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Being active

Use your free time for activities. Whether for adults or for children and teenagers - 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](#)
- [Excursions Eastern Switzerland - Summer](#)
- [Excursions Eastern Switzerland - Winter](#)


Be active in sports

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

- Indoor and outdoor pools
- Football pitches and tennis courts
- Gyms & athletics facilities
- Climbing facilities
- Numerous winter sports facilities
- Hiking and biking trails
- Bowling
- and much more

Some of these sports facilities have an entrance fee.

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

 [Sport in the Group - Associations & Clubs](#)

 [Youth Sports Camps](#)

Leisure activities with little money

You can also take advantage of many leisure activities if you have to make do with little money.

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

 [Tips for living with little money](#)

Volunteering

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

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

Services offered by the Swiss Red Cross SRC Canton of St.Gallen

Time exchange benevol

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

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