

English > Living together > Families > **Adolescents**

Adolescents

For teenagers and young adults, there are many ways to spend their free time.

Young people are looking for entertainment and activities. Youth work offers a wide range of leisure activities, projects and information. It is very important to exchange ideas with friends while playing, doing sports and having fun.

You can ask the municipal office, school or church what services are available nearby.

Also, search the internet for additional opportunities.

Jugendtreffs: Meeting places for young people





Most municipalities offer a meeting place for young people. The young people have their own room at their disposal to meet and have fun together. The youth club is run by supervisors.

Youth clubs are open to everyone, regardless of their background or group or clique.

Examples of meeting places for young people in the municipalities/regions:

Wil	Region "Middle Rhine Valley"	Eschenbach
City of St. Gallen	Mojuga for Degersheim, Neckertal	Wattwil
Rorschach / Rorschacherberg	Mojas for Mels, Sargans & Flums	Uznach
Wittenbach	Region Werdenberg	Uzwil
Rapperswil-Jona	Upper Rhine Valley Region	Schmerikon
Walenstadt	Waldkirch	Kaltbrunn-Benken

Contacts of child and youth work

-  Directory of child and youth work: municipal
-  Directory of Child and Youth Work: Parishes
-  Directory of Child and Youth Work: Children's and Youth Associations
-  Directory of child and youth work: regional, cantonal, national agencies

Youth Counselling

Young people have many questions and should be able to discuss them outside their own families. For this purpose, there are counselling centres everywhere on topics such as:

- Stress at home
- Trouble at school / in training
- Lovesickness
- Bullying
- Addictive Substances / Drugs
- Fears about the future
- Media
- Violence

Directory of Youth Counselling

School social work is also always a good place to go in case of problems, questions or crises. The school social work office is usually located in the school building. The consultation is free of charge.

Jugendvereine: Experience something together

Youth clubs offer leisure activities and holiday camps for young people.


- Scout groups: "**Scouts St.Gallen and Appenzell**"
- Cevi Christian Association of Young People: "**Cevi Eastern Switzerland**"
- Jungwacht Blauring: **Jubla Ost**
- Sommercamps / Holiday camps for children and teenagers: **Kovive Holiday Camps**

Be active in sports

For almost every sport you will find the right infrastructure in the region:

- Indoor & Outdoor Pools
- Football Pitches & Tennis Courts
- Gyms & Athletics Facilities
- Climbing facilities
- Numerous winter sports facilities
- Hiking & Biking Trails
- Skittles and bowling alleys
- and much more

Some of these sports facilities cost an entrance fee.

 [Sports in a group - Sports Clubs & Clubs](#)

 [Youth Sports Camps](#)

Adolescent Brochure - Mental Health

 [Jugendliche: psychische Gesundheit mit Selbsttest](#)  DE  PDF, 1505 kB

Worries or problems? Here's where you can help:



Counselling YOUNG PEOPLE
Advice and support in the vicinity

**Advice PARENTS**

Advice and support in the vicinity

**Bullying & Cyberbullying**

Personal assistance nearby

**Eating disorders**

Personal assistance nearby

**Addiction problems**

Personal assistance nearby

**E-Counselling Sexuality lilli.ch**

Sexuality, Contraception, Relationship, Body

**Tel. 147 or 147.ch - assistance 24/7**

Emergency number 147 of Pro Juventute

**E-consultation on tschau.ch**

Online advice for all problems

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)