

# INTEGRATION

## *Help for migrants*

### The Deputy for integration

The Deputy for integration establishes the relationship between the Municipality and the people living in Sierre. She accommodates the newly arrived, gives councils and information to foreigners and helps them in their administration. The deputy also develops projects related to integration and the struggle against discrimination. If you have an idea or a proposal on this subject, do not hesitate to contact her!

**Contact:** Marie-Françoise Pitteloud

**Office:** No 305, on the 3<sup>rd</sup> floor of the Town Hall

**Telephone:** 027/452 02 34.

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)

### Intercultural Space

Intercultural Space is a place of meeting and exchanges for foreigners and Swiss persons. It proposes during the entire school year social, cultural and formative activities. Workshops are held every Tuesday and Thursday afternoon. The detailed program can be consulted on the website of the association.

**Address:** Espace Interculturel, rue de la Monderèche 7, CP 365 (opposite l'ASLEC), 3960 Sierre

**Coordinator:** Marie-Thérèse Brembilla

**Telephone:** 027/455 32 76

**Website:** [www.espacesierre.ch](http://www.espacesierre.ch)

### The Mosaïque Group

A group of women coming from 12 different communities proposes voluntary support for migrant people suffering from difficulties of communication and social integration, in particular in the field of health. Anonymity is guaranteed.

**Telephone permanency:** 078/654 57 56

**E-mail:** [mosaiquemulticulturelle@hotmail.com](mailto:mosaiquemulticulturelle@hotmail.com)

### The Swiss Centre of Immigrants

This centre is a space for the migrants, that offers various services: French courses, legal and social permanency, a space for women.

**Address:** Centre suisses-immigrés, rue de l'Industrie 10, CP 280, 1950 Sion

**Telephone :** 027/323 12 16

**E-mail:** [csivs@bluewin.ch](mailto:csivs@bluewin.ch)

**Opening hours:** Monday, Tuesday, Thursday from 14 h to 18 h / Wednesday only on appointment / Friday from 18 h to 21 h.

### (AVIC) The Valaisan Association of Community Interpretership

This association offers a service of professional interpretership. It is made up of people of different cultures, having followed training as Community interpreters. Anonymity is guaranteed. These services are to be paid.

**Address:** L'association valaisanne d'interprétariat communautaire (AVIC)CP100, 1951 Sion

**Telephone:** 079/794 69 21

**E-mail:** [info@interpretavic.ch](mailto:info@interpretavic.ch)

**Opening hours:** permanency 9 h – 11 h.

### (RESOLMI) Network of solidarity with migrants

This network aims to defend the rights of migrants. The people of RESOLMI can give you councils and help you in your administration.

**Address and contact:** RESOLMI (Réseau de solidarité avec les migrants), CP 73, 1966 Ayent

**Telephone:** Liliane: 079/584 07 21 / Tharcisse: 078/689 73 53

**E-mail:** [resolmi@hotmail.com](mailto:resolmi@hotmail.com)

## ***Courses of French***

To be able to be integrated and feel well in a new city, it is very important to learn the language as soon as you arrive. In Sierre, the language used is French, even if part of the population is of the German native tongue.

### Intercultural Space

This association in Sierre organises French courses twice per week for foreigners

**Levels:** there are 6 French classes according to knowledge (from the level of beginners up to the advanced level).

**Price:** The inscription costs 100 francs, **but the courses are free.**

**Schedules:** The courses are held on Mondays and Thursdays from 19:00 to 20:30 in the school centre of Liddes and the intercultural Space. There are no courses during the school holidays.

**Inscriptions:** One can pass every Monday beginning from 18:30 in the school centre of Liddes (close to the cantonal Police force). We will then evaluate your level of French. The inscriptions are possible all year long.

**Address of the association:** rue de la Monderèche 1, 3960 Sierre

**Address of courses:** Centre scolaire des Liddes, route des Liddes 8, 3960 Sierre

**Telephone:** 027/455 32 76

**E-mail:** [espacesierre@netplus.ch](mailto:espacesierre@netplus.ch)

**Website:** [www.espacesierre.ch](http://www.espacesierre.ch)

### Association “Read and Write”

This association accommodates in particular Swiss or foreigners having difficulties with reading or writing.

**Telephone:** 027/321 22 77 or 0840 47 47 47 (permanency for inscriptions on Thursdays from 9 h -12 h **Website:** [www.lire-et-ecrire.ch](http://www.lire-et-ecrire.ch)

### The Center of Swiss Immigrants

This association, which is based in Sion, organises French courses for foreigners. The courses take place all week long, in the morning and the afternoon.

**Address:** rue de l'Industrie 10, Case postale 280, 1950 Sion

**Telephone :** 027/323 12 16

**E-mail:** [csivs@bluewin.ch](mailto:csivs@bluewin.ch)

## *Knowing the habits: some suggestions...*

### Greetings

In small villages and in the countryside, one often says hello ("Bonjour!") to the people that one crosses, even if one does not know them. On the other hand, in cities, it is very rare to greet people one does not know in the street. In shops and pubs, the customers and the salespeople or waiters always say "hello" ("Bonjour!"), "goodbye" ("Au revoir") and "thank you" ("Merci"). In general, people of the same building greet each other when they meet, even if they do not know each other personally. That makes life more pleasant! In Switzerland, people who do not know each other speak very little together in general, in any case not immediately... that takes time. However, this should not prevent you from taking the first step!

### Punctuality

In the Valais as in Switzerland, it is not the habit to arrive late when one has an appointment with somebody. To be late, even 10 minutes, can be perceived as being impolite. If you have a delay, it is better to inform the person with whom you have an appointment. If it is not possible for you to go to an appointment, it is also important to announce it (in the event of a visit to your doctor for example, you must pay the consultation if you did not present yourselves, except if you inform the cabinet 24 hours in advance).

### The aperitif or apero

It is a habit from time to time to share a glass before eating (before midday and the evening towards 17 or 18 hours) with one's friends or colleagues. This tradition is called the aperitif (or "apero"). However, one is not obliged to drink alcohol as an aperitif, each one can choose his drink. In the Valaisan tradition, the moment of the aperitif is an important social moment. It is the occasion to better get to know each other and to discuss together.

### At someone's place

In theory, one informs a person before passing to see him or her, except if one knows him or her very well. When one is invited for supper, one often brings something (wine, flowers or chocolate for example). Before entering, one generally asks if one should take off one's shoes. The meal starts with a "good appetite" when everyone is sitting and has

been served. Before starting to drink, it is the habit to wish each other good health... while looking each other in the eyes!

## ***Foreign associations in Sierre***

### **Portuguese Circle**

Centro Português de Sierre (ACRDP)

**Address:** Iles Falcon 5 (zone industrielle), 3960 Sierre

**Contact:** M. Luis Matos

**Telephone:** 027/455 14 17

### **Association of the parents of pupils of the Portuguese school**

**Address:** Associação de Pais de Sierre (APS), CP 83, 3960 Sierre

**Telephone:** 076/306 62 68

**E-mail:** [a.p.sierre@gmail.com](mailto:a.p.sierre@gmail.com)

**Website:** [www.aps-associacaodepaisdesierre.ch](http://www.aps-associacaodepaisdesierre.ch)

### **Spanish Circle**

**Address:** route de Loèche 64, CP 276, 3960 Sierre

**Contact:** M. Enrique Barcala

**Telephone:** 027/455 38 95

### **Gruppo Donne Italiane**

**Address:** Espace Interculturel, rue de la Monderèche 1, CP 365. 3960 Sierre

**Contact:** Mme Marie-Thérèse Brembilla

**Telephone:** 027/455 32 76

### **Italian catholic mission**

**Address:** av. Max-Huber 10, 3960 Sierre

**Contact:** Father Costante Facoetti

**Telephone:** 027/455 63 02

If you have any remarks or questions about this booklet,  
do not hesitate to contact us!

### **The work group for integration**

**Telephone:** 027/455 02 34

**E-mail:** [marie-francoise.pitteloud@sierre.ch](mailto:marie-francoise.pitteloud@sierre.ch)