

REFERENCE CASE STUDY

Inclusive Outdoor Fitness at the Rumberg, Neinstedt

How the Evangelische Stiftung Neinstedt created a freely accessible, barrier-free meeting place for people with and without disabilities — powered by a BARbara outdoor gym.

€106,000

TOTAL INVESTMENT

€52,000

LOTTO SACHSEN-ANHALT FUNDING

Barrier-free

INCLUSIVE DESIGN

The Project

On a green space beside the workshop for people with disabilities at the Rumberg in Neinstedt (a district of Thale, Saxony-Anhalt), the Evangelische Stiftung Neinstedt opened a new inclusive sport and leisure area. Its guiding motto — "living together, inclusive and barrier-free" — shaped every element of the site, which is designed for people with and without disabilities to be active together.

At the heart of the area is a freely accessible outdoor workout park supplied by Workoutparks.com from Dessau. "The outdoor gym is based on the philosophy of training with your own body weight," explained founder Stephan Heese. The equipment is barrier-free, and exercises can be selected and followed via QR code — suitable for beginners through to athletes.

Funding & Partners

Around €52,000 of lottery funding from Lotto Sachsen-Anhalt flowed into the inclusive sport and leisure area, with the total investment of roughly €106,000 completed through donations. The opening brought together the foundation, the municipality and the community.

ROLE	PARTNER
Client / operator	Evangelische Stiftung Neinstedt (Freizeitwerk)
Equipment supplier	Workoutparks.com, Dessau — Stephan Heese
Principal funding	Lotto Sachsen-Anhalt (≈ €52,000)
Municipality	Town of Thale

What Was Built

The BARbara outdoor gym sits on a red synthetic safety surface with fall-protection matting. It is embedded in a wider leisure concept that includes a beach volleyball court, a football pitch with fixed goals, table tennis, various seating and Wi-Fi — and a sanitary container that lets the area operate independently of the neighbouring workshop opening hours.

"Being active together strengthens cohesion and motivates people."

— Stefan Ebert, Managing Director, Lotto Sachsen-Anhalt (as reported by Mitteldeutsche Zeitung)

"A place for encounter and communication has been created in the inclusive village of Neinstedt."

— Andreas Damm, Spokesperson, Evangelische Stiftung Neinstedt (as reported by Mitteldeutsche Zeitung)

Why BARbara Fit

The project shows how a compact, DIN EN 16630-compliant outdoor gym becomes the anchor of an inclusive public space: freely accessible around the clock, barrier-free, with QR-guided training for every level and no running costs for the operator. It is a template for municipalities, social institutions and clubs that want a low-threshold, generation-spanning sports offer.

Facts and quotations sourced from the Mitteldeutsche Zeitung report "Sportlich fit am Rumberg" by Uta Müller. Figures are as reported. Quotations translated from German for this English reference sheet.