 21.00 (may last till 22:00)
Theater Group (10-13Yrs)	16.30 – 18.00
Open Boxing-training	18.30 – 20.00

On the first Saturday of the Month

Children’s Cinema (6-12Yrs)	from 11.00
Open Meeting and changing Promotions	14.00-18.00

Info CROSS Gronau  
Tel.: 02202/50759  
Internet: [www.cross-gronau.de](http://www.cross-gronau.de)  
Email: [kontakt@cross-gronau.de](mailto:kontakt@cross-gronau.de)

Note: The offer is aimed at children and youths between the ages of ten and twenty-one who enjoy discovering new things or spending time with others. Here you will always find an open ear for concerns, questions and other topics.

### Q1 Youth Culture Centre

Price: free

Where: 1 Quirlsberg, 51465 Bergisch Gladbach

When: “Samari” (Youth Cafe) and “Black Box” (Big Hall in Q1)  
Monday to Friday from 17.00  
Mostly events on Friday and Saturday.

Internet Café	
Tuesday to Thursday	15.00 – 19.00

**Info:** Q1 Youth Centre  
Tel.: 02202/32820  
Internet: [www.q1-gl.de](http://www.q1-gl.de)  
Email: [q1@q1-gl.de](mailto:q1@q1-gl.de)

**Note:** The Q1 Youth Culture Centre is home for public youth work in Bergisch Gladbach. Here youth events like concerts, band contests, theatre performances, workshops, media-courses (e.g. how to edit videos) and many others are offered alongside the basic programme.

### **Krea-Jugendclub/ Kreativitätsschule Bergisch Gladbach e.V. (Krea-Youthclub/Creativity School Bergisch Gladbach)**

**Price:** free

**Where:** 11 Wolfsmaar, 51427 Bergisch Gladbach

**When:** Monday 16.00 – 21.00  
Tuesday 15.00 – 21.00  
Thursday 15.00 – 20.00  
Friday 15.00 – 21.00

Saturday and Sunday Workshops/Events

**Info:** Krea-Youthclub  
Tel.: 02204/303106  
Internet:[www.krea-jugendclub.de](http://www.krea-jugendclub.de)  
[www.krea-online.de](http://www.krea-online.de)  
E-Mail: [team@krea-jugendclub.de](mailto:team@krea-jugendclub.de)

**Note:** The Krea Youth Club is a children's and youth institution run by the Creativity School that operates an open door policy. The offers of the Krea Youth Club are aimed at children and youths between the ages of ten and twenty-one.

# SPORT

## **PRO Pedale – Biking Group (for people over 50years old)**

Price: free

Where: PRO Treff – meeting place is in the PRO High School in Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach

When: once a month

Info: PRO Treff  
Tel.: 02204/95480  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

## **Sports Offers during the Holidays**

Every year the Jugendamt and Sportverwaltung (Youth Service and the Sport administration) put together a large holiday programme, in which lots of sports deals are to be found for adults, youths, and children. Some of the offers are very cheap or free. The overview is generally published in the „Bergisches Handelsblatt“ (a local paper) shortly before the holidays begin.

Info: City of Bergisch Gladbach  
Sportverwaltung (Sport Administration)  
Mr Weirich  
Tel.: 02202/142552  
Email: [v.weirich@stadt-gl.de](mailto:v.weirich@stadt-gl.de)

# Games

## Bergisch Gladbach Games Lending

Price: Minimum length of lease is one week. Price also depends on the item being leased.

Where: 6 Quirlsberg, 51465 Bergisch Gladbach  
(Side entrance/Basement of Kita Quirl)

When:	<b>April – September</b>	<b>October – March</b>
	Monday 09.00 – 13.00	09.00 – 12.00
	Friday 15.00 – 19.00	16.00 – 18.00

Info: Games Lending  
Tel.: 02202/2571878  
Internet: [www.spieleverleih-gl.de](http://www.spieleverleih-gl.de)  
Email: [kontakt@spieleverleih-gl.de](mailto:kontakt@spieleverleih-gl.de)

## Skat – Leisure Group (for people over 50years old)

Price: free

Where: PRO Treff –meeting place is in the PROgymnasium  
Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach

When: Monday 13.00 – 16.30

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from the event, if you are not very good on your feet.

### **Chess – Leisure Group** (for people over 50years old)

Price: Free

Where: PRO Treff –Meeting place is in the PROgymnasium  
Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach

When: Wednesday 14.00–17.45

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from  
the event, if you are not very good on your feet.

### **Bowling– Leisure Time Group** (for people over 50years old)

Price: 3 euros a time to cover cost of the train

Where: There are two options:

1) The Restaurant Om heesse Steen  
Kaule 24, 51429 Bergisch Gladbach

2) Gronauer Tannenhof 2 Robert-Schuman-Straße,  
51469 Bergisch Gladbach

When: every third Monday between 17.00 – 19.00

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from the event, if you are not very good on your feet.

**Doppelkopf, Bridge und Leisure Time Group**  
(for people over 50years old)

Price: free

Where: PRO Treff –Meeting place is in the PROgymnasium Bensberg, 84.Schloßstraße, 51429 Bergisch Gladbach

When: Thursday 14.00 – 17.00

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from the event, if you are not very good on your feet.

**Bowls – Leisure Group** (for people over 50 years old)

Price: free

Where: PRO Treff –Meeting place is in the PROgymnasium Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach (In the Milchborntal)

When: Thursday from 15.00  
In the winter from 14.30



Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from the event, if you are not very good on your feet.

## NATUR

### Hiking Group (For people over 50years old)

Price: free

Where: PRO Treff –Meeting place is in the PROgymnasium Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach

When: in good weather every Thursday from 10am.

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
Email: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: For a small price you can be given a lift to and from the event.

### Local Recreation Area- the Saal and Diepeschrath Mills

Price: Free

When: open all year round

**Note:** Around the school centre at Saal Mill there is a very varied area with several play areas, paths for hiking, a lake, a skating park and further facilities.

The recreation area in Diepeschrath possesses a play area, a pond with water sprinklers, beautiful hiking paths and further facilities.

### **Culture and Trail of the Grube Weiß:**

**Price:** Tours of the premises are free.

**Where:** White Mine, 51429 Bergisch Gladbach

**When:** Tours take place roughly twice a year and are announced in the local press and/or on the website.

**Info:** Mr Mai  
Tel.: 02202/141353  
Internet: [www.bergischgladbach.de/GrubeWeiss-1.aspx](http://www.bergischgladbach.de/GrubeWeiss-1.aspx)  
Email: [umweltschutz@stadt-gl.de](mailto:umweltschutz@stadt-gl.de)

**Note:** The former Grube Weiß was in its heyday one of the richest sources of ore in the Bensberg mining area. Nowadays the land is in Fauna-Flora-Habitat-Area (FHH). In these areas the biodiversity of wild and sometimes endangered species of animals and plants ought to be supported and encouraged through the maintenance or rebuilding of their habitats. Anyone who wants to discover the Grube Weiß can join tours with different focuses like conservation or landscaping.

## Geocaching – Digital Treasure Hunt

Price: 5 Euros a day to rent the GPS device

When: available whole year round

Where: The coordination of the Bergischen Caches can be simply and easily downloaded through the internet at [www.altenberg-info.de/aktivitaeten/geocaching.html](http://www.altenberg-info.de/aktivitaeten/geocaching.html)

Info: Bergisch Craft Museum, Mining, Trade and Moats,  
Burggraben 9 – 21, 51429 Bergisch Gladbach:  
Tel.: 02204/55559

or

Altenberg Information Point  
2 Eugen-Heinen-Platz, 51519 Odenthal-Altenberg  
Tel.: 02174/419950

Internet: [www.bergischgladbach.de/freizeit.aspx](http://www.bergischgladbach.de/freizeit.aspx)  
[www.altenberg-info.de/aktivitaeten/geocaching.html](http://www.altenberg-info.de/aktivitaeten/geocaching.html)

Note: Geocaching is a modern form of treasure hunting. However it is different than classic outdoor games as you do not follow a trail on a scrap of paper, instead you follow the instructions of a GPS device. The aim is to find a piece of treasure- the so called (Geo) Cache. In the treasure container there is a log book along with several items for exchange- these could be keychains, card games or a rubber ball. The finder enters their own name into the log book; afterwards he/she can take an object in exchange for another object of the same value. Also the deals are recorded in the log book. Afterwards the finder places the "Cache" back into the hiding place.

## The GEO Trail

Price: free

When: runs throughout the entire year.

Where: see route description under notes.

Info: [www.bergischgladbach.de/wegeleitsystem.aspx](http://www.bergischgladbach.de/wegeleitsystem.aspx)

Note: The Geo Trail takes Bergisch Gladbach back in time and leads us on a journey of discovery through the history of the earth. Numerous information boards inform the wanderers about the geology, industrial heritage and botany along the 7km GEO Trail.

The starting point for the GEO Trail is the Catholic Church St.Laurentius, which is in the centre of Bergisch Gladbach. From here you follow the Laurentiusstraße, Odenthaler Straße and Theodorstraße in die Schlade. From here it goes past Rommerscheid and Igeler Hof, down into the Strunde Valley and then further along the Strunde back to the city centre.

## NaturGut Ophoven

A very good choice outside of the city due to the special activities there.

Price: Admittance to the premises is free

Where: 4 Talstraße, 51379 Leverkusen

When: open to the public between 07.00 – 19.00

Info: NaturGut Ophoven  
Tel.: 02171/734990  
Internet: [www.naturgut-ophoven.de](http://www.naturgut-ophoven.de)  
Email: [zentrum@naturgut-ophoven.de](mailto:zentrum@naturgut-ophoven.de)

## Creativity

### **Craft Course Leisure Group** (For people over 50years old)

Price: 3,00 Euros per meeting

Where: PRO Treff –Meeting place is in the PROgymnasium  
Bensberg, 84 Schloßstraße, 51429 Bergisch Gladbach

When: Wednesday 14.00 – 16.30

Info: PRO Treff  
Tel.: 02204/954815  
Internet: [www.progymnasium.de](http://www.progymnasium.de)  
E-Mail: [pro.treff@progymnasium.de](mailto:pro.treff@progymnasium.de)

Note: The craft workgroup combines creative work with chatting and a cup of coffee. For a small price you can be given a lift to and from the event, if you are not very good on your feet. If you are interested in taking part, please register your interest by phoning first.

## READING AND MODERN MEDIA

Aside from books there are multimedia facilities available in some libraries like, for example, PCs which are connected to the internet. Inquiries are definitely worth it!

### Bergisch Gladbach Forum – County Council Library

Prices:

I.D	1Year Pass	1/2Year Pass
Adults	21,00 EUR	12,00 EUR
Discount (on account Arbeitslosengeld II / Hartz IV)	6,00 EUR	N.A
Family/Couple	35,00 EUR	20,00 EUR
Youths from the age of 16 who are at school, university, training for a job, or completing civil service with the Bundesfreiwilligendienst.	10,00 EUR	N.A
Children (7-15yrs)	6,00 EUR	N.A

The membership card enables you to take out books from the county library in forum, in the district library in Bensberg and the library in Paffrath.

- Where: 250 Hauptstraße (forum),  
51465 Bergisch Gladbach
- When: Monday 10.00 – 18.00  
Tuesday 13.00 – 18.00  
Wednesday 10.00 – 13.00  
Thursday 13.00 – 18.00  
Freitag 13.00 – 19.00
- Info: Forum City Library  
Tel.: 02202/142281  
Internet: [www.bergischgladbach.de/stadtbuecherei.aspx](http://www.bergischgladbach.de/stadtbuecherei.aspx)  
Email: [info@stadtbuecherei-gl.de](mailto:info@stadtbuecherei-gl.de)
- Note: A trial membership is available for 3,00 Euros. This allows you to take out one book for the duration of a standard loan. An application is only possible with a valid identity card (or a passport and a proof of address)

### **Bensberg District Library**

- Price: refer to prices enclosed in the City Library in Bergisch Gladbach
- Where: 46 – 48 Schloßstraße  
51429 Bergisch Gladbach
- When : Monday closed  
Tues, Thurs, Fri 13.00 – 18.00  
Wednesday 10.00 – 13.00  
Saturday 10.00 – 13.00
- Info: Bensberg District Library  
Tel.: 02204/55357  
Internet: [www.bergischgladbach.de/stadtbuecherei.aspx](http://www.bergischgladbach.de/stadtbuecherei.aspx)  
Email: [buecherei-bensberg@web.de](mailto:buecherei-bensberg@web.de)

## **Paffrath Library**

Price: refer to prices enclosed in the City Library in Bergisch Gladbach

Where: IGP, 86 Borngasse  
51469 Bergisch Gladbach

When:	Mon and Fri	10.00 – 11.30 16.00 – 18.00
	Tues and Thurs	10.00 – 11.30 15.00 – 18.00
	Wednesday	10.00 – 11.30

Info: Paffrath Library  
Tel.: 02202/51462  
Internet: [www.bergischgladbach.de/stadtbuecherei.aspx](http://www.bergischgladbach.de/stadtbuecherei.aspx)  
Email: [buecherei-paffrath@web.de](mailto:buecherei-paffrath@web.de)

## **Public Bookcase**

price: free

Where: between Laurentiuskirche and Bergisch Löwen.

When: Open all year round

Info: Public bookcases are weatherproof cases for the storage of books. They are to be found in public places and are available 24/7 for everybody. Thereby they offer the chance to seek out a book to read, and to exchange one's own books, without having to pay any money or deal with several pieces of paperwork.



## Book Shops

For those who are particularly big fans of reading we have another tip for you: Bookstores are increasingly offering events when the author reads aloud as well as other projects.

Please keep an eye on the appointments in the press's events calendar. Even children are sometimes invited or can be brought along.

## OAP Internet Café

Price: 1 Euro per hour (hour always rounded up)

Where: Evangelical Meeting Place, 96 August-Kierspel-Straße, 51469 Bergisch Gladbach

When Tuesday and Friday 09.00 – 12.00

Info: Evangelische Begegnungsstätte  
Tel.: 02202/56011  
Internet: [www.heilig-geist-kirche.de/einrichtungen/ev-begegnungsstatte/](http://www.heilig-geist-kirche.de/einrichtungen/ev-begegnungsstatte/)  
Email: [Senioren-Begegnung@web.de](mailto:Senioren-Begegnung@web.de)

### Note:

OAPs have the chance here to dare to take their first steps with the internet, even without any previous experience. To which ends they are helped by a team of voluntary workers.

# ART AND CULTURE

## Art Exhibition in the Villa Zander Council Gallery

Price:           Adult:                           4,00 EUR  
                  Family Ticket:               9,00 EUR  
                  Concession:                   2,00 EUR  
Pupils, university students, voluntary community service, those taking part in a voluntary social year, artists with I.D cards, leaders of youth groups, those receiving job allowances (Hartz IV) and contributions to the SGB XII (basic insurance), asylum seekers.

Where:           8 Konrad-Adenauer-Platz, 51465 Bergisch Gladbach

When:           Tuesday until Saturday           14.00 – 18.00  
                  Thursday                           14.00 – 20.00  
                  Sunday and public holidays       11.00 – 18.00

Info:            Zanders Council Gallery Villa  
                  Tel.: 02202/142334  
                  Internet: [www.villa-zanders.de](http://www.villa-zanders.de)  
                  E-Mail: [museum@stadt-gl.de](mailto:museum@stadt-gl.de)  
                  [p.oelschlaegel@stadt-gl.de](mailto:p.oelschlaegel@stadt-gl.de)

## Art Exhibition in the Volkshochschule

Price:           free

Where:           12 Buchmühlenstraße, 51465 Bergisch Gladbach

When:           several times during the year

Info: Volkshochschule (Haus Buchmühle)  
Tel.: 02202/142263  
Internet: [www.vhs-gl.de](http://www.vhs-gl.de)

Notes: More precise information about the exhibition themes and schedules can be found in our VHS programme booklet or in the internet on the homepage.

## MUSEUM

### Bergisch Gladbach School Museum – Cüppers Collection

Price: Adult: 2,00 EUR  
school children and university students  
Children: 1,00 EUR  
Pre-school children enter for free

Where: 187 Kempener Str., 51467 Bergisch Gladbach-Katterbach

When: Monday till Friday 10.00 – 13.00  
Every first Sunday of the month. 14.00 – 18.00

Shut during the school holidays in NRW  
By appointment also at other times

Info: School Museum Bergisch Gladbach –  
Cüppers Collection  
Tel.: 02202/84247  
Internet: [www.das-schulmuseum.de](http://www.das-schulmuseum.de)  
Email: [info@das-schulmuseum.de](mailto:info@das-schulmuseum.de)

Note: The school museum is the oldest school building in the city of Bergisch Gladbach. There is a classroom with furniture from 1900 as well as an alternating exhibition.

## **Bergisch Museum for Mining, Crafts and Trade:**

Prices:       Adult:                               3,00 EUR  
                Pupils, Students:                 1,50 EUR  
                Family (for 6 people or more)   1,00 EUR per person  
Group Rates:  
Pre-school children have free entry.

Where:        9 – 21 Burggraben, 51429 Bergisch Gladbach

When:         Tuesday - Friday               10.00 – 13.30  
                Saturday and Sunday       11.00 – 17.00  
Other appointments are possible if you reserve in advance

Info:          Bergisch Museum for Crafts, Mining and Trade  
                Mr Ommer  
                Tel.: 02204/55559  
                Internet: [www.bergischesmuseum.de](http://www.bergischesmuseum.de)

Note:          Exhibition about all three disciplines, as well as a  
                monthly demonstration of craftwork.

## **Rheinisch Industrial Museum BergischGladbach – Alte Dombach Paper Mill.**

Price:         Adults:                               3,50 EUR  
                Children and Youths  
                (up to 18yrs old):             FREE  
                Pupils, Students:               3,00 EUR  
                Groups of 10 or more:       3,00 EUR per person

Where:        Alte Dombach (on the Kürtener Straße),  
                51465 Bergisch Gladbach

When:         Tuesday- Friday               10.00 – 17.00  
                Sat, Sun and public holidays   11.00 – 18.00

On certain public holidays the museum is closed,  
please inquire before you go.

**Info:** Rheinisches Industriemuseum Papiermühle Alte  
Dombach, Tel.: 02234/9921555  
Internet: [www.rim.lvr.de](http://www.rim.lvr.de)

**Note:** The Alte Dombach paper mill is “extremely family  
friendly”, as the parents and the children together  
experience paper first hand. A variety of family offers  
make the museum visit into a great experience for  
both small and large guests alike.

### **NRW Kindergarten Museum**

**Price:** Adults: 2,00 EUR  
Children: 1,00 EUR

**Where:** 1 Quirlsberg, 51465 Bergisch Gladbach

**When:** Tuesday 10.00 – 13:00  
As well as by appointment

**Info:** Kindergartenmuseum  
Tel.: 02202/243640  
Internet: [www.kindergarten-museum.de](http://www.kindergarten-museum.de)  
Email: [info@kindergarten-museum.de](mailto:info@kindergarten-museum.de)

**Note:** „Who destroy his own roots, can not grow“  
(Friedensreich Hundertwasser) With this motto the  
Kindergarten museum pursues its aim to preserve  
and show the history of the Kindergarten, the crèche  
and the nursery to future generations. At the same  
time the museum should allow you to look forward  
in time, to be able to get ideas about future work in  
the child care institutions.

## SPEECHES AND TALKS

### Children and youth telephone line

- When: Monday- Saturday 14.00 – 20.00
- Info: Tel.: 0800 111 0 333 (free of charge)
- Note: German Child Protection,  
Rheinisch-Bergisch District  
Tel.: 02202/39924  
Internet: [www.kinderschutzbund-rheinberg.de](http://www.kinderschutzbund-rheinberg.de)  
Email: [dksb-rheinbergkreis@arcor.de](mailto:dksb-rheinbergkreis@arcor.de)

## ONE OFF EVENTS AND TIPS ON THEM

### Women's Day

- Price: free
- Where: Zanders Villa Council Gallery, 8 Konrad-Adenauer-Platz, 51465 Bergisch Gladbach
- When: once a year, around the middle of March (Saturday)
- Info: You can find out further information and events from the press or by the Bergisch Gladbach council Gleichstellungsstelle (Equal Opportunities Office)
- Tel.: 02202/142647  
Internet: [www.bergischgladbach.de/frauenbuero.aspx](http://www.bergischgladbach.de/frauenbuero.aspx)  
Email: [frauenbuero@stadt-gl.de](mailto:frauenbuero@stadt-gl.de)

## **A Multitude of further Events:**

**Note:** Please feel free to visit the events of the local sports clubs, sport groups, choirs, singing groups and other cultural organisations. These activities are mostly inexpensive and sometimes even free. Additionally conversational groups are often held by church communities- for example for single mothers and fathers.

The exact dates can be found in the local press, the internet site and in flyers. You can also enquire personally or phone the individual institutions and the council. Furthermore the clubs also offer membership; you can get more information from the respective clubs.

Due to the large quantity of cultural organisations and clubs we ask for your understanding that they are not all listed by name.

**Info:** Internet: [www.bergischgladbach.de/termineliste.aspx](http://www.bergischgladbach.de/termineliste.aspx)

### **Volkshochschule (Haus Buchmühle)**

**Note:** The Bergisch Gladbach Volkshochschule organises individual events throughout the year which are very cheap or free. For example photographic documentation or speeches about different topics. Find out at more at the Volkshochschule about the available events and offers that are interesting for you.

**Info:** 12 Buchmühlenstraße, 51465 Bergisch Gladbach  
Tel.: 02202/142269  
Internet: [www.vhs-gl.de](http://www.vhs-gl.de)

## Family Education Institute of the German Red Cross

Info: Haus der Familie ,58 Franz-Heider-Str.,  
51469 Bergisch Gladbach  
Tel.: 02202/9599016  
Internet: [www.rhein-berg.drk.de](http://www.rhein-berg.drk.de)  
Email: [fbw@rhein-berg.drk.de](mailto:fbw@rhein-berg.drk.de)

## Evangelical Meeting Group

Note: The Evangelical Meeting Group offers a varied programme with regular meetings and course offers. You can find more detailed information about the current programme either at the meeting places or on the institutions homepage. Every Thursday between 14:00 and 17:15 everyone is warmly invited to an open event.

Info: 96 August-Kierspel-Straße, 51469 Bergisch Gladbach  
Tel.: 02202/56011  
Internet: [www.heilig-geist-kirche.de/einrichtungen/ev-begegnungsstatte](http://www.heilig-geist-kirche.de/einrichtungen/ev-begegnungsstatte)  
Email: [Senioren-Begegnung@web.de](mailto:Senioren-Begegnung@web.de)

## Bergisch Gladbach Pensioners Office (Stadtbüro)

Note: Questions concerning individual events can also be directed to the Pensioners Office. Additionally in the brochure "Senioren Wegweiser" (Pensioners Guide) you will find suggestions on the topic of recreational activities in old age. You can find this either in the internet or directly by the council

Info: Contact: Mrs Brandi  
Tel.: 02202/142467  
E-Mail: [soziales@stadt-gl.de](mailto:soziales@stadt-gl.de)



**Legal:**

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