



mamamundo

www.mamamundo.ch

Birth preparation in your language

Deutsch • Shqip • தமிழ் • English • བོད་སྐད་ཡིག་ • Soomaali • اللغة العربية
Español • Kurdi • Français • ትግርኛ • فارسی
ትግርኛ • ቋንቋዎቹ • Português

ENGLISCH • BIEL/BIENNE
FURTHER LANGUAGES UPON REQUEST



The birth preparation course for women / couples from all over the world

This course is for women far from their home countries who are about to become mothers.

A midwife and a female intercultural interpreter will answer your questions and give you information about pregnancy, childbirth, breastfeeding and your time at home with your baby. They will show you physical exercises that can help you relax and prepare for giving birth.

You will have the chance to talk to other women about your experiences and expectations relating to this special time. You can also exchange information and views about cultural practices with other women. Future fathers/companions are welcome to join some of the meetings.

The course meets seven times. Ideally, you would attend the course between the 5th and 9th month of your pregnancy.



Course times

Courses are held in the afternoons and early evenings. Current course dates and times are posted on the website www.mamamundo.ch.

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Course fees

Course fees are based on income*

Families with no income

Single-income families

Two-income families

Your health insurance fund will pay an additional 150 Fr. directly to Mamamundo.

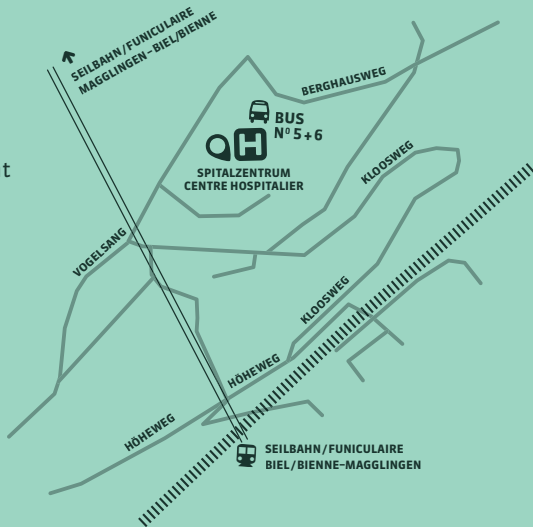
*** THERE IS A FUND AVAILABLE FOR FAMILIES WITH NO FINANCIAL RESOURCES.**



Course locations in Biel

Spitalzentrum Biel
Centre hospitalier Bienne
Abteilung Physiotherapie
Service de physiothérapie
Physiotherapy Department
Vogelsang 84
2501 Biel/Bienne
www.szb-chb.ch

FOR ADDITIONAL LOCATIONS IN
THE CANTON OF BERN SEE
www.mamamundo.ch





Course registration / Contact

www.mamamundo.ch

Or contact the intercultural translator:

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Français, English, Português	Karin Stucky	078 858 73 76
Español (Spanisch)	Eugenia Gäumann	077 435 57 37
Shqip (Albanisch)	Brikela Andrea	078 808 52 20
اللغة العربية (Arabisch)	Naschwa Ibrahim	076 210 22 17
فارسی (Farsi)	Parvin Hemmati	078 601 99 24
Kurdi (Kurdisch)	Khadra Ibrahim	078 784 66 55
தமிழ் (Tamilisch)	Sanja Karthigesu	078 918 12 25
བོད་སྐད་ཡིག (Tibetisch)	Pema Sonam	076 681 30 34
Soomaali (Somalisch)	Abshira Mahamed	076 574 63 35
ትግርኛ (Tigrinja)	Asmeret Habte	076 515 06 13
ቋንቋዎቹ (Amharisch)	Asmeret Habte	076 515 06 13

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**Spitalzentrum
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