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## Being active

**Use your free time for activities. Whether for adults or for children and young people - there is something for everyone.**

Information on the many leisure activities on offer in the canton of St.Gallen can be found on the Internet, at the municipal office, in newspapers and via poster advertising.

Take a look here, for example:

- [Leisure activities Ostschweiz.ch](#)
- [Excursion destinations Eastern Switzerland - Summer](#)
- [Excursion destinations Eastern Switzerland - Winter](#)

## Be active in sports


There is a suitable infrastructure for almost every sport in the region:

- Indoor & outdoor pools
- Football pitches & tennis courts
- Gyms & Athletics Facilities
- Climbing facilities
- Numerous winter sports facilities
- Hiking Trails & Cycle Paths
- Bowling
- and much more

Some of these sports facilities cost an entrance fee.

You can also attend a course or train in a group in a club.

 [Group Sports - Clubs & Clubs](#)

 [Youth Sports Camps](#)

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## Leisure activities with little money

You can also take advantage of many leisure activities if you have little money.

If you have a low income or are dependent on social benefits, you can apply for the KulturLegi. With **the KulturLegi** you get discounts on over 3,600 offers throughout Switzerland.

 [Tips for living on a budget](#)

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## Volunteering

Would you like to volunteer? Would you like to work in a charitable, social or church organization? They can also get involved in sports, culture, or other communities.

If you are interested, you will find various offers here:

**Services of the Swiss Red Cross SRC Canton of St.Gallen**

### **Time exchange benevol**

The **time exchange benevol** offers its members a professional network for exchanging services. No money is transferred to an account for the service provided, but time, which can be reused elsewhere.

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