



ZONTA

CLUB OF
SAINTE-CROIX
VAL-DE-TRAVERS

MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

3 days, 3 cantons, supporting 3 associations to spread the message "NO TO VIOLENCE AGAINST WOMEN"

From Neuchâtel to Zermatt to say "NO TO VIOLENCE AGAINST WOMEN". The members of the Zonta clubs of District 30 have been invited to travel through 3 cantons from September 21 to 23, 2021, on foot or by bike, to spread this message.

The objective is to join the bi-annual conference that will be held this year in Zermatt, from September 24 to 26, which will bring together representatives of 88 clubs from 8 European countries (Southern France, Monaco, Northern Italy, Southern Germany, French-speaking Switzerland and Ticino, Liechtenstein, Romania, Bulgaria, Macedonia) under the presidency of the Governor Fabienne Moulin, who is from the Valais. The Zontians will determine how to implement the actions decided at the World Convention in Chicago in 2020.

For more than 10 years, Zonta has been committed to raising public awareness about the issue of violence against women and girls. Holding the District 30 Conference in our country is an opportunity to reiterate the message "NO to violence against women". In fact, since 2012, one theme has remained an ongoing issue: violence against women. In our country, an average of 25 women die at the hands of one of their relatives each year and many others are injured or physically or morally abused. During her lifetime, 1 in 5 women is confronted with violence from a partner or family member. Based on this reality, the Bike and Hike to Zermatt (BH2Z) has given itself the mission to spread this message by supporting an association that helps women victims of violence as well as two prevention programs in each of the cantons it crosses, namely Neuchâtel, Vaud, and Valais.

Bike and Hike to Zermatt

3 objectives

- To **promote the image of Zonta** thanks to the precious collaboration with the clubs of the cantons crossed and to the presence of the media and public personalities at each departure.
- To share **3 days of physical effort and friendship** with women and men from 8 different countries.
- To support **1 prevention program** against violence against women in each canton crossed.

3 donations in 3 cantons

Neuchâtel:

Solidarité Femmes - counseling center and shelter for women victims of violence

Vaud:

Bureau de l'égalité du canton de Vaud for structural support for the bilingual roadshow "Stronger than violence" to prevent domestic violence.

Valais:

The EssentiElles Foundation for its bilingual roadshow "Stronger than violence" to prevent domestic violence.

Within the framework of Zonta, we are always looking for visibility for the causes we defend. In this particular case, our goal is to use sport as a channel for communication and visibility and also as a motor for creating links between club members. For this first edition, the sponsors were also sensitive to the stage that we offer them in 3 cantons.

3 stages

Tuesday 21 September 2021	Neuchâtel - Lausanne
Wednesday 22 September 2021	Lausanne - Martigny
Thursday 23 September 2021	Martigny - Zermatt

3 disciplines: Cycling, walking 12 km/day and walking with a height difference 18 km/day

In 3 days, it will be about 270 km for the cyclists, about 35 km or 55 km, depending on the chosen walking route.

Tuesday September 21st: Departure from Neuchâtel

Start from Neuchâtel organized with the precious collaboration of the Zonta club Neuchâtel

The departure will be from the Esplanade du Mont-Blanc at 9 am.

8 am Welcome of the participants

8:15 am: Official part in the presence of Mr. Laurent Favre, State Councilor and Mrs. Nicole Baur, Municipal Councilor of Neuchâtel. A donation of Fr. 3'000.00 will be made to Mr. Steve Rufenacht, Director of the FAS, Foundation for the Coordination of Social Action, for the SAVI, service for the victims of violence.

Tuesday September 21st: Arrival in Lausanne

This stage is organized with the precious collaboration of the Zonta Club Lausanne and the Zonta Club Morges-La Côte.

6:30 pm: Official part at the Mövenpick Hotel in Ouchy in the presence of Mr. Serguei Aschwanden, member of the Grand Council and former elite sportsman. A donation of Fr. 3'000.00 will be given for the bilingual roadshow on domestic violence "Stronger than violence" to Mrs. Dos Santos Pêgo, in charge of the exhibition within the Office of Equality.

Wednesday September 22nd

9 am: Departure from Ouchy

5pm: Arrival in Martigny

Thursday, September 23rd

This stage is organized with the precious collaboration of the Zonta Club Sion.

8am: Welcome of the participants at the Stage des Platanes in Martigny

8:15 am: Official part in the presence of a personality and a representative of the town of Martigny. A donation of Fr. 3'000.00 will be given for the bilingual roadshow on domestic violence "Stronger than violence" to Mrs. Johanne Carron of the Foundation L'EssentiElles who will be accompanied by Mrs. Isabelle Darbellay Métrailler, head of the Cantonal Office for Equality and Family

5pm: arrival in Zermatt

Friday September 24th

11:30 am: welcome of the participants by the organizing committee of the District Conference and passing of the arch installed in the heart of Zermatt with the Zonta team arriving from the ascent of the Breithorn.

Zonta International

Founded in 1919, Zonta International is a non-governmental organization with general consultative status with the Economic and Social Council of the United Nations and participatory status with the Council of Europe.

Zonta International envisions a world in which women's rights are recognized as human rights and every woman has the opportunity to realize her full potential. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men.

In such a world, no woman lives in fear of violence. Zonta International's goal is to empower women and girls and expand their access to education, health care, economic opportunities, and safe living conditions.

While the world has changed dramatically over the past century, more than 28,000 Zonta women today remain committed to the founders' values of professionalism, sisterhood, and service.

Zonta's activities have two main focuses:

- Education
- The fight against violence against women.

The organizing club of the BH2Z - Zonta Club Sainte-Croix Val-de-Travers

Under its first name - Zonta Club Sainte-Croix Balcon du Jura - the Zonta Club Sainte-Croix Val-de-Travers was founded in 2004 on the initiative of Mrs. Fiorina Maggi, a long time Zontian, born and living in Sainte-Croix, who contributed to the creation of several clubs, in Switzerland, Romania and Bulgaria.

In recent years, the number of members coming from the Val-de-Travers has increased to the point of doubling the club's membership. In order to reflect this situation and thus strengthen the feeling of belonging, the club has decided to change its name. On March 8, 2021, the Zonta Club Sainte-Croix Val-de-Travers officially came into being - reflecting a new wave of dynamism. The average age has become younger and the sporting spirit of some has been contagious and has federated the whole club around the Bike and Hike to Zermatt (BH2Z).

Each club, in addition to national and international projects, supports women at the local level. Among its many projects, the Zonta Club Sainte-Croix Val-de-Travers has set up an incentive prize awarded to young women who have trained in traditionally male professions and wish to improve their skills in this area.

These financial aids would not be possible without the organization of events. For example, the club organizes a dress sale, conferences, a photo exhibition and contest, film screenings, etc. Recently, in order to finance training for women wishing to enter or re-enter the professional world, members and friends of the club have followed the fun trend of knitting. The "wool socks for women in training" project by selling fantasy or handmade socks for men-women-children continues.

Other ideas and projects are being considered, testifying to the dynamism and commitment of the twenty or so members of the club..

For the Bike and Hike to Zermatt
Myriam Allimann

<http://balcon-du-jura.zonta.ch/bh2-zermatt>

Contact Myriam Allimann
079 240 63 25

Email: plouvrierfavre@gmail.com

Link to download pictures:

<https://photos.app.goo.gl/1S5J6DxUP3G4GTSF8>

<https://drive.infomaniak.com/app/share/340847/3b32bec2-493c-465c-9950-304a7893236f>