

## COUNSELING OFFICES

### FIZ

The FIZ Advocacy and Support for Migrant Women and Victims of Trafficking offers counseling, support, and help for questions related to migration, exploitation, violence and trafficking. The FIZ support is free and confidential and available in many languages.

**FIZ Advocacy and Support for Migrant Women and Victims of Trafficking,**  
Hohlstrasse 511, 8048 Zürich, Tel: 044 436 90 00, [contact@fiz-info.ch](mailto:contact@fiz-info.ch)

<https://www.fiz-info.ch/en/Services>

### FRABINA

The information center Frabina offers counseling on topics related to migration, work and partner relationship. In person counseling is offered in the offices in Solothurn and Olten. Alternatively you can get advice by telephone (0900 81 27 01, CHF 2.20/min, Tuesday/Thursday, 11 AM to 1 PM, and Wednesday, 4 PM to 6 PM), online (video call, e-mail or via instant messaging on [www.frabina.ch](http://www.frabina.ch)). Available languages: German, French, Italian, English, Spanish and Arabic – or more by translator. Counseling typically costs between CHF 20.- and CHF 200.-.

#### frabina

Westbahnhofstrasse 12, 4500 Solothurn

Marktgasse 34, 4600 Olten

Tel: 032 621 68 60 (Monday to Friday 10 AM to 12 PM), [info@frabina.ch](mailto:info@frabina.ch)

<https://www.frabina.ch/en/>

### VICTIM SUPPORT SOLOTHURN

Were you or someone of your family a victim of physical, psychological or sexual violence? You can get free counseling and support at the victim's help counseling.

#### Victim's help counseling canton of Solothurn,

Industriestrasse 78, 4600 Olten,

Tel: 062 311 86 66 (Monday to Friday 8.30 AM to 12 PM and 1.30 PM to 4 PM),  
[opferberatung@ddi.so.ch](mailto:opferberatung@ddi.so.ch)

<https://opferhilfe.so.ch>

<https://www.opferhilfe-schweiz.ch/en/>

## APPS

### LEXIAPP

Lexi App is a free app for sex workers in Switzerland. The app contains information on topics such as safety, health, work, taxes, and social security. It is available in the following languages: German, English, French, Italian, Spanish, Portuguese, Romanian, Hungarian, Bulgarian, Polish, Thai, Slovenian.

**Android:** <https://play.google.com/store/apps/details?id=ch.renuo.procore>

**iOS:** <https://itunes.apple.com/ch/app/lexi-app/id1347841110?mt=8>

### GLOBAL PASSEPORTE PROJEKT (GPP)

This is a free and independent app for sex workers and migrants. The app has secure document storage for passports, medical records or diplomas. Additionally, it offers an international map with addresses for social and medical support and a platform to report violation of human rights and abuse.

**Android:** <https://play.google.com/store/apps/details?id=com.kosmopolis.gpp>

## LINKS

### MIGESPLUS.CH

This is an online portal by the Swiss Red Cross. It offers both information on health and practical information about living in Switzerland in 50 languages.

<https://www.migesplus.ch/en>

### SEX-I.CH

Here you can find a lot of information about contraception, pregnancy, abortion or sexually transmitted illnesses. Available languages: German, French, Italian, English, Spanish, Portuguese, Serbian, Turkish, Albanian, Somali.

<https://www.sex-i.ch/en/home>

## GERMAN CLASSES

### ECAP SOLOTHURN

offers German classes, literacy courses and intensive courses in Olten, Solothurn, Trimbach and Derendingen. On top of this online lessons are available.

**ECAP Solothurn**, Tel. 032 622 22 40, [infoso@ecap.ch](mailto:infoso@ecap.ch)

<https://www.ecap.ch/en/>

### MIGROS KLUBSCHULE

offers a variety of German classes both in Olten and Solothurn.

Klubschule Migros **Olten**,  
Frohburgstrasse 20, 4600 Olten, Tel. +41 58 568 94 94

Klubschule Migros **Solothurn**,  
Dornacherstrasse 26, 4500 Solothurn, Tel. +41 58 568 96 00

<https://www.klubschule.ch/Angebote/Sprachen/~/link.aspx?id=2C7BD631C0514FF78745D814DD993669&z=z>

### VOLKSHOCHSCHULE SOLOTHURN

Apart from regular German classes the Volkshochschule Solothurn also offers special German classes for people employed in gastronomy or catering and for people working irregular hours.

**Volkshochschule Solothurn**,  
Hauptbahnhofstrasse 8, 4500 Solothurn  
Telefon 032 626 40 10, Fax 032 626 40 11, [info@vhs-so.ch](mailto:info@vhs-so.ch)

#### **Opening hours office:**

Monday to Friday  
8.30 AM to 11.30 AM / 1.30 PM to 4.30 PM

<https://www.vhs-so.ch/kursangebot/speziell/deutschkurse/solothurn/?navi=16183f12a20bd4>