ZIWC
Zug International Women's Club

AGM voting forms on pages 9 and 10, cut out and use!

MAGAZINE

Connect!

MARCH / APRIL 2023 | FOR WOMEN • FOR CONTACT • FOR 55 YEARS



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



Long Riser Breakfast

Here, on Sunday mornings, the focus is on the delicious late riser breakfast and good coffee. We serve you a breakfast that leaves nothing to be desired.
We consciously pay attention to the origin of our products and try whenever possible to process regional and ecologically sensible food.
We also attach great importance to using seasonal foods and to ensuring variety at the buffet through variation.

The late riser breakfast is served Sunday from 8.00 until midday at 12.00 h.
Good value for money, free parking and WiFi - we have that too!

Price per person CHF 35.00
Children from 4 - 15 years CHF 1.50 per year of age | Children until 3 years free

www.secretgarden-zug.ch | Tel. +41 41 727 44 54

SECRET GARDEN
Stadtzentrum Zug

Dear Members,

Even though we are experiencing a very dull and cold winter at the moment, as 2023 begins, we are fortunate to be able to look back on a wonderful and exciting 2022.

I love being part of this club with its international Members, and have enjoyed being on the Board as Membership Chairwoman for this Club year. We now total 317 active Members so the numbers are slowly rising and I send out a warm welcome to our new ladies and a big thank you to the 'older' Members for their loyalty and participation.

So many activities were organised during 2022 by our wonderful ladies and a big thank you is due, we appreciate every single member who helped or organised and ran, and continue to run, the very diverse groups and activities for our Club.

Now onto the new Club year where there are numerous plans in progress: the Spring Dine and Dance at the Casino in Zug on the 31 March 2023 is in preparation as I write this. It promises to be an exciting evening with fine dining, music, dancing and entertainment, while enjoying the fabulous views from the wrap-around terrace.

The Appreciation Lunch takes place on 8 March for the Members and Board who make our Club what it today – a welcome haven for ladies new to the Zug area who are looking for companionship, advice, and hopefully to form new lasting friendships.

The Lunch Club team is planning a trip to Lugano with lunch and shopping, a must go-to in spring, so save the date ladies!

The list of activities is to be found in our online calendar so keep an eye out for lots of ideas, monthly lunches and dinners, sports events, coffee mornings, English, German and Italian language lessons and cookery lessons, the list is endless and there is something for everyone!

Please allow me to remind you that the current Club year is ending on the 1st April 2023, reminders to renew your membership will be sent out in March. If you know, anyone interested in joining the club please advise them to join on 1st March to profit from a free month's membership, lasting until 1st April 2024.

I hope you enjoy reading the new edition of our Magazine and look forward to meeting you at some of our activities soon.



Warm regards
Susan Laudenbacher
Membership Chairwoman

Contents:

6 Annual General Meeting agenda
9 New Board Members
10 Voting forms
14 Escape - Hürlimann Spa, Zürich
16 Share! English Comedy Night
18 Charity Luncheon and Fun
22 Escape - Day Trip to Bern
23 Share! Freiruum
26 Interest Groups
30 Seegefröni
32 Milan - Food and Drink Tips

New Members

Susan Laudenbacher,
Membership Chairwoman
Email: **membership@ziwc.ch**

We warmly welcome our new Members

Lea Rickenbacher, Oberwil
Ingrid Handl, Zug
Christin Kos, Walchwil
Melika Yildirim, Cham
Christelle Pawlowski, Walchwil
Silvia Vieira-Manucci, Zug
Patrizia Melera, Zug
Joan Scanlan, Oberägeri
Tanja Erbacher, Hausen am Albis
Liz Edwards, Walchwil
Sheetal Manek, Hunenberg
Alexia Playoust-Baudelet, Zug
Rozerin Karahan, Steinhausen
Caroline Jego, Oberwil
Betty Lorentzen, Zug



Magazine Chairwoman
Suzy Andricopoulos
connectmagazine@ziwc.ch

Advertising Chairwoman
Birgit Knapp
advertising@ziwc.ch

Website Chairwoman
Lucy Harrison
webeditor@ziwc.ch

Proofreaders and
content contributors:
Helena Lustenberger
Stormy Berney

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

Printers
Onlineprinters GmbH
www.onlineprinters.ch

Club address:
Zug International Women's Club,
6300 Zug,
www.ziwc.ch

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 and a monetary payment. Unless otherwisespecified, the cancellation deadline is the booking deadline. A Member who cancels her participation in an event, after thecancellation deadline, is required to pay the full participation fee of the event. The Club is not responsible for any loss or injury suffered during the course of activities or events.

Club No-Show Policy for 'Free Events': Any Member who makes a reservation for a free event who has not cancelled within the agreed deadline or has not given notice to the event organiser of non attendance will incur a 25 CHF fine.

Accident Insurance: Participation in any club event is at the Member's own risk. It is each participant's responsibility to have personal and accident insurance.

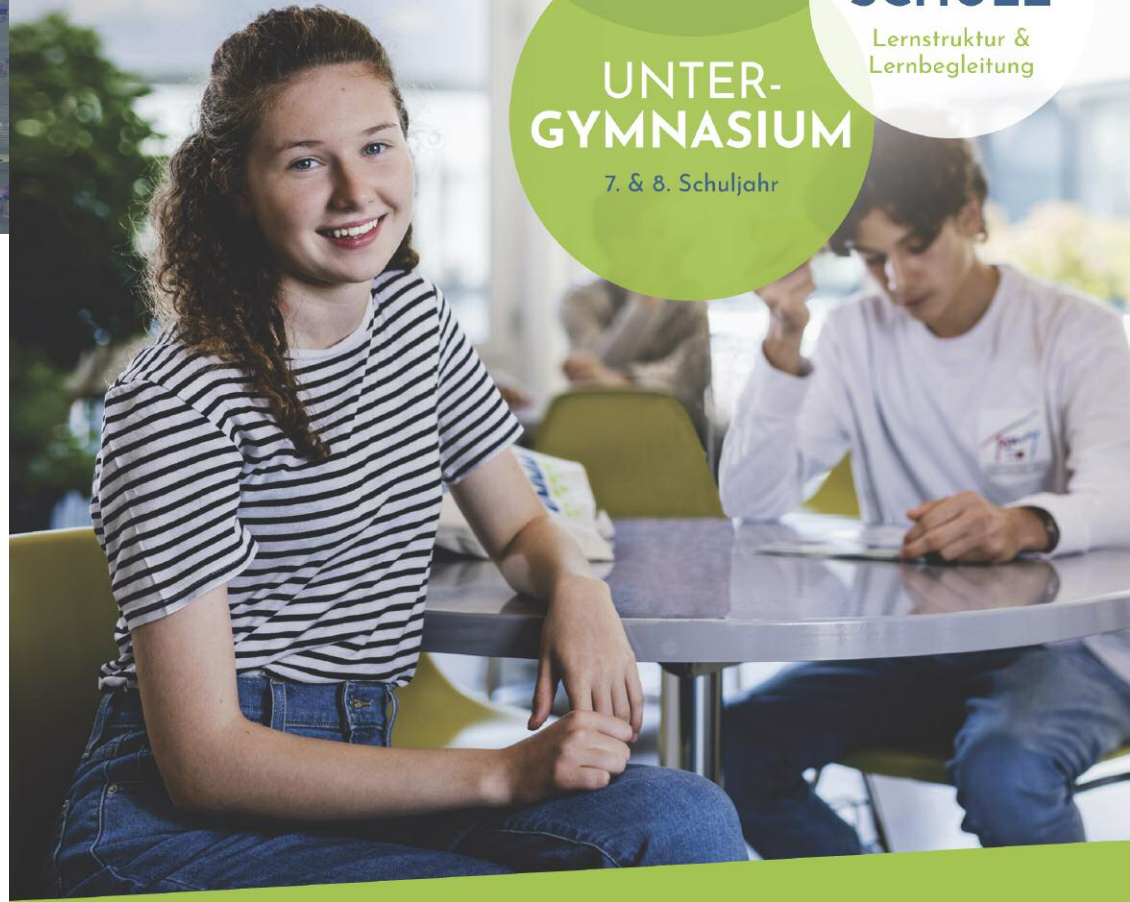
3rd Party Ad Disclaimer: The Club's Newsletter contains advertisements from third party businesses and has no control over their content and the quality of services advertised. The use of such information lies solely at the readers' own discretion or risk. Further, the ZIWC does not explicitly and implicitly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

GYMNASIUM
ST. KLEMENS

KURZZEIT-
GYMNASIUM
familiär & persönlich

TAGES-
SCHULE
Lernstruktur &
Lernbegleitung

UNTER-
GYMNASIUM
7. & 8. Schuljahr



WEITERE INFORMATIONEN ST-KLEMENS.CH

The 55th Annual General Meeting of the Zug International Women's Club

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

Tuesday 9 May 2023

Parkhotel, Industriestrasse 14, 6302 Zug
from 18.00 to 20.00 approx.

Agenda and voting details

By 28th March 2023 Members shall
Approve New Board Members 2023-24

President • **Cristina Rocco**
Vice President • **Émely Steegstra-Hendrix**
Advertising • ***still vacant***
Annual Events • **Tania Mobayed**
Escape • **Alicia Toledo**
Hospitality • **Veerle Vandionant**
Interest Groups • **Charis Theodorika**
Marketing • **Melika Yildirim**
Membership • **Susan Laudenbacher**
Magazine • **Suzy Andricopoulos**
Secretary • **Giuliana Hug**
Treasurer • **Chelle Pawlowski**
Website • **Bettina Bjerregaard**

Please vote using the enclosed form (paper Magazine version) or via email (digital Magazine version).

By Monday 18th April 2023 Members shall
- Send any motion, objections, suggestions, questions or observations

By Monday 3rd May 2023
- Members shall 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 Giuliana Hug on 076 483 0107
- Proxy form shall be sent either by email to AGM@ziwc.ch or by post to Giuliana Hug, Hofstrasse 35, 6300 Zug
- 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.

Vote, motion and proxy shall be sent in writing, by email to AGM@ziwc.ch or by post to Giuliana Hug, Hofstrasse 35, 6300 Zug.



About Voting

Voting shall be by simple majority vote of Members present (virtually or in person), together with any proxy votes.

You may give 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 3 May 2023 (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:

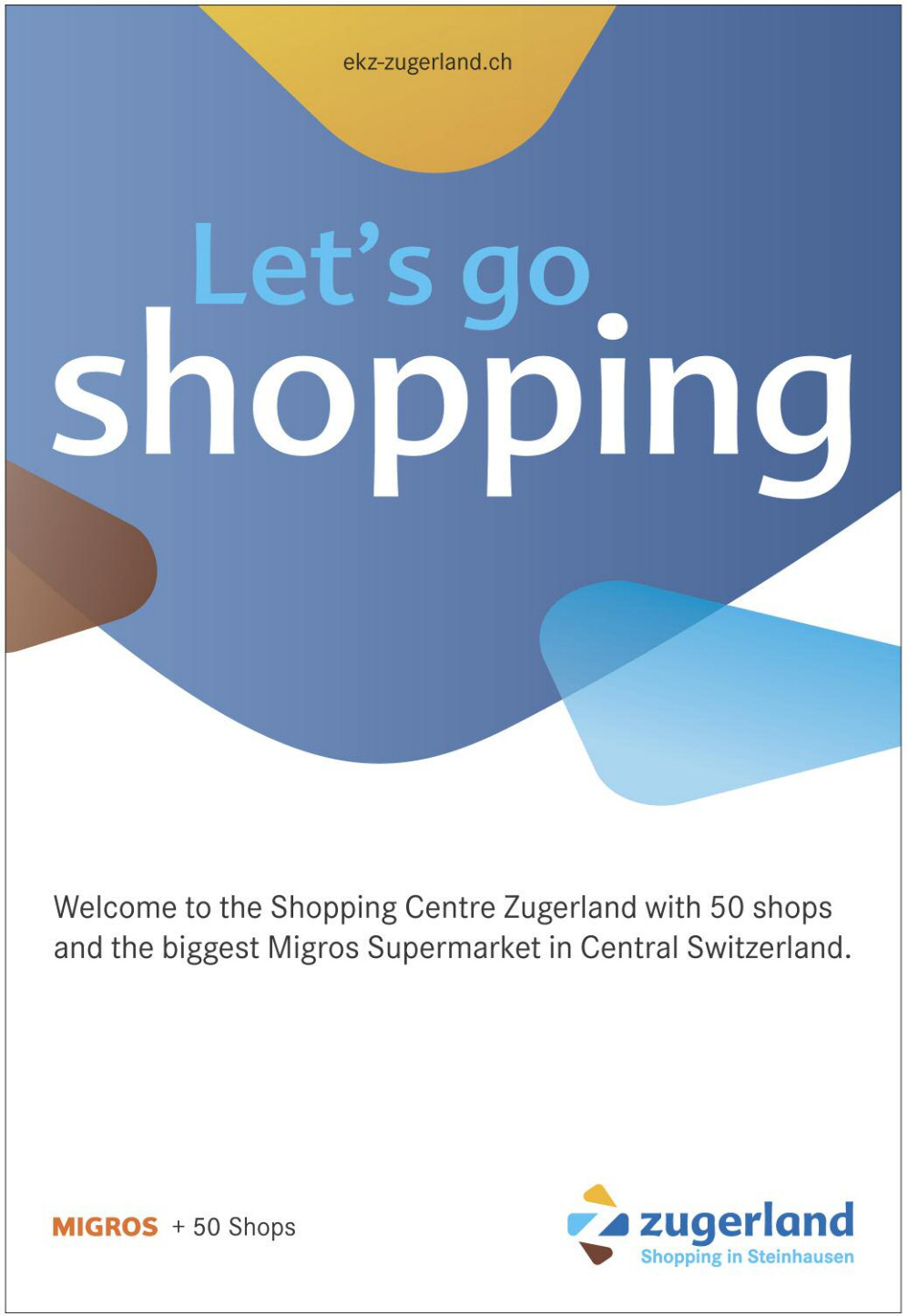
1. Approval of the Minutes of the 2023 AGM (Vote 1)
2. Report from President, Cristina Rocco 2022-2023
3. Report from Treasurer, Lilia Pascua-Volejnicek for the Annual financial closing as of 31 March 2023
   Auditor's Report
   Approval of the 2022-2023 Treasurer's Report (Vote 2)
4. Any other business of the outgoing Board

19.20 Break

19.30 Business of the Incoming Board:

5. New Board Members 2023-24 (announcement of result)
6. Budget for 2023-24 (Vote 3)
7. Election of auditors for the year 2023-2024 (Vote 4)
8. Annual fees (Vote 5)
9. Any other business of the new Board





The 55th Annual General Meeting of the Zug International Women's Club

AGM 2023

Please ***PRINT, VOTE, SIGN, SCAN or TAKE a PICTURE*** and return the ***signed form*** either by email to **AGM@ziwc.ch** or by post to Club Secretary Giuliana Hug, Hofstrasse 35, 6300 Zug.

VOTING FORM TO BE SENT BY 28th March 2023

VOTE - Approval of New Board Members 2023-24

President • **Cristina Rocco**
Vice President • **Émely Steegstra-Hendrix**
Advertising • ***still vacant***
Annual Events • **Tania Mobayed**
Escape • **Alicia Toledo**
Hospitality • **Veerle Vandionant**
Interest Groups • **Charis Theodorika**
Marketing • **Melika Yildirim**
Membership • **Susan Laudenbacher**
Magazine • **Suzy Andricopoulos**
Secretary • **Giuliana Hug**
Treasurer • **Chelle Pawlowski**
Website • **Bettina Bjerregaard**

Yes	No	Abstain

MEMBER Name in BLOCK LETTERS _____

Date _____ MEMBER Signature _____

Motion, objections, suggestions, questions or observations

_____

_____

_____

_____

_____

Annual General Meeting 9 May 2023

PROXY VOTING FORM

The undersigned

_____

_____

_____

(Print name and address)

Being a Member of the Zug International Women's Club, hereby appoints

_____

_____

(Name and address of appointed person)

To vote on my behalf at the Annual General Meeting of 9th May 2023

This form is only valid if submitted to the Secretary one week before the AGM

Date _____ MEMBER Signature _____

To be sent by 2 May 2023 latest

NEW BOARD MEMBERS

Melika Yildirim



My name is Melika Yildirim. I'm Swiss and Turkish. I have lived in Cham since 2008 but I grew up in canton Aargau. I have two children, my daughter is 6 and my son is 8 years old. I'm the owner of the AVEDA Hair Salon— The taç AG— in Zug. Aside from running my own business and spending time with my kids, I enjoy fitness boxing, swimming and walking in nature.

Christelle Powlowski



I am originally from Nantes, France, but lived in Northern California for 12 years and have now been living in Walchwil for 10 years. In 2019 I founded my own GmbH and opened Boussole Frauenfitness, a women-only gym, in Zurich. Besides running the day-to-day operations of the club, I have trained and coached personally countless of women of all ages. I closed the studio in December 2022 to refocus just on training and coaching at any location which is what I enjoy doing the most. Prior to that, I was employed for 20+ years on a full-time basis as a corporate accountant in California, the EU and Switzerland. My professional background spans a variety of financial accounting and reporting roles at publicly listed and start-up companies, as well as almost five years as a financial auditor at the start of my career. On the academic side, I hold a Masters in Management from ESCP Europe and the California CPA licence. I have an 18-year-old daughter and 16-year-old twin boys... who enjoy their independence! I am thrilled to have found the ZIWC recently, to be able to share slices of life in our beautiful canton with other amazing international women and to set a new pace for myself.

Bettina Bjerregaard



I am in my late forties and come from Denmark. My husband and I have been together for 29 years and we have a son who is 12 years old and going to local school here in Zug. We moved to Zug in December 2022 and plan to stay here long-term. Before this we lived in Norway for 10 years, so being abroad is not new to us.

Since we moved to Zug, I have been a Hausfrau. But in my professional career I have worked with troubled kids with physical, psychological and social problems most of my life. However, for a period of approx. eight years I worked with my husband in his former consulting company doing administrative tasks and had daily contact with consultants, candidates and clients.

Position still Vacant:

Advertising Chair

If one of these positions appeals to you, please send your interest to the Nominating Committee Chair: Veerle Vandionant at hospitality@ziwc.ch.
Looking forward to having you on Board
Veerle Vandionant
Hospitality Chairwoman ZIWC

Hospitality

Veerle Vandionant - Hospitality Chairwoman
Organises regular social events for long-standing and new Members.
Welcomes new Club Members. She 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.

When: Every Wednesday, 10:00–12:00 (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

Karin has a Whatsapp group to keep Members informed about attendance. Whatsapp or email her if you will be attending. If you live in the Cham area (Hünenberg, Knonau...) and are interested in joining the coffee, call Karin to be added to the group.

When: Third Thursday of the month, 10:00–11:45
Where: Cafe Plaza, Kirchbuhl 5, 6330 Cham
Contact: Karin Resch at karin-resch@bluewin.ch or on +43 664 421 2775

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 at paulfamily@bluewin.ch or on 079 279 9748

Aegeri Coffee

We will get together for a chat and laugh so please pop in when it suits your schedule. A Whatsapp group has been set up so please ask to be added if you are interested in joining us. Don't miss the opportunity to meet other Members for a lively get-together in the Aegeri area! Please register on the website calendar or via the Whatsapp group.

When: 2nd Thursday of every month, 10:00–12:00
Where: Pete's place, Zugerstrasse 20, 6314 Unterägeri
Contact: Vivi Jensen at vivi.jensen@icloud.com or on 076 824 4898

Contact coffee / Drinks

March Contact Coffee

This time we move our monthly contact coffee to Walchwil where Veerle will host a Spring coffee. Again registrations need to be done online.

When: Tuesday 14 March from 10.00–12.00
Where: Artherstrasse 25, 6318 Walchwil
Space limit: 8
Booking deadline: please register online by 10 March
Contact: Veerle Vandionant +41 77 505 1213

As there are always people on the waiting list our cancellation policy will be applied. Thank you for your understanding.

April Contact Coffee

Fanny will be hosting our April coffee in Zug. Again registrations need to be done online.

When: Tuesday 25 April from 10.00–12.00
Where: Zugerbergstrasse 29b, Zug
Space limit: 8
Booking deadline: please register online till 21 April
Contact: Fanny Van Dijck +41 79 524 0734 or Veerle Vandionant +41 77 505 1213

As there are always people on the waiting list our cancellation policy will be applied. Thank you for your understanding.

Share!

You may have seen our new Share section on the Club website under the 'Members Only' tab, a forum to share our collective pearls of knowledge about Zug and around. Some examples of gems to share…

- Share your favourite restaurant, lunchroom, bar or take-away
- Share where you go with kids, guests or for a romantic date
- Share what you think you ZIWC friend should not miss
- Share your secret boutique, jewellers or designer
- Share what we can help you with: babysitter, petsitter, handyman contacts and more.

We would LOVE to hear from you! Add your name, your tip or question, give a description and ideally add a picture.

Please share your insights and questions with your friends and let's help each other out.

Escape
Spa Day and Lunch

Date: **Monday, 20 March, 2023**

The Experience: A wellness day at the Hürlimannbad & Spa Zurich followed by lunch at the B2 Hotel Boutique wine library is the perfect idea to have a good time together and completely switch off from everyday life.
Included in admission:

- Roman-Irish spa ritual
- Thermal bath and Rooftop pool access
- Bath towel and bathrobe

Location: Hürlimannbad & Spa Zurich and B2 Hotel Boutique

Departure: 9:00. We will meet at the Zug Bahnhof to ride the train together to Zürich Enge and return after lunch. Approximate return time is 15:00 (2 hours at spa, 2 hours lunch) Transportation will be covered by ZIWC.

Cost: Spa 65 CHF. Additional treatments/massages can be booked in advance for an additional fee. Lunch to be paid by the individual (dishes range from 20-45 CHF).

Booking deadline: Please RSVP no later than 17 March.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch

Please register via the ZIWC calendar on the website. The ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.





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

March Lunch Club

Café Grand al Porto - Lugano!



Our March Lunch will take place at the very lovely restaurant Café Grand al Porto in Lugano **grand-cafe-lugano.ch/**
As many of you know, we can now travel from Zug to Lugano on a fast train... just over 90 minutes door-to-door! This will be a day trip, allowing time for exploring this beautiful city, a visit to MASILugano or some serious shopping! Ailbhe plans to go to MasiLugano to see this exhibition: **masilugano.ch/en/1340/werner-bischof-unseen-colour**

Date: 15 March 2023
Time: The 10:00 EuroCity 315 from Zug will have us in Lugano at 11:32, in plenty of time for the short walk to the Café Grand. **Lunch Time**: 12:15

In order to maximise the number of Members who can attend the lunch we will dine in the main restaurant. We will be able to choose freely from the a la carte menu or the lunch menu for the day.

The return train time is your own choice.

The number of places for lunch will be limited and booking will open at **09.00 on 15 February** on our website.

Important!: Once the places for lunch are filled, a waiting list will be put in place. So if you book and then cannot attend please let Ailbhe know as soon as possible or by **Monday 13 March mid-day** by email at ailbhe.fallon@fallon-currie.com or text or call on 078 698 5160 and leave a message (no WhatsApp please).

March Monthly Dinner

Do you like Mexican food (guacamole, fajitas, burritos, quesadillas, tostadas) and cocktails (Margaritas, Daiquiris, Mojitos, Piña Colada)? Then join us in March at the **Juanito's** to celebrate the arrival of spring. Please note that there will be some loud Latin music played during the dinner, so be prepared.



When: **Thursday 23 March 18:00**

Where: Restaurant Juanito's, Vorstadt 20, 6300 Zug. You can take the bus to Postplatz, park at the Coop City and walk or walk from the Zug train station.

Booking deadline: Wednesday, 22 March

Contact: Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606 for any questions.

Menu: We will be choosing 'à la carte' from their **Mexican/Tex-Mex** menu and will try their delicious cocktails

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.

Share!



Zug Gems English Stand-Up Comedy Night

Sixteen years ago there were very few English-speaking events in Zug (if any at all). I had a year-old daughter and a son on the way. After deciding to step away from full-time work but still wanting to do something in addition to mothering, I acted on a suggestion my brother made, to organise an English stand-up comedy night. He was doing it in Spain and he knew I could do the same in Zug. After some Zug-based research (aka polling friends), I went forward. In March 2007 CH-uckles Stand-Up Comedy was born.

For years, I organised four to five shows a year in Zurich, Zug and Lucerne. I sourced entertainers from all over the world who were working the London comedy circuit.

It included stand-up comics, magicians and musicians. Our first shows were at the Burgbachtheater in Zug, Millers Theater in Zurich and the Jailhotel in Lucerne. Three English-speaking comedians would fly over and perform a show each night. Things have evolved, three comedians have become just two per night. I continue to host the shows but now just in Zug with one extra night added to the programme. Currently, the shows take place seven times a year and sell out a few weeks in advance. There might be an open mic spot show on the way, too.

The venue in Zug moved to the Chicago Bar and from then to the current home at the Bar/Restaurant, Theater Casino Zug. Britshop sponsored a hamper of goodies for several years. Everyone loved winning that hamper. Now tickets for a future show are given away at each show, the Theater Casino also gives a voucher for the popular joke competition.

It has been an eye-opening, side-splitting privilege to hear the hilarious stories comics have shared over the years. Sometimes I have had some interesting green room requests and I am not talking about red m+m's… Comics have stripped on stage, brought along hand puppet rabbits, electronic toys which spelt out rude words, and a toilet-roll-spurting hoover (which covered much of the audience in the front rows)! Some comedians went on to appear on TV shows, several come back regularly and some have become friends.

When I started CH-uckles all those years ago, I never thought it would still be thriving. With the Theater Casino's support, the shows are a real highlight for Zug English speakers.

Andaleeb Lilley
theatercasino.ch/en/program/category/comedy

DON'T MISS... ROCK OUT ON

St. Patrick's Day!



Our resident graphic designer Ron Sumners will be performing with his band 'Cusp of Drunk'. *Come down and support!*

Date: Friday 17 March
Time: 20:00
Place: Mr. Pickwick Pub, Alpenstrasse 11, 6300 Zug

BN
BUSINESS NETWORK

ZIWC Business Network

a chance to meet, share, learn and more!

During the past year, our regular Apéro networking events have become more and more popular, with existing and new Members finding them an easy way to get to know others who have - or are re-thinking - careers, run businesses or are providing opportunities and services for women to grow and prosper.

Our January event at the Secret Garden saw eighteen Members and prospective Members meeting, chatting, networking and discussing what topics we might hold in more formal sessions from April onwards.



Indeed it was such an excellent evening, that we have decided that we will continue to hold the Apéro events at Secret Garden until the summer at least.

The venue provides a central Zug location, with plenty of room to circulate, network and discuss in smaller groups or one-to-one. Secret Garden has a lovely selection of drinks - with and without alcohol - and snacks/small plates if you are popping in straight from work; you just pay for what you order.

So whether you attend our Apéro events regularly, have not been for a while, are new to the Club or would like to meet Members and see what's happening please join us at:

Secret Garden, City Garden Hotel,
Metallstrasse 20, 6302 Zug.

Time: 17:30 - 19:30
secretgarden-zug.ch/english

Our next Apéros are:

- **Tuesday 14 March**
- **Wednesday 5 April**
- **Thursday 17 May**
- **Thursday 22 June**

All at Secret Garden Zug at our regular time slot of 17:30 - 19:30

And remember it's a good idea to wear your Membership badge and bring your cards/contact details! We look forward to seeing you soon!

For further information email BNG Leader Ailbhe Fallon at BNG@ziwc.ch

Charity Luncheon and Fun

You are invited to an afternoon full of fun, activities, lunch, chats, and drinks. To raise money for our charity we ask you to participate in the charity walk, different games and/or drop your 5 Rappen coins in our Piggy Bank. The event will take place in all weather conditions. In nice weather everything will be outside, in very bad weather the walk will be cancelled, but the games and lunch will be moved indoors. If baking is your passion, we'd be grateful if you bring some sweets for the luncheon dessert.

When: Sunday 19 March 11:30-15:00

Where: Siehbachsaal, Zug

Cost: Members ZIWC + IMCZ • 35CHF
Children 11-16 • 20CHF
Children under 10 pay 2CHF per year of age
Guests • 50CHF

Dress code: Sporty casual

Menu: Sandwiches, salads and small BBQ

Drinks: Water, soda, juice, wine, beer, prosecco

Entertainment: Games and other fun activities

Registration: Online
Please let us know whether you'd like to bring some dessert by emailing Émely at vicepresident@ziwc.ch

Booking & Payment: by 12 March 2023

Either online by credit card or to our bank account
Zug International Women's Club, Post Finance, 6340 Baar.
IBAN CH40 0900 0000 1752 1935 3
Please state “Charity event” and the names of the participants on the payment

How to get there: The S1 train stops at Schutzengel station every 30 minutes, it's a short walk to the Siehbachsaal
Nearest car park is Parkplatz Hafen, Hafenplatz Zug

For any queries please send an email to vicepresident@ziwc.ch (kindly no phonecalls) and we'll answer asap.

ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.

Collect your 5 Rappen!

As you may be aware, the Club has been asking for you all to squirrel away these little coins so we can put them to good charitable use. Don't forget to bring them to any ZIWC event, including the Luncheon and Fun event above!
And it's not too late to start collecting!



Spring Dine and Dance, Theater Casino Zug

POSITIVELY PINK!

Friday 31 March

Let's dine and dance into Spring with the ZIWC! We will enjoy DJ music, the fresh breeze from Lake Zug and if we're lucky a gorgeous sunset. A luxurious welcome apero, fine dining, music with DJ tunes for our spirited dancing Members and a pair of young talented dancers as entertainment await you. Remember to wear spring colours; pastels from pink to magenta. Members, partners and friends of ZIWC and IMCZ are welcome!



Restaurant Theater Casino Zug, Artherstrasse 2-4, Zug
Friday, 31 March 2023 from 18:30 till 24:00
Prices: Members & IMCZ 120CHF
Guests: 160CHF
Juniors of guests, ages 18-25: 80CHF
Dress: Pastels, all shades of pink, spring moods.

We'll all be spoiled from start to finish by the Casino Catering team. Full Details available on our website under the events calendar, **RSVP** by 15 March - limited capacity
Any questions or dietary needs, write to Tania at annualevents@ziwc.ch

Payment: Zug International Women's Club, Post Finance, 6340 Baar.
A/C No 17-521935-3, IBAN CH40 0900 0000 1752 1935 3.
Please state “Party2023” and the names of all the guests on the payment

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.

April Monthly Dinner

Join us in April at the Italian restaurant **Puccini** by the lake of Zug. We will be choosing à la carte from their wide assortment of antipasti, salads, carpaccio, risottos, pasta and pizza. Check out their menu online.



When: **Thursday, 13 April, 18:00**

Where: Restaurant Puccini, Vorstadt 26, 6300 Zug.
You can take the bus to Postplatz, park at the Coop City and walk or walk from the Zug train station.

Booking deadline: Wednesday, 12 April

Contact: Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606 for any questions.

Menu: We will be choosing “à la carte” from their Italian menu

ZIWC Cancellation Policy and Accident Insurance apply, please see page 4 for details.

March 2023

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** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**2** 11:00 **English Intermediate Group**	**3** 9:15 **Fitness Hiking Group**	**4** SATURDAY **5** SUNDAY
6 13:30 **Social Walk**	**7** 9:00 **Badminton** 14:30 **Gardening Group**	**8** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** **Appreciation Event**	 **9**	**10** 9:15 **Fitness Hiking Group**	**11** SATURDAY **12** SUNDAY
13 13:30 **Social Walk**	**14** 9:00 **Badminton** 10:00 **Contact Coffee** 17:30 **BN Secret Garden**	**15** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 12:15 **Monthly Lunch** 13:30 **Intermediate Walking/Hiking Group**	**16** 15:30 **Italian Conversation** **Joint Stammtisch with IMCZ**	**17** 9:15 **Fitness Hiking Group**	**18** SATURDAY **19** SUNDAY **CHARITY EVENT** ⚽
20 13:30 **Social Walk** **Escape Spa Day**	**21** 9:00 **Badminton** 10:30 **Arts and Cultural Events - Alpines Musuem Bern** 16:30 **Italian Wine Tasting**	**22** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 10:00 **Expat Chat Workshop** 13:30 **Intermediate Walking/Hiking Group** 18:00 **Board Meeting @ Bibliothek**	**23** 10:00 **Cham Coffee** 15:30 **Italian Conversation for everybody** 18:00 **Monthly Dinner**	**24** 9:15 **Fitness Hiking Group**	**25** SATURDAY **26** SUNDAY
27 13:30 **Social Walk**	**28** 9:00 **Badminton** 14:00 **Book Club - Fit and Kicking Group!**	**29** 8:30 **German Conversation** ***Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	**30** 9:30 **Walchwil coffee**	**31** 9:15 **Fitness Hiking Group** **Spring Dine & Dance at Casino Restaurant Zug** 🌷	 
					

Escape
Bern Day Trip



Date: **Monday, 24 April, 2023**

The Experience: A day trip to visit the capital city of Switzerland. Join us as we venture to the picturesque town to tour some of the many interesting sites, such as the Parliament building, the many fountains, the bear park and more!

Location: Bern

Departure: 9:00. We will meet at the Zug Bahnhof (train ride is 1.5 - 2 hours each way) Transportation will be covered by ZIWC.

Cost: Cost of entry to any museums and lunch to be paid by the individual.

Booking deadline: Please RSVP no later than 17 April.

Contact: For questions or more information, please contact Alicia Toledo at Escape@ziwc.ch

Please register via the ZIWC calendar on the website. The ZIWC Cancellation Policy and Accident Insurance rules apply, see page 4 for details.

April Lunch Club
Restaurant Neumühle, Baar



The venue for our Lunch in April is a new (to this group) venue:

Location: Restaurant Neumühle, Bahnhofstrasse 9, Baar restaurant-neumuehle.ch
Date: Wednesday 19 April
Time: 12:15

The menu is seasonal, the current lunch menu is available on the website to give you a flavour of their style.

How to get there: Restaurant Neumühle is easily accessible via bus or train - located across the road from Baar train station and just three minutes on the train from Zug.

Please register on the ZIWC website or - if you have no web access - by calling/texting Ailbhe Fallon +41 78 698 5160 (no WhatsApp please).

Registration deadline: Midnight 17 April 2023

Cancellation: If you need to cancel please email Ailbhe at ailbhe.fallon@fallon-currie.com or call/text 078 698 5160 (no WhatsApp please) by the registration deadline.

Freiruum
Something for Everyone

Someone asked me if I had been to the food hall. I asked what food hall and they answered, The Freiruum. As it is so much more than that, I wanted to be sure everyone knew the breadth of activities on offer.



The Space

11'500 m² with 15 food stands, a large bar inside and out, a sports hall for all ages, one of the largest bouldering halls in Switzerland and an expansive space for studying or working with free wifi.

With the increased work from home standards, Freiruum has become an office away from home providing a chance to get out and enjoy a change of scenery for a while. The industrial look, softened with many green plants around the tables and chairs or couch corners, make for a perfect place to have a meeting, meet up with friends, study, work or read. These spaces are free to use and do not require reservations. If you need some privacy, they also offer conference rooms to rent.



For all ages

The youngest visitors can enjoy the indoor playroom and kids a bit older can wear themselves out at the trampoline park, bouldering arena and parkour layout. For young adults, there is a once-a-month afterwork Apero. There are also classes and events for all ages.

Classes

The abundant array of classes includes everything from cooking classes, wine tasting, rock climbing, sushi making, yoga, gin tasting, arts and crafts, coffee roasting, parkours and dance.

Events

Enjoy the buzz and blast of Fasnacht at the Freiruum. In December, a Christmas market warms the space adjacent to the food hall. In the community space, you can view many of the top global sporting event finals.



Freiruum is the type of space that works so well, it feels like it has always been there.

Lunch and dinner are extremely busy, simply visit off-hours for calm. The food stalls have the expected crowd favourites: pasta, pizza, sushi and burgers. But you can go around the world in 40 minutes with the international food on offer, including Thai, Mexican, Greek, Lebanese and Momos – Tibetan dumplings. There are specialty stands offering creative salads, Asian noodles, BBQ, poke bowls, fried chicken and crepes. During the evening, you can also purchase cigars, beer, wine and cocktails. A few of the stands are open for extended hours, serving coffee, ice cream and bubble tea. Lastly, there is a local Kombucha stand which has its own self-service tap; you can fill up anytime the Freiruum is open.

The opening times can be confusing, so check the website for specific hours.

freiruum.ch

April 2023

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/

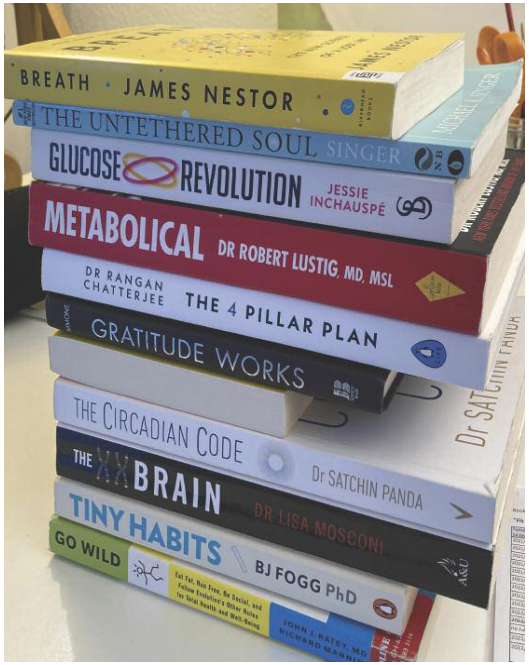
Please note the changes to the Club's cancellation policy on p.4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
					1 SATURDAY
					2 SUNDAY
3 13:30 **Social Walk**	4 9:00 **Badminton**	5 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group** 17:30 **BN Secret Garden**	6	7 9:15 **Fitness Hiking Group**	8 SATURDAY
					9 SUNDAY
10 13:30 **Social Walk**	11 9:00 **Badminton**	12 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	13 18:00 **Monthly Dinner**	14 9:15 **Fitness Hiking Group**	15 SATURDAY
					16 SUNDAY
17 13:30 **Social Walk**	18 9:00 **Badminton** 11:30 **Arts and Cultural Events - Kunsthaus Zurich Giacometti & Dali** 16:30 **Italian Wine Tasting**	19 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 13:30 **Intermediate Walking/Hiking Group**	20 10:00 **Cham Coffee**	21 9:15 **Fitness Hiking Group**	22 SATURDAY
					23 SUNDAY
24 13:30 **Social Walk**	25 9:00 **Badminton** 10:00 **Contact Coffee** 14:00 **Book Club - Fit and Kicking Group!**	26 8:30 **German Conversation *Kaffeeklatsch*** 10:00 **Zug Stammtisch** 12:00 **Board Meeting @ Bibliothek** 13:30 **Intermediate Walking/Hiking Group**	27 9:30 **Walchwil coffee**	28 9:15 **Fitness Hiking Group**	29 SATURDAY
					30 SUNDAY
					

Interest Groups

SPOTLIGHT ON...

Book Group - Fit and Kicking!



Caroline and her group meet once monthly to discuss non-fiction books which cover the latest scientific findings on health and well-being with the aim of improving quality of life and vitality. Discussions are lively and engaging!

The book of choice is selected per month and it is recommended that it is read beforehand, or at the very least Members should come prepared to discuss.

Recent books read include:
The Top 5 Regrets of the Dying by Bronnie Ware, Gratitude Works! By Robert Emmons, Metabolical by Robert Lustig and The Art of Meditation by Ricard Matthieu.

And what's up next for the Fit and Kicking Book Group?

Here's the monthly booklist courtesy of Caroline, from March '23 onwards

McGonigal, Kelly (Ph.D.) • The Joy of Movement

Shetty, Jay • Think Like a Monk

Mattson, Mark P. • The Intermittent Fasting Revolution

Adyashanti • Falling into Grace, Insights on the End of Suffering

Amen, Daniel G. (MD) • Feel Better Fast

The group meets each month on a Tuesday afternoon from 14:00-16:00
Contact Details: Caroline G. Home at cghoem@outlook.com or on 078 683 3116

Important - This group will not provide medical recommendations of any sort.

Interest Group Leaders Wanted!

We are currently looking for new Interest Group Leaders in the following areas

- **English Intermediate Group**
- **Zuger Trophy Walking and Running Group:** *The Zuger Trophy course resumes in April 2023*

For interest and information please get in touch with Interest Groups Chairwoman Charis Theodorika at interestgroups@ziwc.ch. We look forward to hearing from you!





Grow your own!! Gardening Group

by **Émely Steegstra-Hendrix**

This group is specifically for those who are new to gardening and want to learn how to turn their balcony or terrace into a little urban paradise. We grow vegetables, herbs and edible flowers in raised beds or containers. You don't need much space, nor time or knowledge. Émely will introduce her Easy Urban Gardening system that is exactly that… EASY and URBAN!

The Group meets on the **first Tuesday of the month at 14:30 – 16:00**

Contact details: Émely Steegstra-Hendrix at emelyziwc@gmail.com or on 077 490 7374.

A few words from Émely: I remember when I was a child, my parents had a vegetable garden and they worked so hard on it. I remember how labour intensive it was and how much time it took from them. It was not possible for me to spend this much time and energy on growing my food. Also, we then lived in a house and had a garden to grow vegetables in - I did not think this would be possible living in an apartment in town!

Right now I only have to tend to my garden 5 minutes a day. I'm able to grow all my favourite vegetables in a small place and don't have to worry about pesticides. I make delicious home cooked meals straight from my patio onto my dinner plate with no fuss! I never thought growing your own vegetables could be so easy!

Expat Chat: Four-part workshop

Being an Expat is tricky. Exciting and scary, easy in some ways and difficult in others. Leaving your country solves some problems, while at the same time creating new ones. It is such a unique lifestyle and only those who have gone through it can truly understand.

Would you like to get together with other expat ladies and talk about the pros AND cons of expat life? How about discussing tips and tricks to life in Zug and abroad. Other topics we will explore: exceptional adventures, long distance woes, foreign languages, sharing your new life with family and friends back home, expat guilt, authenticity, lack of roots, realistic goal setting, networking internationally. Share success stories and problems. Share strategies and past mistakes. Share your expat life with other expats.

This free four-part workshop will be open to six participants. The group will be led by Stormy Berney who has her Masters in Therapeutic Counseling and has been an expat for 20 years.

When: 22 March • 3 May • 31 May • 28 June
Time: 10:00–11:30
Where: Bauhütte, Kirchenstrasse 9, 6300 Zug
Contact: Stormy Berney 076 499 5071

Interest Groups

TRY ONE OF OUR MANY INTEREST GROUPS!

For full details see our website ziwc.ch, contact Interest Events Chairwoman Charis Theodorika for your free trial at interestgroups@ziwc.ch

Participation in physical exercise or training activities is at your own risk. It is the participant's responsibility to have personal and accidental insurance. Please always check the Club website calendar for any updates and changes regarding the dates, time and location of all our events.






Italian Wine Tasting ■ The Group meets once a month on a Tuesday, the cost is 15 CHF per session for wine and savoury snacks. For meeting and location details please check the Club website or contact Lorella Benedetto at lorella.benedetto@libero.it and on 078 652 1396.

Business Network Group ■ Focuses on women who are interested in business topics, working, business owners or are changing their working life.
Contact Details: Ailbhe Fallon at bng@ziwc.ch.

Last minute outings ■ 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. **Contact Details**: Valerie Gitter on 079 763 4606

Book reading morning ■ 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 Details: Antonia Latter at antonia.latter@bluewin.ch or on 076 386 0005.

Knit and Natter ■ This is just the group for those interested in knitting and crochet. You will have fun, find encouragement, learn new ideas, and make new friends. The Group meets once every three weeks at Ober Altstadt 10, Zug.
Contact Details: Antonia Latter at antonia.latter@bluewin.ch or on 076 386 0005.

Social Walk ■ A weekly social walk for members who enjoy walking at a leisurely pace. Mondays at 13:30 for 7km/90 minutes (plus a coffee stop!). This group is managed via WhatsApp. If you would like to join, please send your mobile number.
Contact Details: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Intermediate Walking/Hiking Group ■ Walks of around 1.5 to 2.5 hours, Wednesday afternoon at 13:30. There may be some hikes in the mountains, but they will be done at an intermediate pace, with short stops if necessary.
Contact details: Jan Frei at jan.freicox@outlook.com or on 079 335 7669.

Fitness hiking ■ 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. Every **Friday** at **09:15**. **Contact Details**: Amy Egger at eggeramy@gmail.com or on 076 761 9135.

Bar & Lounge ■ Join us for an apéro after work or a long day. Meet up with other Members and share your stories. Tuesdays, once a month at 18:30. Registration on the Club Website is mandatory up to 24 hours before the event.
Contact Details: Ingela Stigemar at dent_stigemar@bluewin.ch.

Cooking ■ A great way to make friends and to learn new recipes from all over the world in an informal and relaxed environment. We take turns to host 4-6 people. If interested in joining, please contact Caroline at cghoem@outlook.com Meeting details: **on a Tuesday, at 9:30.**

Last minute WhatsApp Tennis ■ Do you love playing tennis? Do you have difficulty in finding a co-player? Would you like to be spontaneously invited to play? The group members must be intermediate and/or high-level players (not beginners) and will communicate only by WhatsApp. **Contact Details**: Adriana Schiraldi on 079 744 1746.

Girls About Town ■ Embraces and encourages any **spontaneous** outing suggested by **any** member, such as a ship cruise, going for a drink or a stroll to the lake or watching a movie for example. These outings will operate only through the WhatsApp group. **Contact Details**: Send a WhatsApp with your **full name** to Helena Lustenberger on 079 243 6439.

Italian Conversation Beginners and Intermediate/Advanced ■
Your chance to learn the nuances of this beautiful 'singing' language. We welcome beginners to the language at 15:00 – 16:00 and more advanced speakers at 16:00 – 17:00 at La Taverna Metalli Zug! **Contact Details**: Beginners Group: Marina Cesena at mcesena62@gmail.com
Advanced Group: Cristina Rocco at cristina@italianallegria.com or on 079 444 4056.

Kaffeeklatsch" - German Language Conversation Group ■
If you have a relatively good (passive) understanding of German but are looking for an opportunity to practise (active) speaking, this is a good opportunity to improve your conversation skills. Time: Weekly on Wednesdays at 8:30- 10:00. For meeting and location details please check the Club website or contact Agnès Reicke at agnes@reickeglaus.ch or on 079 693 2393.

Tapas and Friends ■ Hablas español? We organise regular meetings to go out for tapas, cook Mexican food together, see a film in Spanish, visit an art exposition or go to a concert. We will speak exclusively in Spanish and will mainly meet in the evening on weekdays.
Contact Details: Valerie Gitter at vgitter@bluewin.ch or on 079 763 4606.

Arts & Cultural Events Group ■ An art expert will organise visits to museums, galleries, art exhibitions and some concerts. The meetings will be held on a Thursday once a month unless otherwise stated. For cost, meeting and location details please check the Club website or contact Shefika Balaban Brandenberger at gulsef08@hotmail.com or on 076 421 3835.

Potential New Interest Groups

If you have an idea for a group and are happy to set up, or are interested in taking on a vacant Interest Group Leader spot, 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.

Seegefrörni

Between 1830 and 1900 Lake Zug froze over several times, in fact, seven times. In February 1929, the lake froze so deeply that it was possible to walk from Zug across to Buonas, two men chanced it with motorised vehicles, one going by motorbike and another driving his Ford. However, several people fell through weak spots in the ice and at least one person drowned. There was a big 'Eisfest' on 24 February.



Fig 1



Fig 2

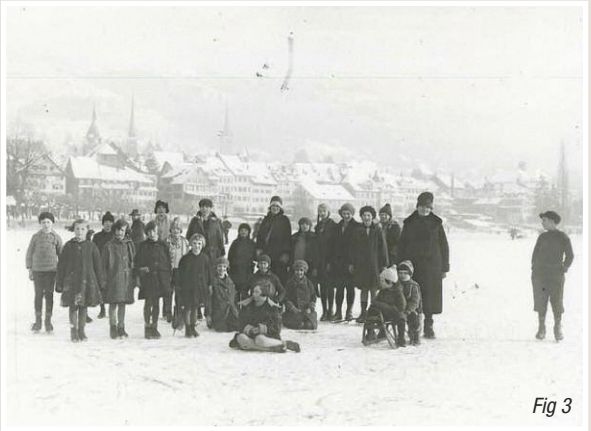


Fig 3

Fig 1
Lake Zug is 38² km big and it takes a lot to freeze over. The water temperature of the entire lake has to reach 4°C, at which it is at maximum density. The surface then freezes and ice forms, starting on the bank of the lake and spreading to the middle. The last such event was 60 years ago, in February 1963.
On 4 February, the ice was thick enough for people to walk on it and on 3 March 1963 there was again an 'Eisfest'. 15,000 people had fun on the ice, skating, sledging, walking and cycling. Unfortunately, again, there were casualties, including a father who cycled from Walchwil to Zug in the dark and fell through a crack in the ice by Oberwil.

In addition to Lake Zug the lake at Sempach and other lakes in the region have regularly frozen in the past, there is however no record of Lake Lucerne ever having frozen.

60 years ago, Lake Zürich and Lake Constance also froze. In Zürich, camels from circus Knie were taken for a walk across the lake in Zürich.

Fig 2
The police also used alternative means of transport.

Fig 3
These days, climate change makes frozen lakes highly unlikely.
Many are glad to be spared the weeks of temperatures below zero in the valley towns and villages.

Link to film of the Seegefrörni Lake Zug 1963 **Zuger Seegfrörni 1963**
https://www.youtube.com/watch?v=4jOYP5fPcFMno





The best food and drinks in Milan – tips from a local!

Many Club members like to take a day trip to Milan for shopping, sightseeing and apéricena, so the Connect! Team asked our Club president Cristina to give us some tips on the best restaurants, bistros and bars where you can revive yourself!

Andrea Aprea the Neapolitan style elevated to the Michelin style: **andreaaprea.com/en/**

Hummus around, with its two restaurants in the trendiest areas of the city: **hummusaround.com/it/**

DedasPuri, the first Georgian restaurant in Milan: **www.dedaspuri.it/**

Do you adore Puglia? Ricci Osteria is where you can taste from bombette to orecchiette but do not miss the drops of ricotta with bacon and truffle: **ricciosteria.it/en/#**

At Lob's, you can taste all the best of the American East Coast: lobster, lobster, shrimp sandwich, fish burger: **lobsrestaurant.it/**

At the Colonne di San Lorenzo, Mamba mix cocktails and cuisine inspired by Japan and Peru, ceviche and maki with a wide choice of gin and DJ sets… the real Milan da bere **mambamilano.com**

The Raw Bar, in the garden of the Four Seasons Milan that prepares all possible variations of raw fish. The hotel has been completely renovated and is worth a visit at any time of day: **fourseasons.com/milan/dining/**

Hekfan - Hong Kong's first real and pure cuisine restaurant in Brera. Spectacular and fun to hear, to enter the atmosphere (and culture) of the most gourmand city in China: **hekfanchai.it/**

Horto, inspired by the medieval Horti Conclusi, is the new gastronomic project of the Michelin *** starred chef Norbert Niederkofler: **hortorestaurant.com/en/**

Corner 58, the evolution of the pizzeria designed by chef Roberto Conti (who earned a Michelin star at the Trussardi Alla Scala restaurant): **www.corner58.it/**

South Garage Cafè & Bistrot - Store for not only motorcyclists and Gentlemen's Club -: the bistro is here too! **southgarage.com/bistrot/**

An all-you-can-eat that takes you from Tokyo and Kyoto directly to Milan (or vice versa): **kkaiseki.it/k-kaiseki-paolo-sarpi/**

Nhero, the bistro - Pastry for breakfast, bistro for lunch, perfect for an aperitif that lasts until dinner.. **nheromilano.com/**

Organics SkyGarden – cocktails and music with a fantastic view **hotelmilancentrale.com/organics-skygarden-rooftop/**

Matì: It is not a restaurant, but surely the Maritozzi di Matì are worth trying, also reinterpreted in a savoury version. Maritozzi are pastries: **matigourmet.com/prodotti/**

Forte Restaurant Elegant, welcoming and also romantic. Deep sea fishing in the Tyrrhenian Sea with its fishing boats and on the menu, it presents the classic fish, great raw dishes: **forterestaurants.com/milano/**

Filippo La Mantia who returned to one of his spaces at the Central Market in Milan: Sicily at its best: **mercatocentrale.it/milano/artigiani/il-ristorante-filippo-la-mantia-oste-e-cuoco/**

House of Ronin: all you can eat and drink for EUR 100. There's no menu, so let yourself be surprised and amazed! **houseofronin.it/it/venue/milano**

Fresh pasta to take home with you: **pastificioratana.it/**

Buon appetito!

5 MARCH - Newcomers' Apéro following Mass

Welcome! Herzlich willkommen!

Whether you are new to Zug, to the Roman Catholic Church or a regular member: Greetings! We celebrate the Eucharist at 18:00 every Sunday in the Gut Hirt Church, Baarerstrasse 62.
We are thrilled to have you join us!

The first Sunday of each month is Fellowship Sunday. Following Mass, our hospitality team is ready to greet you with a refreshment and a kind word. Three times a year (March, June and November) we have Fellowship PLUS. We specially welcome our newcomers and provide them with helpful information to ease the adjustment process of learning a new city, culture and language.

St. Paul said in his Letter to the Romans: **Welcome one another, then, as Christ welcomed you, for the glory of God. Romans 15:7**

If you are new to our community or just passing through, please make yourself comfortable.

For I was a stranger and you welcomed me. Matthew 25:35

We look forward to welcoming you and wish you a blessed start in the community.



For more information scan the QR-Code good-shepherd.ch

Good Shepherd

One church, many languages.

5 Reasons to send your child to the Montana Summer Sessions





Number One • A personal and personalised experience

According to our students, at our summer sessions (almost) everything is possible for anyone! What we believe makes Montana Summer Sessions special is that we stay small (maximum 50 students) so that we get to know every participant well, understand how to inspire their learning and help each one to discover passions and aptitudes they might never have imagined.

From artists to scientists to sports champions, during the summer programme our students can follow their dreams. They learn media techniques from a top US radio commentator and can become a radio host, guest or a reporter. They work closely with a movie director, and script or act in their own advertisement or short movie. They might build their own rocket models and launch them into space or prepare delicious ice cream with Liquid Nitrogen in our Science classes.

Number Two • A magical location with the glories of nature at their doorstep

It is a special privilege to have such a campus location, secluded but also close to everything!

Summer is all about long sunny days, the freedom of outside and the space to get healthy while loving an active life. Summer is even better when it is shared with a great group of friends and an energetic team of fun-loving people who love to teach and inspire their students.

That is Summer Camp at Institut Montana. Our students will be racing across meadows, scrambling over rocks, and swimming in lakes. There is biking and tennis and sports and games your child might never have tried.

The tonic for mental health that accompanies all this physical activity is extraordinary. That old phrase mens sana in corpere sano might be over-used but it is true. As the days grow shorter and the summer ends, the students will carry the glow of bright days and fresh air.

Number Three • Never will they learn so much while having so much fun

Our Summer camp is about learning, but this learning is different. It is unlike studying to pass exams and earn diplomas. It is project-based and collaborative, it inspires curiosity and creativity, and it is problem-solving and solution-finding in action. Our students are guided by enthusiastic mentors and special guests such as movie directors, radio commentators and TED Speakers who work closely with them and inspire them to acquire new skills, expand their minds and experience the joy there is to be found in learning.

This is a precious opportunity to venture into new areas and discover talents they had never previously explored. It could be life changing and it has been for some of them.

Number Four • The resilience and independence they develop

Students will be away from you only for two weeks, which for some can be daunting, but it's a great opportunity to start to develop independence in a friendly environment where they can feel secure. What a way to test themselves out of their comfort zone and grow into the young adult they hope to become. Because they are supported and cared for around the clock, they will build confidence while keeping their warm heart. We engage with every child and know when they need extra support, a friendly guide on the journey to being their best selves. We want them to end their stay in the best of health – mentally and physically. We make sure that they smile and laugh every day. Our students develop strength, independence, and resilience and find their inner smile.

Number Five • The People they will meet and the friendships for life

Our Summer Camp is special also because of the people. They are family and friends at the same time. It is a shared experience that will build connections among fellow students and with the staff who are there to support them, care for them, and make it all happen. They come from all over the world and every one of them has their own story to tell, including your child.

Our Summer Camp gives each student more than memories; it builds fantastic friendships that they will cherish forever.

Summer Camp at Institut Montana

The campus of our Day and Boarding School is extraordinary. By the time our students have ridden the funicular railway up to its site overlooking Zug, they are in another world. Peace and clean air, forests and meadows and an abundance of outdoor activities on the doorstep. Student numbers are limited so that this enriching experience is personalised towards each individual.

Morning language classes in English or German are intensive, structured and effective. They will target just what our students need to know to end up confident about communicating in whichever language they choose to study. Then the afternoon explodes (sometimes literally!) into activity, with workshops in Science and Technology, Business and Leadership, Creativity, and the Arts. Graduates of the school often come back to run sessions. Awarded film director Fariba Buchheim shows students how to make their own movies. Celebrated radio host Cary Harrison provides a deep dive into the fascinating world of radio making.

We don't spend all our time on the Zugerberg, magnificent though it is. This part of Switzerland is rich with exciting activities and awe-inspiring scenery. We make the most of it. The majestic Mount Pilatus towers over the historic city of Lucerne, and the ascent by cable-car is an adventure in itself. We hike the alpine trails and we swing through trees at the rope park. Even if the weather is less than perfect there are thrills to be had – indoor skydiving and mind-bending Escape Rooms are just two of the options. And all the accompanying safety briefings teach everyone those important skills of looking after yourself, while, of course, having the most amazing fun.

Then home to the campus with its views across the lake of Zug. Each evening, the sun sets behind mountains the other side of the lake, turning its waters pink and orange. Summer Sessions students might be sitting around a campfire in a glade as the sky glows, with their cosy beds just down the hill, very happy that they made the choice to come to Summer Camp in Switzerland.

At Institut Montana on the Zugerberg the prospect of Summer Camp 2023 is already causing a buzz of excitement.

Contact us to get more information or visit our website:
Montana Summer Sessions 2023
Institut Montana Zugerberg
Schoenfels 5 6300 Zug , Switzerland Tel. +41 (0)41 729 11 77
summer-sessions@montana-zug.ch



Date: Saturday, 25 March 2023 | Time: 10:00 – 14:00 | Location: Schönfels 5, 6300 Zug

SCAN FOR A CHANCE TO WIN!

Scan or RSVP to our Open Day online at **montana-zug.ch/en/openday** to enter in our raffle and a chance to win a spot at one of our 2-week summer sessions for the value of 5,800 CHF amongst other prizes.

CIS WE ARE AN ACCREDITED SCHOOL

CAMBRIDGE International Examinations
Cambridge International School

Canton Zug - Department of Education and Culture

www.montana-zug.ch info@montana-zug.ch +41 (0)41 729 11 77