

Opportunity to participate in the Program: “Integration by being Active”

Living Cultures is proud to invite you to this unique program. You will have fun, learn and get information about how to plan your **next career step**.

When: January 21th 2010

Where: American Women’s Club, Schöntalstrasse 8, 8004 Zürich
www.awczurich.org

Time: 9:15 - 12:00

Registration: by January 15th 2010

reppas-schmid@livingcultures.biz or phone: 044 991 87 67 or fax: 044 991 87 66

Free Participation but only by registration!

Is this you?

- Have you moved from a different culture to Switzerland?
- Are you an active and open person and yet you feel occasionally isolated?
- Do you want to meet other internationals and learn about integration?
- Are you asking yourself if you should work, volunteer or continue your education?
- Are you interested to hear how to do that in Switzerland?

During this event you will:

- Participate in group work
- Exchange opinions with other internationals and network
- Hear four presentations:
 - 1) “CH-QI” competence management, a first step to go back to work;
 - 2) “Reach Out” volunteering;
 - 3) “Open University” long distance learning;
 - 4) “Success Teams” just do it!
- Discuss the information from each presentation
- Leave the morning energized and full of new ideas!