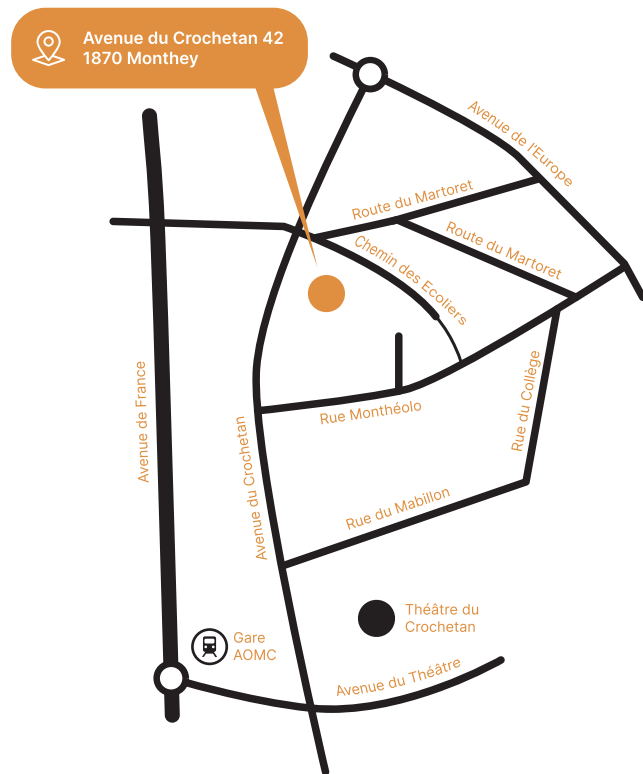


Questions about the association, its activities or trainings?  
Do you want to become a member?



Contact us !



# Pluri-Elles

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



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Facebook: PluriEllesMonthey - Instagram: plur-ielles



# 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 ?



## Values

Respect

Interculturalism

Recognition

Participation

Solidarity

Femininity