

Pluri-
Elles



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« Pluri-Elles exists thanks to each woman who wishes to get involved »

anglais-english



Pluri-Elles

Pluri-Elles is an intercultural association of Swiss and migrant women, born in 2003 and based in Monthey, at the Maison du Monde. It offers a place to encourage women from various backgrounds to meet one another.

Aims

Meet, **integrate**, **inquire**, learn, **receive training**, share, exchange, help one another,...

Activities

- Meetings
- Initiations
- Outings
- Cuisine from around the world
- Presentation of countries and their cultures
- Talks
- Information
- Parties / celebrations
- Testimonies

The activities are free and open to all.

They aim to honor the knowledge, skills and experience of each woman, to promote intercultural exchanges and to discuss topics linked to migration.

These activities also enable our women to acquire autonomy and self-confidence.

Trainings

- Sewing
- Riding a bicycle
- Learning the vocabulary of driving a car
- Calculating and thinking logically
- Administrative procedures

Our trainings cost a fee and are reserved for our members.

They aim to teach useful skills in daily life, in dealings with Swiss authorities and in job-hunting.

For whom ?

ALL WOMEN !

Why ?

«I know more about Monthey and the things that happen here.»

«The mutual respect among all these women of different cultures is very touching and beautiful. A wonderful energy of love circulates.»

«Since I started coming to Pluri-Elles, my heart has opened...»

« Coming to Pluri-Elles is like travelling low-cost. »

«I'm discovering other cultures and I'm gaining more understanding of migrants' difficulties.»

«I meet other women. I don't feel so lonely.»

«I can count on my new friends if I need a favour like translating a letter, or driving me somewhere.»

«I have more opportunities to speak French, so my French is improving.»

Values

Respect

Interculturalism

Recognition

Participation

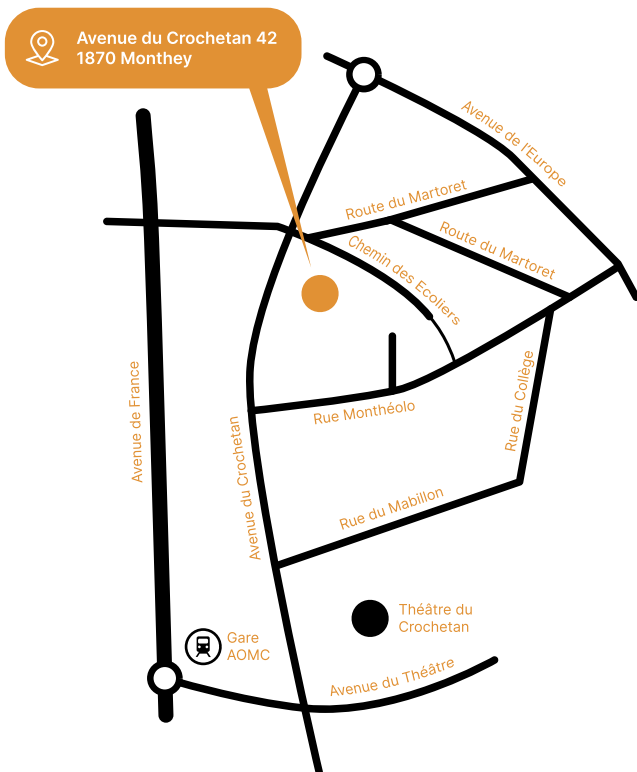
Solidarity

Femininity

Questions about the association, its activities or trainings?
Do you want to become a member?



Contact us !



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