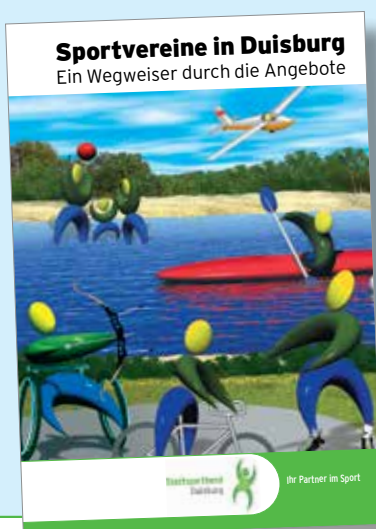


Sport in Duisburg

In order to play sport in Duisburg you can choose from almost 500 sports clubs with numerous types of sport. You can find all the information on the sports clubs and their offers on our website:

www.ssb-duisburg.de

under "Vereins- und Sportangebote". You can also get our brochure "Sports Clubs in Duisburg - A Guide to the Offers" at any time free of charge from our office. To get an initial impression of a preferred sport, most clubs offer the opportunity to try out a trial session or course, before you have to commit to membership.



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Sports Guide Duisburg



SPORT SPEAKS EVERY LANGUAGE

In normal everyday life, exercise is extremely important and plays a significant role for everyone, even subconsciously. Each and every day we are in motion, whether on the way to work or in our leisure time. When people are asked why they take exercise, the motivations range from health aspects to an interest in sport, fun and satisfaction.

The huge variety of sports clubs available, and the activities they offer, ensure that everyone can easily find the type of sport that suits them best in Duisburg.

For many people, the biggest problem is taking the first step, establishing contact with a club or taking part in a sport for the first time. With this "Sports Guide" we hope to show you how easy it is.

The sports club in Duisburg

The foundation of the German sports system is the sports club, where you can play your sport near your home with people who have the same interests as you. Sports clubs offer you the greatest possible number of different types of sport.

The special qualities of a sports club

Probably the most special feature of a sports club is the dedication of everyone involved. Most sports clubs are run and organised by volunteers. That means that everyone in the club - from the trainer to the board members - invest their free time voluntarily, accepting no money in return. Among all voluntary workers there are different reasons why they donate their spare time. An enjoyment of sport, of being part of a community, and one's own sense of wellbeing all play an important role in voluntary engagement.

- **Competitive and high-performance sport:**
Here the focus is on sporting success, and training is carried out in order to take part in competitions.
- **Health-related sport:**
The positive effects of exercise on health are well known. Exercise and sport can prevent illness and alleviate complaints. Examples include special offers to strengthen the muscles or cardiovascular system, as well as preventative and rehabilitation therapy.
- **Recreational sport:**
The main factors here are the fun that can be had in exercising as part of a community, "keeping fit", or trying out new sports. All of these can be provided by sports clubs.
- **Social aspects:**

For many people, the social advantages are what make sports clubs so special. United by a common interest in sport, getting to know other people is easy and uncomplicated, and you can make new friends and social contacts near where you live. You can learn the language, as well as characteristics such as commitment, team skills and discipline, which are also beneficial in professional life.

