

RESEARCH - SITE - CASE STUDY



Site  
Sihlquai 41, 8005 Zürich



Nachbarschaftshilfe, Kreis 5  
Ausstellungsstrasse 89, 8005 Zürich

## Offers from the neighborhood help in Zürich:

- Learning help / homework
- Help with shopping
- Visits and company
- Reading aloud / chatting
- Administrative support, e.g. taxes
- Leisure activities
- Gardening
- Driving service
- Translations
- Small repairs
- Computer help
- Setting up new devices
- Accompaniment to doctors, therapies, offices
- Looking after animals
- Emptying mailboxes



BIF, Counseling Center for Women Against Violence in Marriage and Partnership  
Quellenstrasse 31, 8005 Zürich

In our advice center you will receive:

- crisis counseling
- advice on protection and security
- Information about your legal options
- reporting advice and support during the criminal proceedings
- Help and advice on separation or divorce
- Support in claiming financial assistance ( Victim Assistance Act )
- Mediation of legal services, therapy and other specialist services
- Counseling for problems of your affected children
- Help with contacting authorities
- Support in coping with the experience of violence





OFF Ort für Frauen  
Stauffacherstrasse 10, 8004 Zürich

Women from very different countries come to OFF. We cook and eat together - sometimes the cuisine has an Afghan flavor, sometimes a Syrian, Eritrean and sometimes a Swiss flavor. While cooking and eating, we speak German and practise everyday language. We can exchange ideas about customs, preferences and the little secrets of the kitchen and build bridges.

The afternoon program is varied: a visit to the Rietberg Museum, the city garden or botanical garden, a walk by the lake or lingering on playgrounds - these are some of our outdoor activities. Depending on the weather, we stay indoors, bake, dance and sing, knit or just have tea together. Here, too, we focus on learning colloquial language in a playful way. Visitors with a good knowledge of German also support us here - they also act as translators and cultural mediators.

We also help the women to understand and write letters, apply for jobs and find suitable specialist agencies.





Frauenzentrale Zürich  
Schanzengraben 29, 8002 Zürich

The Frauenzentrale Zürich is a non-profit, tax-exempt association and the largest umbrella organization of women's organizations in the canton of Zurich. We support, network and represent the concerns of women in politics, the world of work and society and offer help for self-help with our counseling and further education services - since 1914 - independent of party politics and denominationally neutral.

Our aim? To make women visible, encourage and strengthen them. As a non-profit organization, Frauenzentrale Zürich supports women on their way to a self-determined life.



DAO  
No specific space

“DAO (for Dachorganisation) is the German acronym for the Fédération Solidarité femmes de Suisse et du Liechtenstein, the umbrella organization for all shelters and refuges for abused women and their children in Switzerland and Liechtenstein. It coordinates exchanges between these institutions and works to defend the interests of victims at national level.

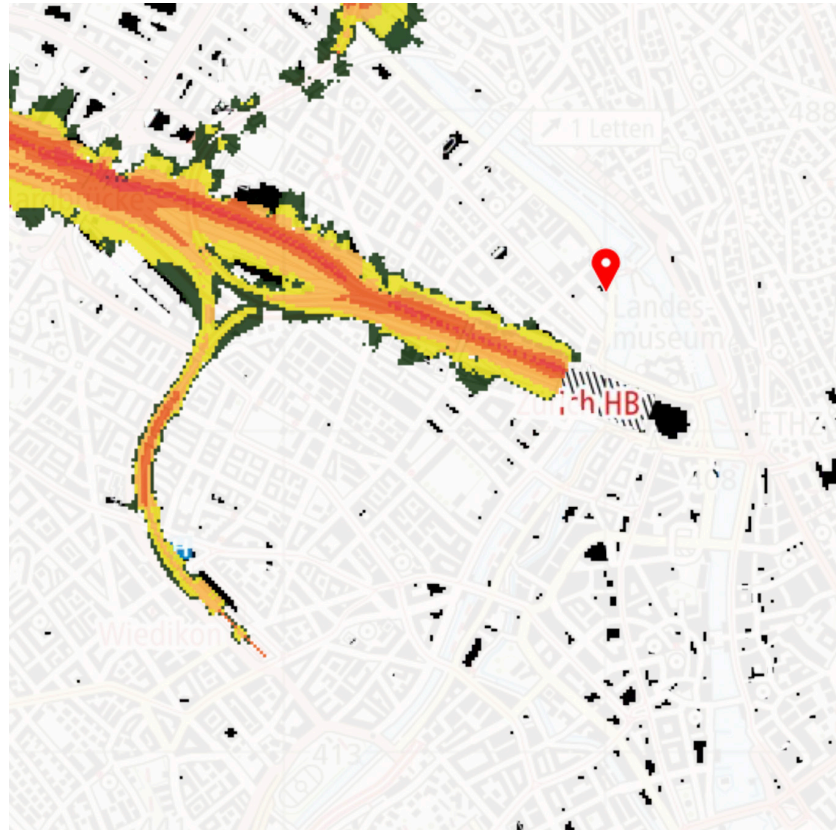


Frauenbadi  
Stadthausquai 12, 8001 Zürich

Swimming pool in the center of the City of Zurich that is only for women and children. There are some events organized there also, a bar and a terrasse that gives a great view on the City of Zurich.

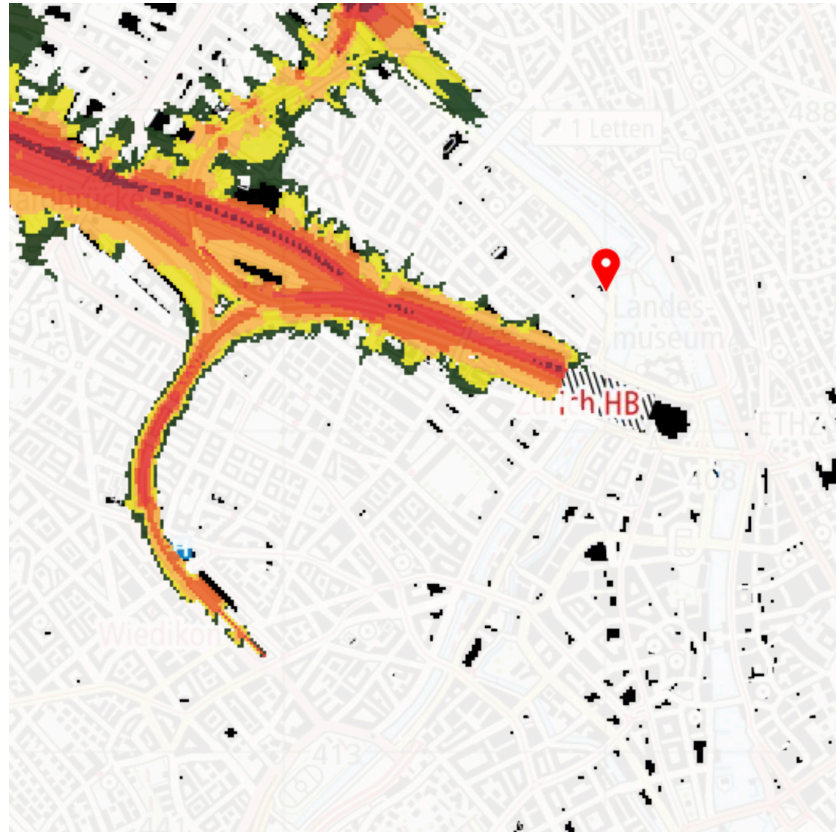
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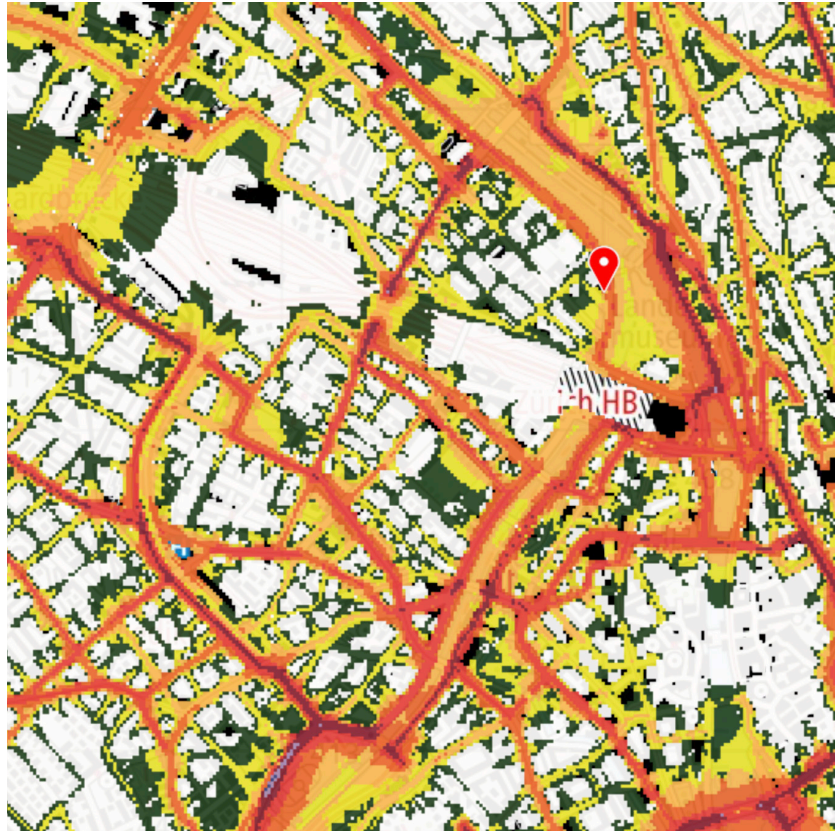


Noise pollution  
Night-time trains





Noise pollution  
Day-time trains



Noise pollution  
Night-time cars



Noise pollution  
Day-time cars