



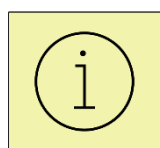
Overview

Integration offers

Please find enclosed an overview of various offers relating to the topics Everyday Life and Integration.

Opportunities available in the region are very extensive. The following pages show a targeted, non-exhaustive selection.

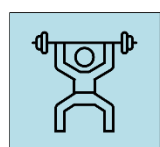
The list is divided into the following categories:



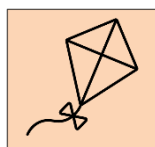
Information / Advice



Language



Sports



Leisure time

Offers in Ostermundigen	2
Churches in Ostermundigen	5
Offers in the Bern Region	7
Information and Advice Offers	9
Contact	12

Offers in Ostermundigen

[to the website Gemeinde Ostermundigen](#)

Offers for pre-school children and their parents



Flyer with list of offers relating to care and support, consultation, advancement, leisure time and support for parents (daycare centres, playgroups, consultations, early support programme step-by-step etc.).

[to the flyer](#)

Library / Toy library



Books, audio books and games for lending in different languages.

[to the website](#)

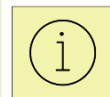
Parents-Child-Meeting (ElKi Meeting)



Young children and parents discover the world together when playing, singing and crafting. Takes place once a week.

[to the website](#)

Early support programme step-by-step



An integrated playing and learning programme for early support purposes for families with children aged between 1 and 4 years.

[to the website](#)

Open children and young people work 'okja'



Offers and projects for children and young people as well as consulting support in case of parents' concerns.

[to the website](#)

Open sports hall 3072



Sports portfolio for young people aged between 12 and 17 years.

[to the website](#)

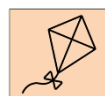
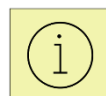
Writing service



Assistance with reading, understanding and writing of letters, printed forms etc.
Help when drawing up applications and CVs.

[to the website](#)

Social pathfinder 60plus



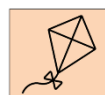
Overview of providers and offers structured by topics:

- advice and information
- offers in other languages
- leisure time
- support and relief in everyday life
- outpatient care
- day and holiday stays
- dementia and psychiatry
- relief for caring and nursing relatives
- aids
- palliative care and terminal care
- case of death
- address list of institutions

[to the website](#)

[to the flyer](#)

Events Municipality



List of events in Ostermundigen

[Events of the Municipality of Ostermundigen](#)

[Events in general](#)

Directory of associations



List of all associations in Ostermundigen

[to the website](#)

Churches in Ostermundigen

[Reformed Church of Ostermundigen](#)

[Catholic Church of Ostermundigen](#)

[Misión Católica de Lengua Española](#)

B15TRO



Being together with a cup of coffee or tea while interchanging, networking and chatting.

[to the website](#)

Women's clothing exchange



Exchanging clothes in good condition.

[to the website](#)

Ecclesiastical social service



The ecclesiastical social service renders advice in case of financial worries, is able to help out or forwards you to the proper specialist unit.

[to the website](#)

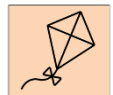
Meditation



Meditating and gathering strength.

[to the website](#)

Lunch table



Common lunch

[Lunch – Catholic Church](#)

[Lunch – Reformed Church](#)

Mosaic: Women and family meeting



Intercultural women and family meeting, every Wednesday from 9-11 a.m., except for school holidays.

[to the website \(Reformed Church\)](#)

[to the website \(Catholic Church\)](#)

Repair-Café



Support with the repair of defect objects.

[to the website](#)

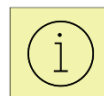
Shibashi



Type of meditation in motion.

[to the website](#)

Social counselling

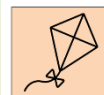


Free consultation and help in case of financial problems; support when contacting AHV*, IV**, health insurance funds, unemployment insurance funds and the social welfare offices; help when communicating in writing; support with respect to integration and for overcoming language barriers.

*Old-Age and Survivors' Insurance **Invalidity Insurance

[to the website](#)

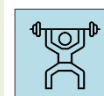
Mourning café



Exchange in a protected framework for common talking, listening, staying in silence, mourning.

[to the website](#)

Yoga for women



Yoga for women with childcare service.

[to the flyer](#)

Offers in the Bern Region

Bärner Chötti



Events for single persons from the middle age on in regular intervals.

[to the website](#)

étoile



Monthly cultural events (concerts, theatre etc.), upon request with transport service

[to the website](#)

Graue Panther Bern



Association for people in the second half of their lives. Organisation of excursions, walks, lectures, holidays etc.

[to the website](#)

Intercultural women's meeting 'Karibu'



Offer for women such as language cafe, yoga, handwork and needlework, conversation course etc. with childcare service.

[to the website](#)

Climbing for refugees in an O'BLOC



Free climbing for persons seeking asylum.

[to the website](#)

pro Senectute



Specialist unit for age-related issues, leisure time offers and assistance in everyday life.

[to the website](#)

Sports Unite



Free sports portfolio for refugees and impoverished people.

[to the website](#)

Language courses

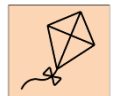
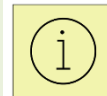


German language courses and language tests in the Bern region.

[Find language courses and language tests](#)

[Low-threshold German language course offers](#)

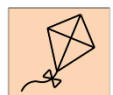
Mazay Association



Offers for migrants such as coffee meetings, support in everyday life, sports, private lessons, German language courses and monthly events.

[to the website](#)

Hiking for everybody / Intercultural hiking club



Easy hikes for everybody

[Hiking for everybody](#)

[Intercultural hiking club](#)

Information and Advice Offers

AHV Branch office of Bern-Osternundigen



Point of contact for questions and registrations for AHV*, IV** and EL***, self-employed persons etc. After prior notice, with translation possibilities at consultations.

*Old-age and Survivors' Insurance **Invalidity Insurance ***Supplementary Benefits

[to the website](#)

Diaspora TV



News in nine languages about current happenings in Switzerland.

[to the website](#)

There for each other



Consulting support for persons worrying about people in their environment.

[to the website](#)

Hello Bern



Website with information in 15 languages on everyday life topics in the Bern Canton.

[to the website](#)

I-Need (website and app)



Information for refugees and persons in need of help. Available in German, English, French, Italian, Arab and Spanish.

[to the website](#)

Information and coordination point 60+



Information on offers for elderly persons in and around Ostermundigen.

[to the website](#)

Integration bridge Bern



Point of contact for migrants and volunteers, public authorities etc. Support and consultation for job and apartment search, in the integration process, translations and mediation between people with migrant background and public authorities, organisations, employers etc.

[to the website](#)

ISA Bern



Free information and advice about migration and integration issues.

[to the website](#)

Events with information on everyday life topics in Switzerland with translation into the English and French languages, with Apéro and dinner.

[to the website](#)

Coordination unit for childcare



Advice and information for parents with respect to family-supplementing childcare. Issuing point for childcare vouchers.

[to the website](#)

[Childcare vouchers](#)

Advice for mothers and fathers in the Bern Canton



Free advice offers – on site, at home or online – for parents and reference persons of children from birth until the age of 5.

[to the website](#)

pro Infirmis



Advisory centre for adults under the AHV age (age qualifying for obtaining a pension) and children with mental, physical or cognitive handicaps. The offer is also directed at family members as well as reference persons and professionals for disabled people.

[to the website](#)

Social affairs



Support relating to questions and issues around the protection of children and adults or to financial livelihood security.

[to the website Social Affairs](#)

[to the website Protection of Adults and Children](#)

[to the website Social Help](#)

Contact

Öffentliche Sicherheit
Schiessplatzweg 1
3072 Ostermundigen

Phone: 031 930 14 26

Email: einwohnerdienste@ostermundigen.ch

[to the website](#)