ZIWC
Zug International Women's Club

MAGAZINE

Connect!

APRIL / MAY 2022 | FOR WOMEN • FOR CONTACT • FOR 54 YEARS



For those wishing to help, contact the Zug Canton on +41 41 723 78 99 or ukrainehilfe@zg.ch

www.ziwc.ch

CONNECT WITH ZIWC

Facebook page: www.facebook.com/ZIWCZugInternationalWomensClub
Facebook group: www.facebook.com/groups/zuginternationalwomensclub
Instagram: www.instagram.com/ziwc100/
LinkedIn: www.linkedin.com/company/ziwc



★★★★
PARKHOTEL
ZUG

SONNTAGSBRUNCH
À DISCRÉTION
jeweils von 10.30 bis 14.00 Uhr

Der Sonntag ist der Verwöhntag der Woche.
Die Uhr wird dabei einfach ignoriert und
Frühstück & Mittagessen verschmelzen zu einer
einzigen langen, ausgiebigen Mahlzeit.

Kinder 0 - 10 Jahre gratis
Kinder 11 - 15 Jahre CHF 20.00
Jugendliche ab 16 Jahre CHF 62.00
Erwachsene CHF 62.00

Bei mindestens drei Kindern über 10 Jahre pro Familie
verrechnen wir Ihnen nur zwei Kinder!

SUNDAY BRUNCH
ALL YOU CAN EAT
Every Sunday between 10.30 a.m. and 2 p.m.

Have a relaxed start into the day
and enjoy a wide variety of culinary delights
at our Sunday Brunch. You will not
only find a classical breakfast buffet to
begin with, but also warm dishes and,
last but not least, a distinguished
selection of desserts

Children 0 - 10 years free
Children 11-15 years CHF 20.00
Youngsters from 16 years CHF 62.00
Adults CHF 62.00

If your family has at least three children
over the age of 10 we are only going
to charge for two children!

Reservation:
Parkhotel Restaurant
Tel. 041 727 47 47
info@parkhotel.ch

Dear Members,

As my term of office as Vice-President comes to an end, I can look back on two challenging years for The Board and for all of us in The Club. As VP I have supported the President and other Board Members or Club Members who asked for help and as a result, I have had two wonderful years of meeting new ladies, experiencing and learning new skills and having a great time joining in events and escapes. Volunteering is always a source of good karma for me.

The Board has done a great job of keeping The Club afloat and thriving during an unprecedented time and I hope many of you will come to the AGM on 3 May, with luck in person, to set the sails for the coming Club year. This is also your chance to be heard and to give your input, so please take advantage of this opportunity.

Another chance for you to show your skills and interests to other Club Members is the ZIWC Showcase at the Siehbachsaal on 14 May. You can set up a stand, sell your wares or promote your business at a low cost in an attractive, central location specially hired for us.

Later in the year, in September, we will be celebrating the 55th anniversary of our amazing Club. As a long-standing member, I always enjoy these occasions, but I am also conscious of the wide variety of events, escapes and activities The Club offers. We are amazing, ladies – spread the word among your friends, acquaintances and on social media.

As I write this, green shoots are appearing in my garden. I hope that by the time you read this, spring will have come and that you can enjoy blossoms and flowers everywhere you look.

All the best

Helena
Vice President



Name the Magazine competition winner
Helena with her prize

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New Members

Anne-Lene Groll,
Membership Chairwoman
Email: **membership@ziwc.ch**

We warmly welcome our new members

Aviva Bendrihem, Baar
Maryam Irvani, Zug
Hilde Van Doren-Demullier, Oberwil
Janet Prince, Cham
Natalia Singer, Zug
Judit Grof, Walchwil
Rhiannon Thomas, Zug
Mary Delany, Küssnacht am Rigi
Dar Kurtz, Cham
Lene Bögli, Walchwil
Samantha Horn, Steinhausen
Julie Poirier, Steinhausen
Alexandra Freitag, Zug

For more details, please consult the online membership directory

Magazine Editor
Stormy Berney
newsletter@ziwc.ch

Assistant Editor
Suzy Andricopoulos

Advertising Chairwoman
Yvonne Mandri-Bossart
advertising@ziwc.ch

Website Chairwoman
Leila Narhinen
webeditor@ziwc.ch

Proofreaders
Helena Lustenberger
Suzy Andricopoulos

Magazine Mail-out
Graphic Design
Ron Sumners
sumners@databaar.ch

Printers
Onlineprinters GmbH
www.onlineprinters.ch

Club address:
Zug International Women's Club,
6300 Zug

Payments to the Club should be made to:
Zug International Women's Club, 6340 Baar
IBAN: CH40 0900 0000 1752 1935 3

The Club's cancellation policy is applicable to **ALL events that involve a reservation**. Unless otherwise specified, the cancellation deadline is the booking deadline. A member who cancels her participation in an event after the cancellation deadline or does not show up, is required to pay the full participation fee of the event. **Free events will incur a 25 CHF administrative charge**. The Club is not responsible for any loss or injury suffered during the course of activities or events.

3rd Party Ad Disclaimer: The Club's Newsletter contains advertisements from third party businesses and has no control over their content and the quality of services advertised. The use of such information lies solely at the readers' own discretion or risk. Further, the ZIWC does not explicitly and implicitly endorse third parties in exchange for advertising nor does any advertising influence editorial content, products or services.



A boutique school where young athletes are supported in their dual career aspirations

Institut Montana offers students the opportunity to follow demanding academic programmes whilst practising sports at a competitive level. This is achieved by the personalised attention they receive as individuals and a tailored approach. The school has many students who benefit from a customised and flexible approach to learning. Recent national and international successes include a young athlete, a dressage rider and two rugby players!

Successful national and international rhythmic Gymnast

Alexa Evertz, a student in the Swiss Gymnasium, took first place at the Zuger Cup 2021, an international competition for rhythmic gymnastics. Over one hundred girls competed, and Alexa was the winner in her age group. The tournament was organised by RG Zug club in December 2021.

Alexa Evertz has been doing rhythmic gymnastics since she was five years old and before her top result in Zug, she had repeatedly achieved top places at competitions in Germany, Bulgaria, Israel, Dubai and the Ukraine. In addition, she was twice among the finalists at the Swiss Championships.

This is a remarkable list of sporting successes at such a young age. Her success is made possible by a flexible school model which includes adapting timetables to individual needs and the use of hybrid learning. This provides students with a combination of face-to-face classroom learning and distance learning that ensures they do not miss valuable teaching time.

World ranking in Junior Dressage

Annabelle Rehn, a boarding student in the International School is ranked 9th in the world in Junior Dressage per the Federation of Equestrian Sports world ranking.
This is an impressive achievement as she is the youngest in the top ten list with two years still remaining in this age category. In addition, she has been selected for the 2022 Junior Team by The Danish National Equestrian Federation for three years in a row.
Annabelle attends the IGCSE programme at Institut Montana and is motivated to succeed in her academic and sporting ambitions. She is also a budding entrepreneur and philanthropist, passionate about using her position of privilege to help others. The school supports her with the quality and flexibility of their academic and boarding programmes.

Education and sporting success

Institut Montana has a proud history of sport and offers strong support for competitive sports, in terms of facilities and learning needs. The school boasts of a central location providing easy access to local sports facilities and participation in competitions for students, as well as travel abroad from Zurich airport. Students are encouraged to be excellent students and athletes.

In addition to Alexa and Annabelle, Institut Montana currently supports students who do ice hockey, water polo and rugby at a competitive level. Two young brothers, Farouk and Thomas, have recently been selected to play for the U16 Rugby Swiss National team.

Escapes 52nd Annual Morges Tulip Festival



Join us to Enjoy the 52nd Annual Morges Tulip Festival.

Date: **Wednesday 6 April 2022**

The Experience: Parc de l'Indépendance in Morges hosts an annual Tulip festival with a colourful display of thousands of tulips. Along with the tulips, there are also narcissi, irises and daffodils. These are among the most beautiful flower gardens in the whole of the region. Everyone will be free to enjoy the park at their leisure. Lunch is on your own expense. Some of us will head back to Zug together, but you are free to return individually, at your leisure.

Departure: Zug Bahnhof.
We will travel on the IC2 direction Zurich, departing at 8:31 from Platform 3.
In Zurich, we switch to the IC5 direction Genève-Aéroport.
Our stop will be Morgés. Total travel time is 3 hours one way.

Cost: Price of your train ticket. Please book your ticket in advance.
Entry to the Parc de l'Indépendance in Morges is free.

Booking deadline: Please RSVP no later than April 1

Contact: For questions or more information, please contact Alicia Toledo at escape@ziwc.ch or on WhatsApp on 078 207 90 77

Please register on the ZIWC Website. The ZIWC cancellation policy applies.



Intercoiffure Wolf by Monika Klein | Reiffergässli 3 | 6300 Zug | Tel. 041 711 18 83 | www.intercoiffurewolf.ch

April Lunch Club

Join us for the ZIWC April Lunch Club at **Secret Garden Pop-Up**

When: **Wednesday 27 April at 12:00**

Where: **Secret Garden Restaurant,** City Garden Hotel, Metallstrasse 20, Zug
This is the final week of the Winter edition of this lovely pop-Up restaurant!
https://secretgarden-zug.ch



Menu: please see website

Booking: Please register on the ZIWC website

Booking deadline: **Friday 22 April**
(early registration is greatly appreciated, please)

Contact: Ailbhe Fallon at
ailbhe.fallon@fallon-currie.com
or on 078 698 51 60

If you need to cancel please email the Lunch Club Coordinator Ailbhe Fallon **on or before 22 April**. Similarly, if you would like to attend once the event is full, please contact Ailbhe to ascertain whether there have been cancellations.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.

New Kids on the Block

Have you noticed new Asian eateries on our block?

Two restaurants worth checking out are Soghi's and Level Sushi, for the next time you're out and about in Zug.

By Amy Jost

Soghi's

Aegeristrasse 12

Soghi's is a casual dim sum restaurant at the Kolinplatz which serves yummy, artistic, wholesome small Chinese dishes. Their specialty are momos, a hand-made Tibetan steamed dumpling, available with a variety of fillings. Soghi's is the Zug branch of the Walchwil Engel Gasthaus, which also serves modern Asian cuisine. I have eaten there several times and especially enjoyed the Xiao Long Boa. This is a soup-filled steamed dumpling which is eaten by sucking out the soup from a delicate hole at the top. They also offer a 'happy dim sum hour' between 15:00 - 17:00. Be certain to try the fat duck pancake which is their Peking duck. The locally-run Zug eatery also sells gift items, a variety of teas and frozen dim sums for take out, but no alcohol.









Level Sushi

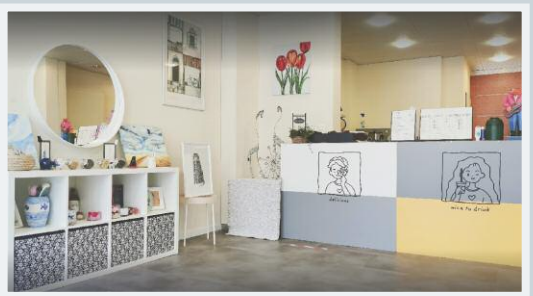
Fischmarkt 2

Level Sushi is the central Switzerland branch to their Lugano restaurant. It is located above San Marco's Italian restaurant by the lake with views that can't be beat. The menu is eclectic, not only offering gorgeous, non-traditional sushi combinations, but also tacos, fajitas, ceviche - something for everyone! I found the lobster roll especially delightful and have a hard time not reordering it every time I go. I lived in Japan and continue to travel there, making me a bit of a sushi snob. Some of the dishes don't meet my expectations, for example the miso soup. Nonetheless, the fresh combinations they offer turn typical sushi into a whimsical, fun and delicious night out.









Miss Tea

Schmidgasse 2

Miss Tea is the adorable bubble tea shop located just across from the bridal shop in Zug. They offer specialties like hot chestnut tea, taro milky tea, smoothies and homemade iced teas. Serving drinks for children as well as adults, with or without the delicious chewy tapioca bubbles. In addition, they serve pudding filled waffles and savoury homemade dim sum (to be eaten on site or available for take out.)

Don't wait long to visit these new, tasty spots in Zug. After the pandemic, they really need our patronage and I would love to have them in the city for many years to come.

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Shop Zug, Neugasse 15, 6300 Zug, Phone 041 728 77 11

ENGEL&VÖLKERS

Have You Seen ZIWC on Social Media?

Social media can feel like a big undertaking for private clubs, but it's also a land of opportunity. As a women's club, we have made the decision to embrace the possibilities various social media pages and groups can offer.

It's about giving our Members the chance to see what is happening in The Club, to check out the next events, to get to know the Board Members and Interest Group Leaders. To have an interactive platform for relationship-building. At the same time, we need to get the word out about The Club to attract new members, advertisers and sponsors as well as to become visible within the Zug community.

We aim to be positive, inspirational and motivating.
So, what are these new media and what can you do there?

Facebook Page

Facebook remains the most popular social network in the world. So, of course we are here at:
https://www.facebook.com/ZIWCZugInternationalWomensClub
Please make sure to like and share this page, which is accessible for all Facebook users and which promotes general information about The Club such as events and news.

Facebook Group

The Facebook Group is an exclusive place for Club Members:
https://www.facebook.com/groups/zuginternationalwomensclub
Please join the group and share your photos, stories and comments about everything happening in and around our Club. This is your space!

Instagram

Have you seen all the beautiful pictures on our Instagram account:
https://www.instagram.com/ziwc100/?
Please follow us and share your thoughts on the content we are posting.

LinkedIn

Yes, we are also on LinkedIn, the popular social network for professionals:
https://www.linkedin.com/company/ziwc
We are here to engage with existing as well as prospective members and sponsors. This platform is ideal for sharing knowledge and building professional relationships. So, please follow us there and become visible as a member.

And of course, we'd also like to give you as a Club Member an opportunity to become visible on these social media channels! There are lots of options:

- Share your profile as a member with us, introduce yourself and let us know about your interests and hobbies, what you enjoy about living in Switzerland and why you became a member of the Club.
- Share your experiences from Club events and interest groups.
- Share your recommendations such as hiking tips, new books you read, your favourite recipe or a new restaurant in town.
- Ask us any question you like and give us feedback.

Let's meet online :)

Andrea Wörrlein
Marketing Chairwoman
marketing@ziwc.ch

April Monthly Dinner

The **April dinner** is planned at the **My Oriental Cuisine in Baar** where you can eat delicious shrimp dumplings, crispy beef, all types of curries and duck specialities, among other Asian dishes. It has very friendly service and a pleasant Asian decoration.

When: **Wednesday 20 April**

Where: Langgasse 4, 6340 Baar. Some parking places are available behind the restaurant. Bus stop: Oberdorf.

Time: **18.30**

Booking deadline: Please register on the ZIWC Website by Tuesday 19 April. If you can't register online by yourself, send a mail to webeditor@ziwc.ch

Contact: Valerie Gitter (079 763 46 06, vgitter@bluewin.ch) for questions only.

Menu: We will be choosing "à la carte" from their delicious Asian menu.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.





5 Rappen for Charity

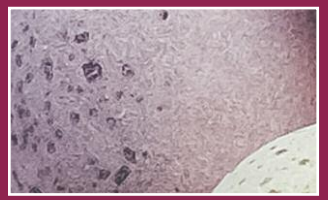
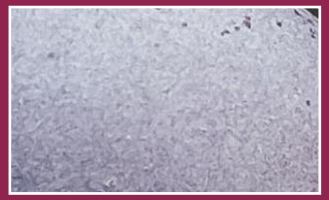
Ladies, we will revive The Club's tradition of collecting 5 Rappen pieces for charity. Please start collecting them again! We will have more information in the near future on which club events you can bring them to for collection.



April 2022

Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/

Please note the changes to the Club's cancellation policy on p.4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
				1 9:15 **Fitness Hiking Group**	2 SATURDAY 3 SUNDAY
4 13:30 **Social Walk** 19:00 **"Wellness Matters" Workshop**	5 9:00 **Badminton** 14:30 **Gardening Group** 18:30 **Bar & Lounge**	6 9:00 **German Conversation** ***Kaffeeklatsch*** 9:00 **Escape To Morges** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	7 9:30 **Golfing Gals Group** 11:00 **English Intermediate Group**	8 9:15 **Fitness Hiking Group**	9 SATURDAY 10 SUNDAY
11 13:30 **Social Walk**	12 9:00 **Badminton** 19:00 **Emotional Intelligence**	13 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting**	14 11:00 **English Intermediate Group** 15:00 **Italian For Beginners** 16:00 **Italian Conversation**	15	16 SATURDAY 17 SUNDAY
18 13:30 **Social Walk**	19	20 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:30 **Monthly Dinner**	21 10:00 **Cham Coffee** **Join Stammtisch With IMCZ**	22	23 SATURDAY 24 SUNDAY
25 13:30 **Social Walk**	26 14:00 **Book Club** **Fit And Kicking Group** 14:30 **Aegeri Coffee**	27 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Intermediate Walking/Hiking Group**	28 9:30 **Walchwil Coffee** 10:00 **Cooking Group** 15:00 **Italian For Beginners** 16:00 **Italian Conversation**	29	30
					

SAVE THE DATE!
One More Time BBQ @ Lotte's
15 June at 11:00

Bring the Joy of Easter Home



Easter is a time of hope and new beginnings. Spring into the season with these quirky ideas and capture the spirit of this time of renewal.





Easter Bunny Footprints

Do you have little ones in your life who still believe in the Easter Bunny?
Illuminate their morning with an Easter Bunny footprint trail leading to their Easter Egg Hunt.

Materials Needed:

- One sheet heavy paper / cardstock
- Scissors
- Flour
- Glitter (optional)

Directions:

1. Draw or print an Easter Bunny footprint onto heavy paper. The paper should be able to hold the weight of the flour.
2. Cut out the footprint to create a stencil.
3. Create a bunny trail inside or out by sprinkling flour onto the footprint template, one hop at a time.
4. For an extra touch, mix glitter into the flour or sprinkle directly onto the trail.

Spruce Up Your Egg Cups

Get creative with alternative uses for egg cup holders to quickly and easily transform your Easter table. Here are a few ideas to get you started:

Dip cup
Alternative food holder
Serve fresh herbs
Candle or Tea Light holder







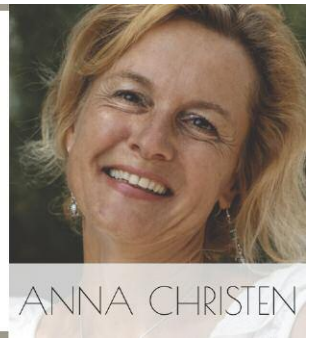


Spring is in the air!

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ANNA CHRISTEN

Hospitality

Veerle Vandionant - Hospitality Chairwoman
Organises regular social events for Members.
Welcomes new Club Members. She also provides information, related to our Club activities, to potential New Members and current Members.

Stammtisch

The Hospitality Team is pleased to host our *Stammtisch* again.

Please note that all events will be per BAG (Federal Office of Public Health) regulations.

When: Every Wednesday, 9:45-12:00 (except public holidays)
Where: Park Hotel, Industriestrasse 14, 6302 Zug
Parking is available at the hotel. Your ticket needs to be validated at the reception.

Cham Coffee

If you live in the Cham area (Hünenberg, Knonau,...) or are just interested in joining the Cham Coffee, call Karin. She has created a WhatsApp group to keep Members informed about attendance. WhatsApp or email her if you will be attending.

When: Third Thursday of the month, 10:00–11:45
Where: Cafe Plaza, Kirchbuhl 5, 6330 Cham
Contact: Karin Resch on +43 664 421 27 75 or at karin-resch@bluewin.ch

Walchwil Coffee

Why not come and join us for a cup of tea or coffee and a friendly chat?

When: Last Thursday of the month, 9:30–11:00
Where: Riviera Café, Dorfstrasse 19, 6318 Walchwil
Contact: Sarah Paul on 079 279 97 48 or at paulfamily@bluewin.ch

Aegeri Coffee

The Aegeri Coffee had its premiere in January. The location might change per month so please contact Tina Niederer to be added to the WhatsApp group so you don't miss out on invites and updates. This is a great opportunity to meet other Members for a lively get-together in the Aegeri area!

Please register on the website calendar as spaces are limited to 8 for now.

When: Last Tuesday of every month
Where: To be confirmed on a monthly basis, but in the Aegeri area
Contact: Tina Niederer on 077 479 13 11 or at tina.niederer@hotmail.com

April & May
Contact Drinks or Coffee

The April & May contact coffees have not been scheduled yet.
Once we have a date this will be added in the Club calendar so please stay tuned.

Please contact: Veerle at hospitality@ziwc.ch or on 077 505 12 13 if you would like to host a coffee or have further questions.

Save the Date: June
Contact Coffee – Apero/Cocktails

Valerie kindly offered to host our June get together for new and longstanding members, at her place in Immensee.

Where: Ribetschi 1, 6405 Immensee
When: Tuesday 7 June - 15:00-17:00 Contact Coffee / 17:30-20:30 Apero/Cocktails
Max capacity: 15 per event. Register ONLINE for one or the other.
Registration deadline: June 3 2022
Please contact: Valerie on 079 763 46 06 to coordinate what you will bring.

Valerie's home is very near the Immensee train station (which connects via Arth-Goldau or Rotkreuz). There are several parking spaces outside but still recommend car pooling when possible.

April Lunch Club

Join us for the ZIWC April Lunch Club
at **Riviera Café - Walchwil**

When: **Wednesday 18 May at 12:00**

Where: **Riviera Café,** Dorfstrasse 19, 6318 Walchwil

Booking: Please register on the ZIWC website

Booking deadline: **midnight Friday 13 May** (early registration is greatly appreciated, please)
There is parking available nearby and the venue is a three minute walk from Walchwil station. If the weather is kind we may even be able to sit outside!

Contact: Ailbhe Fallon at ailbhe.fallon@fallon-currie.com or on 078 698 51 60

If you need to cancel please email the Lunch Club Coordinator Ailbhe Fallon **on or before 13 May**. Similarly, if you would like to attend once the event is full, please contact Ailbhe to ascertain whether there have been cancellations.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.

May 2022

Remember to check out our Website www.ziwc.ch for up-to-date calendar, photos and membership news. Have you joined our Facebook Group? www.facebook.com/groups/zuginternationalwomensclub/

Please note the changes to the Club's cancellation policy on p.4

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					SATURDAY
					1 SUNDAY
2 13:30 **Social Walk**	3 9:00 **Badminton** 14:30 **Gardening Group** **Annual General Meeting, Hope To See You There**	4 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	5 9:30 **Golfing Gals Group** 11:00 **English Intermediate Group** 17:30 - 19.30 **BNG Apero For Working Women**	6 9:15 **Fitness Hiking Group**	7 SATURDAY
					8 SUNDAY
9 13:30 **Social Walk** 19:00 **Wellness Matters Workshop**	10 9:00 **Badminton** 16:30 **Italian Wine Tasting**	11 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 18:30 **Monthly Dinner**	12 11:00 **English Intermediate Group** 15:00 **Italian For Beginners** 16:00 **Italian Conversation**	13 9:15 **Fitness Hiking Group**	14 SATURDAY 11:00-16.00 **Showcase ZIWC Talent**
					15 SUNDAY 14:00 **Escape To Creative You**
16 13:30 **Social Walk**	17 9:00 **Badminton** 19:00 **Emotional Intelligence**	18 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 12:00 **Monthly Lunch** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting**	19 10:00 **Cham Coffee** 11:00 **English Intermediate Group** **Join Stammtisch With IMCZ**	20 9:15 **Fitness Hiking Group**	21 SATURDAY
					22 SUNDAY
23 13:30 **Social Walk**	24 9:00 **Badminton** 14:00 **Book Club** **Fit And Kicking Group**	25 9:00 **German Conversation** ***Kaffeeklatsch*** 9:45 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	26 9:30 **Walchwil Coffee** 15:00 **Italian For Beginners** 16:00 **Italian Conversation**		 
30 13:30 **Social Walk**	31 9:00 **Badminton** 14:30 **Aegeri Coffee**				

SHOWCASE ZIWC TALENT

SIEHBACHSAAL *Saturday 14 May 2022*

Our Club is full of Wonder Women with skills and talents, who create and design and successfully run businesses of all kinds. We would like to showcase this expertise and give you the opportunity to present it not only to fellow Club Members, but the broader public as well, at a very low cost in a prime location.

We have hired the *SIEHBACHSAAL* in Zug to showcase the talents of our ZIWC Members. We would like to invite you to express your interest in a stand or if you are ready, just go ahead and book one straight off!



Location: SIEHBACHSAAL, Zug

Event time: 11:00-16:00

Set-up: ca 9:30

Cost of stand: ZIWC members 25 CHF, non-members 50 CHF
(Club Members have priority)

Stand holders will be responsible for setting up their own stall, clearing up and taking their own rubbish home etc.

So, craftswomen, designers, photographers, wine-growers, caterers, artists, businesswomen – this is your chance to show off!

Contact vicepresident@ziwc.ch or phone 041 780 43 07 to book your table or get more information.









ekz-zugerland.ch

Let's go shopping

Welcome to the Shopping Centre Zugerland with 50 shops and the biggest Migros Supermarket in Central Switzerland.

MIGROS + 50 Shops

zugerland
Shopping in Steinhausen

The 54th Annual General Meeting of the **Zug International Women's Club**

We are glad to invite our Members to Siebachsaal in Zug for our Annual General Meeting

Tuesday 3 May 2022

By Monday 18 April 2022

- Members must register online for the AGM (as you would for any other club event) – no late registrations will be accepted. If you are not online, please RSVP by SMS to the Giuliana Hug on 076 483 01 07.
- Final AGM Agenda will be posted in the event calendar.
- The Treasurer's Financial Report will be presented at the AGM and will be available on the website after the AGM.

About Voting

Voting will be by simple majority vote of members present (virtually or in person), as well as any proxy votes.
You may provide your proxy to another Club Member, in writing, if you wish to have that person represent your voting interests at the AGM. Please send your signed proxy statement to AGM@ziwc.ch or to the Club Secretary by 26 April 2022 (1 week before the AGM). In the event of a tie, the President has an additional casting vote.

Proposed Agenda **

18:00 Apéro

18:30 **Business of the Current Board:**

1. Approval of the Minutes of the 2021 AGM (Vote 1)
2. Report from President, Cristina Rocco 2020-2021
3. Report from Treasurer, Lilia Pascua-Volejnicek for the Annual financial closing as of 31 March 2022
   - Auditor's Report
   - Approval of the 2021-2022 Treasurer's Report (Vote 2)
4. Approval of Constitution updates (Vote 3 till 12)
5. Any other business of the outgoing Board

19.20 Break

19.30 **Business of the Incoming Board:**

6. New Board Members 2022-23 (announcement of result)
7. Budget for 2022-23 (Vote 13)
8. Election of auditors for the year 2022-2023 (Vote 14)
9. Annual fees (Vote 15)
10. Any other business of the new Board

** Might vary based on Members' input sent with voting
In case BAG changes Covid rules, the AGM will take place by Zoom on the same day and time and all registered Members will receive a link.

May Monthly Dinner

The **May dinner** is planned at NEGISHI (in the Metalli shopping centre, near ZARA): **Negishi** specialises in sushi but also has other Japanese and Asian dishes to choose from.
If the weather allows it, we can sit outside.

When: **Wednesday 11 May**

Where: Baarerstrasse 14, 6300 Zug

Time: **18:30**

Booking deadline: Please register on the ZIWC Website by Tuesday 10 May. If you can't register online by yourself, send an email to webeditor@ziwc.ch

Contact: Valerie Gitter (079 763 46 06, vgitter@bluewin.ch) for questions only.

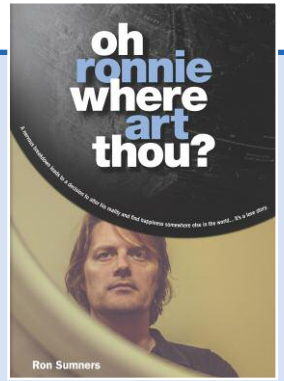
Menu: We will be choosing "à la carte" from their delicious Asian menu.

ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.









The Unexpected Coffee Table Book

Oh Ronnie Where Art Thou

Ron Sumners is as close to a male member of the ZIWC as it gets. Not only the graphic designer for our Club's magazine, he is also a talented photographer, often behind the camera at our Club's special events. In his travel memoir, Oh Ronnie Where Art Thou, he shares 650 of his photographs, making it fit for any coffee table.

In my mind, Ron's talents are officially extended to comedy writer. The dry, sometimes dark humour keeps you turning through the 200 pages, tensely thinking what could happen next, with actual laugh-out-loud moments as he shares stories of foreign guards, foreign laws, foreign girls, foreign lands, foreign foods and foreign airports. That is a lot of foreign, having travelled to 24 countries and 85 cities, getting up to some serious adventures.

A typical line reads: ***"every clenched muscle in my body waited for bullet penetration."***



What was Ron up to?! And what could have led to this recounting; ***"Afterwards, with my head spinning, my ears ringing, and insect innards stuck between my teeth..."***
Was this skydiving or something else?
All is revealed in Ron's memoir…

There is a tremendous variety of stories in Ron's year long world tour, but it did have a running theme - alcohol. Pickled, plastered and thoroughly drunk are but a few of the ways he describes the liquid courage that pushed him to tackle his wanderlust.

Besides the adventures, this is also a rare insight into the mind of a shy man. He clearly describes what he was thinking and then shares what he actually said and did. This was normally behaviour that gave no inkling of his resentment, resistance or reluctance, irrelevant of the country or culture.

"Calm on the exterior and a whirlwind of terror swirling on the inside."

Despite his inner hesitation, Ron gets out there and lives adventures that, in some cases, can no longer be repeated, like snorkelling in a healthy, vibrant Great Barrier Reef. This travel memoir has the serendipity of lucky happenstances that only accompany an unplanned trip and indeed, hilarity ensues. Ron steps out of his comfort zone and opens himself to strangers, where he finds friends, partners in crime and even a wife! It is a love story!

Available for purchase on **www.ohronniewhereartthou.com**

German lessons for children from 3 to 7 years old in Baar, Neuheim, Menzingen, Oberägeri, Steinhausen, Unterägeri, Walchwil and Zug.
For more information visit **www.wunderfitzundredeblitz.ch** or call 041 780 54 28

Wunderfitz und Redeblitz GmbH

Interest Groups

Charis Theodorika, the Interest Group Chairwoman, manages and coordinates existing interest groups, facilitates the creation of new groups and promotes interest group activities to the membership. If you are not a Member, kindly contact the Interest Groups' Chairwoman to get your free trial at **interestgroups@ziwc.ch**

For all interest groups:

- *Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accident insurance.*
- *ZIWC Cancellation Policy and Accident Insurance rules apply, please refer to Page 4 for further details.*
- *BAG Rules apply for all events, please check for the latest guidelines.*

Business Networking Group (BNG)

Upcoming Apéro: 5 May, 17:30 – 19:30, registration and venue - see ZIWC.ch .

The group focuses on women who are interested in business topics, who are working, managing their company, intending to start up a new company, or are changing their working life.

This group shares knowledge, experiences, information, ideas and techniques. The programme includes speeches, brainstorming sessions, workshops and coaching sessions. This group meets once a month in the evening.

If you'd like to know more, please contact the IG Leader, Ailbhe Fallon, at bng@ziwc.ch.

Italian Wine Tasting

Are you a fan of wine? Don't miss this opportunity! Join this group for a tasting tour through Italian wines. Group leader Lorella is a certified sommelier. Membership in this group is limited, but please contact Lorella for space availability and meeting details.

Cost: 15 CHF per session for wine and savoury snacks.

Meeting Details: The next meeting will be on **Tuesday 10 May** at **16:30**

Location: Reussblick 4, 6331 Hunenberg. The booked room, situated in a private building, is big and well-aerated and the area has plenty of parking.

Contact: Lorella Benedetto on 078 652 13 96 and lorella.benedetto@libero.it.

Please confirm attendance with Lorella.



Knit and Natter

This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, get professional advice, learn new ideas, and make new friends. People wishing to learn are very welcome.

Meeting Details: Once every three weeks at Ober Altstadt 10, Zug

Contact: Antonia Latter on 076 386 00 05 or antonia.latter@bluewin.ch

Last Minute Outings WhatsApp Group

If you are interested in receiving spontaneous invitations to various outings, as proposed by Valerie, please join this group by texting her. This group communicates only by WhatsApp and only reply if you are willing to join the outing!

Contact: Valerie Gitter on 079 763 46 06



Tapas & Friends Group

Hablas español? Have you studied Spanish in college? Is your partner Mexican? Have you lived abroad in a Spanish-speaking country? Have you learned this language while travelling in South America? Have you studied Spanish online over the last few years? Then this new interest group is for you! We will be meeting every 2-3 months to go out for tapas, cook a paella or Mexican food together, see a film in Spanish in the cinema, visit a Frida Kahlo art exposition or even go to a concert of a Latin singer when they are in Switzerland. We will speak exclusively in Spanish during these outings and you will be able to learn new words and remember those that you haven't used in a long time. This group will mainly meet in the evening, on weekdays.

If you are interested in being part of this group, send a mail or a WhatsApp message to Valerie Gitter on 079 763 46 06 or vgitter@bluewin.ch

Emotional Intelligence Workshop Group

Issues, misunderstandings and arguments are part of every relationship, be it personal or professional, but how you react will dictate how you feel afterwards. Were you able to convey your thoughts and intentions to the other person? Were you able to really 'listen' to the other person's reason and explanation or was it lost in the heat of the moment? Did you respond or did you react?

The human heart's biggest desire is to be seen, heard and understood. Be it your spouse, your children, your boss or colleagues, deep down they just want to be respected. They want to share their thoughts and opinions and most of all want to convey their feelings (e.g. fear, vulnerability, pain, sadness, insecurity) but may not know how to or feel able to, and maybe you too feel the same.

If you want to discover more rewarding ways to communicate with others, then these sessions will definitely be thought-provoking, engaging and unexpected.

The Interest Group Leader for this new group is **Shilpa Sukumar**. Shilpa is a certified Professional Life Coach & NLP Master Practitioner. She will share some of the insights and techniques that will help you improve your social, personal and professional relationships. She will hold monthly sessions on specific topics.

The Group will be meeting monthly, usually on a Tuesday or unless otherwise stated in advance. If you are interested in more details, please contact Shilpa Sukumar at shilpa@mindaid.ch.

For further information visit https://mindaid.ch/emotional-intelligence/

Meeting: **Tuesday 12 April – Mindfulness** - Appreciation of the Present
Tuesday 17 May – Self-Limiting Beliefs - Break free to be More

Time: **19:00-20:30** for both sessions

Location: **Via Zoom**. You can find the Link on the Club website.

Please register on the ZIWC website event calendar.

Wellness Matters *The Fundamentals* Workshop Series

You're smart, you're savvy and you've decided that now is the time to kickstart your energy levels, get your skin glowing, manage your stress and get into your best shape ever; your only problem is knowing where to start.

You've already tried pretty much everything there is to try and you're well informed about most aspects of wellness, yet somehow, for some reason, that magic sweet spot of effortless vitality and healthy weight consistently eludes you.

You are not on your own. This is the case for most of us. It is mainly because the fundamental aspects of health and wellness are typically treated as separate topics and the important connections are often ignored or overlooked.

During this series of six fascinating workshops, you'll discover the relationship between the fundamental elements of wellness and how they each play their part and contribute to your overall well-being.

Whether it be poor sleep, an inability to shift stubborn weight gain, constant headaches, or any of the multitude of signs that our well-being is compromised, understanding what really drives our health and wellness and building an understanding of how closely connected each of these elements are, is a game changer.

Hosted by a certified Wellness and Nutrition Coach, the workshops will introduce you to an integrated way of managing your health and wellness. We will start by exploring each of the six aspects of wellness and then learn how each is connected to the other.

The workshops will be held monthly and will be in person and interactive sessions. In the case of Government rules changing, due to their nature, these workshops might be rescheduled.

Speaker: Natalie Madsen-Oesterbye FCIPD, MCMA Practitioner

Location: Haus zum Lernen, Stadt Zug, St-Oswalds-Gasse 20, 3 OG, 6300 Zug

Time: 19:00 - 20:30

Next meetings: **Monday 4 April 2022**
Monday 9 May 2022

Contact: Should you have any questions, please feel free to contact Natalie at nmadsenoesterbye@icloud.com

Please register on the ZIWC website event calendar.



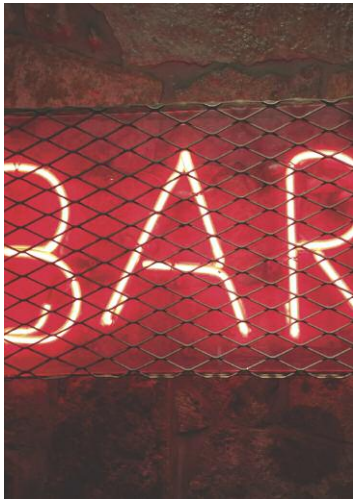
Bar & Lounge April and May

Join us for an apéro after work or a long day. Meet up with other Members and share your stories.

Meeting Details:
usually on a Tuesday, once a month at 18:30

Please check the Website Calendar for the dates for April and May or contact Ingela Stigemar at dent_stigemar@bluewin.ch

Note: Registration is mandatory up to 24 hours before the event.





Book Reading Morning Group

All women wishing to participate in book reading and discussion are very welcome to join us!

Meeting Details: Once a month at Ober Altstadt 10, Zug

Contact: Antonia Latter 076 386 00 05 or antonia.latter@bluewin.ch

Badminton

Badminton is a great way to have some exercise and fun at the same time! The badminton group plays every Tuesday morning. New members are always welcome and some previous experience is recommended but not necessary!

Meeting Details: Every **Tuesday** at **09:00**
Location: Sports Zugerland, Riedstrasse 1A, 6330 Cham. https://sports-zugerland.ch

Contact: Gillian Nolan on 079 617 20 45 or at gillianenolan@gmail.com





Book Club - Fit and Kicking Group!

This book club focuses on non-fiction books which cover the latest scientific findings on health and wellbeing with the aim of improving quality of life and vitality. The group will review one non-fiction book each month. Topics will be wide-ranging and will include any aspect of healthy living which we deem to be of interest, such as stress reduction, gut and brain health, sleep and more. The group meets in person once per month on a Tuesday afternoon from 14:00 to 16:00.

Disclaimer: This group will not provide medical recommendations of any sort. Each participant must decide what information or activities they would like to include in their life. All medical conditions should be addressed with a doctor or another authorised medical practitioner.

Meeting Details: The next meetings will be on
Tuesday 26 April at **14:00**
(Title – "Metabolical" by Robert Lustig)
Tuesday 24 May at **14:00**
(Title – to be decided)

Contact: Caroline G. Hoem at cghoem@outlook.com or on 078 683 31 16

Fitness Hiking

This is a sport fitness hiking group. The group walks at a speedy pace in the mountains around Zug. Please show up FIT for the hike. Every session will take around 2 hours. Please email Amy Egger if you would like to participate!

Meeting Details:
Every **Friday** at **09:15**

Contact:
Amy Egger on 076 761 91 35 or by email at eggeramy@gmail.com



Zuger Trophy Walking and Running Group

We will be taking part in the Zugerberg Finanz Trophy on **Tuesday mornings** at **9:00**. There are 6 stages, with each location offering a short, middle or long distance ranges. You can walk, nordic walk or run, the choice is yours.
For those who register with ZIWC as their 'verein', you can win prizes both through direct registration and competing or by winning a random draw for any prizes won by the club.

Pre-season begins on 22 February and runs for 4 weeks on the Zug middle 5.9 km loop.

Contact: Amy Egger on 076 761 91 35 or at eggeramy@gmail.com to be added to the WhatsApp group.

Social Walk

A weekly social walk for members who enjoy walking at a leisurely pace. We walk on Monday afternoons at 13:30 for 7km/90 minutes (plus a coffee stop!) and is a great way to make new friends! This group is managed via WhatsApp. If you would like to join, please send your mobile number.

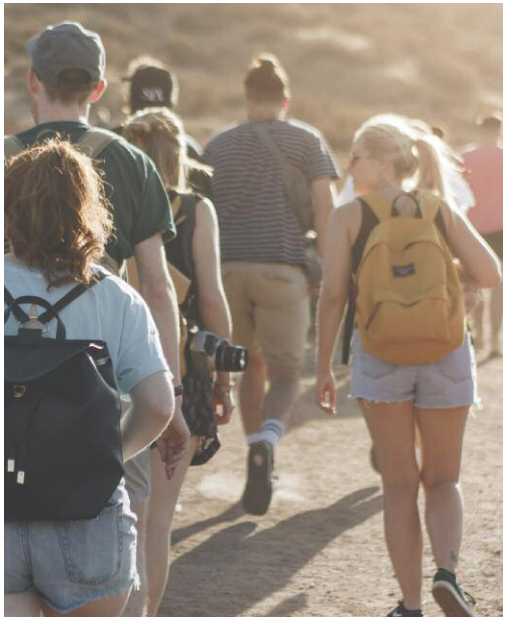
Contact: Jan Frei on 079 335 76 69 or at jan.freicox@outlook.com

Intermediate Walking / Hiking Group

The Intermediate Walking/Hiking Group runs walks of around 1.5 to 2.5 hours every Wednesday afternoon. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary. The group members will take turns in choosing and leading a walk. If you want to exercise and make new friends at the same time, do join our new group!

Meeting Details:
Every **Wednesday** at **13:30**

Contact: Jan Frei on 079 335 76 69 or at jan.freicox@outlook.com



Gardening Interest Group *Grow your own!!*

Learn how to grow your own vegetables in an easy way on your balcony or terrace.

You learn all about how to plan, sow, grow and harvest.

Émely calls herself a foodie by birth, having grown up in her mom's kitchen and garden.

Her two biggest passions are cooking and gardening, as in growing her own herbs and vegetables. Since her recovery from cancer, she dedicated her terrace to growing her own vegetables and loves to share her passion, knowledge, and expertise with you.

You do not need 'green fingers' because this group is for everybody passionate about food, vegetables and herbs, from beginners to seasoned gardeners.

The vegetable gardening group still has spots for vegetable-loving ladies who'd like to (start) growing their own produce on their balcony, terrace or in the garden.

Meeting details: first Tuesday of the month in the afternoon from **14:30 – 16:00**

Where: We meet at variable locations, announced in the WhatsApp group a few days ahead of our meeting date

Contact: Émely Steegstra-Hendrix on 077 490 73 74 or emelyziwc@gmail.com

Registration: Please per WhatsApp as you will be added to our group for communication purposes

If you are not a Member, kindly contact interestgroups@ziwc.ch to get your free trial.



Cooking Group

Lies de Groot, the new Interest Group Leader of the Cooking Group, is inviting you to join and share your experiences with her!

It is fascinating to learn and try recipes from the other group members' home countries and then share the delicious food with them. You can prepare anything from a main course, baking item or even a 3-course meal! The beauty of these groups is the flexibility - cook whatever you want. No pressure on anybody or expectations - even a salad is fine. You really do not need to be a great cook to host a session. The idea is to get new recipe ideas and meet up with people to share the food. If you get different nationalities in a group, it is nice if they prepare something from their own countries. The group meets on a **Thursday once a month** and it is in small groups, always depending on how many participants the host can have in her home. If you will be hosting the group, you will normally arrange to begin at around **10:00** for a coffee before the session starts. The host will have planned what you are going to cook and will provide copies of the recipe(s) to the group members.

Contact: Lies de Groot on 079 559 84 80 or cm.de.groot@bluewin.ch
Please register in the group by email or WhatsApp.

Conversation Groups

NEW German Language Conversation Group

The German Language conversation group starts its activities again with a new leader, Agnès Reicke. If you are currently learning or you are a bit more advanced, this is the best way to start practising your German conversation skills! The Group will be meeting on a **Wednesday morning from 10:00 to 11:00** so if you are interested in joining the Group please contact the group leader Agnès Reicke for more details at agnes@reickeglaus.ch.

Italian Conversation
Beginners Group & Intermediate/Advanced Group

If you are a fan of Italy's food, wine, fashion and culture, here is your chance to learn the nuances of its beautiful 'singing' language. Marina Cesena and Cristina Rocco are native Italian speakers and are looking forward to welcoming new ladies!
Are you new to the Italian language or not so confident? We will have a **beginner's basic conversation** from **15:00 – 16:00**. Do you want to keep on learning?
Are your conversation skills intermediate or more advanced?
Then continue by joining the more **advanced group** from **16:00 – 17:00!**

Meeting Details: Currently the meetings take place at **La Taverna, Metalli Zug**, on the **2nd and 4th Thursday of the month** and last for approximately 1 hour, but always check the group calendar. It must be noted that in the case of government regulations / restrictions applied, the group meetings will be held virtually via Zoom and this will be communicated in advance to the group members via WhatsApp.

Contact: Beginners Group: Marina Cesena at mcesena62@gmail.com
Advanced Group: Cristina Rocco on 079 444 40 56 or at cristina@italianallegria.com

English Intermediate

Members of this group discuss a topic through questions in a friendly atmosphere. Through our discussion we distinguish strong points and difficulties in the language and at the end of the lesson, important notes and grammar are analysed. This intermediate group is led by Eugenia Loras, a native speaker and certified English teacher.

Meeting Details: On Thursdays at 11:00 – 12:00 virtually via Skype
Contact: Eugenia Loras on 079 588 23 60 or at evloras@yahoo.ca

Girls About Town WhatsApp group

'GirlsAboutTown' will embrace and encourage **spontaneous** outings suggested by **any** member, such as a ship cruise, going for a drink or a stroll by the lake, watching a movie etc. The suggestion to be communicated can be as…. ***"It's a nice evening and I'd love to have a drink and/or stroll by the lake… would anyone like to join me?"*** or ***"I'm planning to visit the Art Museum Kunsthaus Zug on 23 June … would anyone like to join me?"***

When a member of the WhatsApp list has a suggestion for such an outing, they can send a message to the group recipients and inform them as to what the details of the outing suggestion are. From then on, **only** whoever is interested in joining, can either turn up or communicate together with the member suggesting the outing if they want to go together. These outings will operate only through the WhatsApp group. If time permits, the proposing member/organiser can ask the Web Editor to post on the Website 'Happening Now' section.

If you are interested, send a WhatsApp with your **full name** to Helena Lustenberger on 079 243 64 39.

NEW Last-Minute Tennis WhatsApp Group

Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? Well, Adriana Schiraldi, who comes from Argentina and loves playing tennis, would like to invite you to the New Last-Minute Tennis WhatsApp Group which will begin its activities in February!

Initially, Adriana will be monitoring the invitations/postings within the group but at a later stage any member can propose and organise singles or doubles games and will be responsible for arranging all the details i.e. reserving the court and stating if it is for a single or a double game. The group members must be intermediate and/or high-level players (not beginners) who will enjoy practising their beloved sport and at the same time making new friends within the Club community!

This group will communicate only by WhatsApp, so if you are interested in being part of it, please join by texting Adriana!

Contact: Adriana Schiraldi on 079 744 17 46

NEW GROUP Golfing Gals

Do you enjoy golf? Join our golfing interest group. On the **first Thursday morning** of the month, at 9:30 we meet at Golfpark Holzhäusern to practise together for an hour. Then we stay for a coffee and a chat. We can also organise spontaneous rounds of golf. If you are interested, send a WhatsApp to join and for specific details.

Meeting Details: First Thursday of the Month at 9:30
Contact: Stormy Berney on 076 499 50 71

A NEW Arts and Cultural Events Group

is being set up and will begin its activities in April!! Look for the description and meeting details of the new group on The Club Website calendar!!



Potential New Interest Groups

ZIWC Members have requested additional activities be offered by the Club and we are now looking for volunteers to share their expert knowledge for the enrichment and fun of fellow Members. We are still looking for native speakers who would like to volunteer in leading any other than the existing language conversation groups at any level.

If any ZIWC Member is willing to set up or lead any Interest Group, please contact Interest Groups Chairwoman, Charis Theodorika, at interestgroups@ziwc.ch.

Spotlight Events!

Spotlight Events are Member-organised experiences created for other Members. Exhibitions, movies, concerts, sightseeing, day trips and business presentations are examples of what a Spotlight Event may be. Ski trips, wine tasting, cooking lessons, direct sales parties: the possibilities are endless! Please get involved and think about organising an event. For additional guidelines you can find more information on the Club Website or contact Charis Theodorika at interestgroups@ziwc.ch.

Escapes in Thalwil to Paint Ceramics





Let's Get Artistic Together in Thalwil to Paint Ceramics!

Date: **Sunday 15 May 2022**

The Experience: Enjoy the creative atmosphere together and paint your own ceramic piece. Assistance is available to show you different techniques to help create a beautiful pottery piece. Refreshments will be served.

Departure: Creative You. Glärnischstrasse 1, 8800 Thalwil

Time: 14:00 – 17:00

Cost: Minimum spend of 49 CHF for a ceramic piece.

Booking deadline: Please RSVP no later than 1 May

Contact: For questions or more information, please contact Alicia Toledo at escape@ziwc.ch or on WhatsApp on 078 207 90 77

Please register on the ZIWC Website. The ZIWC cancellation policy applies.

IN MEMORIAM

Cathy Kind 01.12.1943 — 03.02.2022



Cathy was a bubbly, kind and warm-hearted person. She dutifully served on the ZIWC Board in 2001 - 2002, even though she was terrified of public speaking. Active and fit, she was often spotted walking her dog in Zug and she always made time to chat with anyone she met. She will be missed by her daughters, grandchildren and, of course, those of us who knew and loved her.

Sabine Pralat 29.08.1957 — 13.02.2022



It is with a heavy heart that we share the news of the passing of beloved Club Member Sabine Pralat. She leaves behind her mother, a brother, a sister, her daughters Alexandra and Hanna and her husband Ulrich. With condolences, we pass on a prayer to Sabine from a friend and fellow Club member, “Till we meet again, may you rest in peace in heaven.”

ZIWC *in Action*

Ladies, restrictions are lifted, making us even more active. Here are some photos from a few of the wonderful variety of activities with ZIWC.

Be sure to send in your photos to your activity leaders to share with the other Members or directly to us newsletter@ziwc.ch .

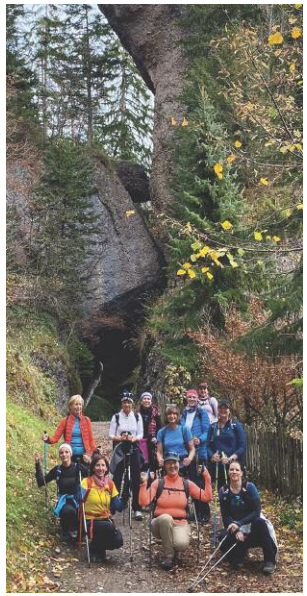














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