

# Information Talks

...to empower migrants and promote integration.



International

## **New in Graz - Tips and Tricks, October 3rd, 6 pm – 8 pm**

General information about living in Graz including useful tips such as finding an apartment, learning German, making friends, transportation options, garbage separation & disposal, libraries (so much more than just books!), repair bonus scheme, shopping second hand, cultural activities & sports and much more! Also a great chance to ask questions about life in Graz.

## **Raising Kids in Graz, October 17th, 6 pm – 8 pm**

An overview of all the childcare options including Kinderkrippe and Kindergarten, subsidies from the City of Graz and an explanation of the school system and afterschool program 6 yrs – 12 yrs. Plus financial benefits for families, organisations and resources supporting parents in Graz and sports & activities for the holidays.

## **Pregnancy in Graz, November 10th, 6 pm – 8 pm**

Learn about the services and organisations supporting parents-to-be in Graz, plus an overview of the Mutter-Kind-Pass, birthing options and different parental leaves for both mother and father.

## **Organisations and Services in Graz, November 21st, 6 pm – 8 pm**

Learn about the many NGOs and city services in Graz supporting migrants in their own languages with finding jobs, learning german, legal immigration advice, violence in relationships & separation, mental health counseling, social activities, support when in financial difficulties, issues with employers & work and much more!

## **Healthcare in Graz overview, December 5th, 6 pm – 8 pm**

A general overview of the Austrian healthcare system (with a focus on ÖGK), explaining the e-card & electronic health records, different types of doctors, prescriptions & referrals, preventive healthcare checkup, where to go for help out-of-hours, vaccinations, medical services & financial benefits, co-insurance and much more!

There will be some snacks provided.

**Language:** English

**Location:** Seddwell Center // Dreihackengasse 32 // 8020 Graz

**Register with Rachel:** [rachel.fox@base-graz.eu](mailto:rachel.fox@base-graz.eu)